

MEET UPS

THIS WEEK'S PRACTICE...

Today in your Meet Up:

1. Put away your phones or any other distractions, and get into a comfortable, but alert position.
2. Invite Holy Spirit to come...
3. Spend two minutes in silence asking God to stir you and speak to you about anything he wants...

How are you getting on?

Ask one another how you are getting on building an altar (times and places to be with God).

What do you find is your biggest struggle?

What could you do to give it a go?

Talk through between yourselves the advice Joel has given and how it could help you.

- 1- Start Small
- 2- Don't be discouraged
- 3- Routine
- 4- Accountability

Consider ways in which you're going to implement them into your week.

WEEKLY PRACTICE

Now you have decided to give it a go, give it a go! Marce recommended a book in his blog and Joel has said it has helped him get into a routine too: **Emotionally Healthy Spirituality Day by Day: A 40-Day Journey with the Daily Office** by **Peter Scazzero**