



Where are your Sacred Spaces?

SPIRITUAL DISCIPLINES



Rhythm and Rule



Spiritual Disciplines

Disciplines of Abstinence	Disciplines of Engagement
Solitude	Study
Silence	Worship
Fasting	Celebration
Simplicity	Service
Chastity	Prayer
Sacrifice	Fellowship
Watching	Confession

Just be you



BREATHE. BE STILL.

BE IN THIS MOMENT.

**YOUR GOD IS A
MIGHTY WARRIOR
WHO GOES BEFORE YOU.**

He will not give up on you.

HE IS HERE, RIGHT NOW.

HIS LOVE

SURROUNDS YOUR EVERY BREATH.

**LET GO, BREATHE DEEP.
REST IN THE PEACE
OF YOUR SAVIOUR.**