

# SPIRITUAL PRACTICES

That Make a Difference



Date:

# Spiritual Practices that Make a Difference

## Journal Day One

### Question

What does this quote mean to you?  
“Poverty is an oppressive condition people live in,  
not an identity they possess.”

### Reflection

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### Challenge

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# Spiritual Practices that Make a Difference

## Journal Day Two

### Question

What does loving God and loving others look like in your life?

### Reflection

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### Challenge

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# Spiritual Practices that Make a Difference

## Journal Day Three

### Question

How can you be more actively involved in your local church?

### Reflection

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### Challenge

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# Spiritual Practices that Make a Difference

## Journal Day Four

### Question

What are some ways you can connect your journey to the timeless story of God?

### Reflection

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### Challenge

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# Spiritual Practices that Make a Difference

## Journal Day Five

### Question

Have you ever felt like the lines between work and personal life blur, leaving you craving that much-needed work/life balance? What could it look like for you to rest and recharge?

### Reflection

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### Challenge

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# Spiritual Practices that Make a Difference

## Journal Day Six

### Question

How can fasting deepen your awareness of God's presence and strengthen your faith?

### Reflection

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### Challenge

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# Spiritual Practices that Make a Difference

## Journal Day Seven

### Question

What have you learned by taking the spiritual practice challenge? How has your faith deepened?

### Reflection

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### Challenge