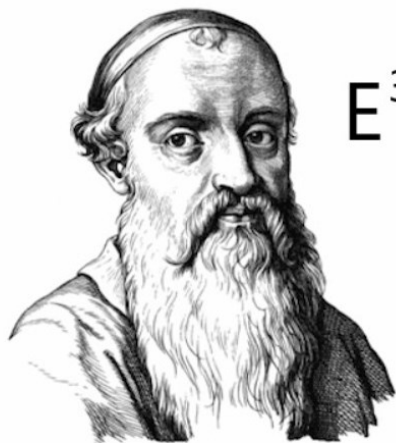


# PERSONAL Practices

Year  
|  
2020



$$E^3 = MC^A$$

## Encountering, Embracing, Embodying Christ

In life, in community, in the world

## Deepening our faith Engaging in prayer & prayer practices

*Pick one personal practice to  
take up for a year.*

- ◆ 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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