

Cornerstone Community Fellowship

“Spiritual Disciplines” (12/31/23)

A. Why is it hard to be committed to any spiritual discipline?

B. Spiritual disciplines to consider

1. Intake of the Word of God (*Psalms 119:15-16*)
2. Prayer (*Luke 11:1*)

C. Intentional living

1. Eat healthier – lifestyle change
2. Establish routines – develops good habits
3. Plan your day – keeps you organized
4. Schedule quiet time – least likely to have interruptions
5. Have down time – unplug from the world, get rid of your phone
6. Reach out to others – volunteer or send a card
7. Pray regularly
8. Keep a journal – writing out my thoughts