

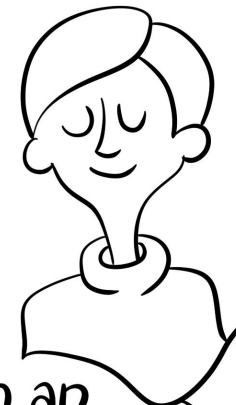
These resources can be used individually or in groups.

Spiritual habits can be known as spiritual disciplines or practices. They are found in the Bible and help people grow and sustain their faith. They help followers of Jesus Christ to live more effectively as Christians in the world.

Colour, scribble and write as you read the Bible, explore the theme, discuss the questions, pray and reflect.



There are a host of spiritual habits that are based on the life of saints, or in church tradition.



Some opening questions:

What do you know about spiritual habits?

What spiritual habits interest you most? Why?

Are there any spiritual habits that you struggle with or think you might struggle with? Why?



This resource seeks to open an initial conversation and exploration around a range of spiritual habits so that you might explore them further.

WHAT ARE SPIRITUAL HABITS?

