

Year

## Personal Practices

### Deepening our faith Engaging in prayer & prayer practices

*Pick one personal practice to take up for a year.  
Some ideas are below.*

- ◆ Commit 5—20 minutes per day to prayer (spoken prayer, walking prayer or contemplative prayer)
- ◆ Begin a gratitude journal
- ◆ Listen to a daily faith-based spiritual podcast
- ◆ Ask a person to be your “spiritual friend,” inviting them to ask you about your faith journey.
- ◆ Read one or more books on the theology and practices of prayer.
- ◆ Take up an intentional practice to see God in everyday life, in music, nature, the faces around you, the world.
- ◆ Develop a statement for yourself and that you can share regarding why you are a person of faith and why you go to church
- ◆ Take up fasting; practice the Sabbath
- ◆ Take up the practice of prayer through the course of the day
- ◆ Practice daily scripture reading / lectio divina



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## Congregational Practices

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*Pick one congregational practice to take up for a year. Some ideas are below.*

- ◆ Plan a congregational retreat to learn about spiritual disciplines.
- ◆ Teach practices of prayer via a book study.
- ◆ Invite one person per Sunday to share in worship about their encounter with the mystery of God
- ◆ Begin a prayer group, meeting specifically to pray for the congregation, its people, its ministries, MCA and the larger world.
- ◆ Monthly, plan a differently-styled worship service that helps your congregation to meet God in a new way.
- ◆ Invite 2-3 people to pray for the congregation and the worship service before it begins. Let the church know this is happening.
- ◆ Include a few minutes of silence / space for contemplative prayer each Sunday.
- ◆ Begin a weekday morning contemplative prayer time for people to join on their way to work. Advertise this for the community.
- ◆ Begin a contemplative prayer service to meet once a month.
- ◆ Incorporate a healing/anointing service 1-2 times a year into regular worship service.
- ◆ Devote on service per quarter to the practice of prayer, structured around prayer or singing



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## Committee Practices

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*Pick one personal practice to take up for a year.  
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- ◆ Begin each meeting with several minutes of silence and/or contemplative prayer.
- ◆ Begin each meeting by inviting each person to share for a minute about how they are doing; follow each person's sharing by praying for that person
- ◆ Commit 5 minutes of every meeting (middle or end) to listening for how God is calling your committee at this time.
- ◆ Devote one meeting / year to focus on deepening faith & reading scripture with new eyes.
- ◆ Fast from one activity, preplacing the energy you would normally devote to this activity with prayer and/or spiritual reading
- ◆ Review your existing work. Ask how it is deepening people's belonging to God and how it is addressing the world's deep longing for meaning, purpose and belonging.



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## MCA Practices

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- ◆ Initiate a prayer week that can be followed by each congregation.
- ◆ Bring congregations together in regional groupings for a time of prayer
- ◆ Appoint three people to act as a “team” to be available to teach Adult SS in various MCA churches on the practices of prayer and other spiritual disciplines.
- ◆ Collect and develop prayer and worship resources that allow people to hear the scriptures and/or to pray in new ways.
- ◆ Send out prayer requests for each congregation (once or twice per month) so congregations can pray for each other.
- ◆ Link two congregations together to be prayer partners for one another. Extend this invite to individuals in each congregation to be prayer partners individually for one another.



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