

7. Confession & Accountability

- ♦ **What it is:** Honestly naming sins to God (and sometimes to a trusted person) and seeking spiritual counsel.
- ♦ **Why it matters:** Encourages repentance, spiritual healing, and fosters transparency and trust in community.

8. Rest and Renewal

- ♦ **What it is:** Setting aside intentional time for rest, worship, and renewal.

Why it matters: Honors God's rhythm of creation, nurtures soul-care, and prevents burnout.

9. Journaling & Reflection

- ♦ **What it is:** Writing prayers, thoughts, questions, and insights from personal spiritual journeys.
- ♦ **Why it matters:** Cultivates self-awareness, documents growth, and provides a space for divine dialogue.

10. Silence & Solitude

- ♦ **What it is:** Withdrawing from noise and distraction to be still before God.
- ♦ **Why it matters:** Creates space for listening, clarifies purpose, and restores spiritual focus.



GRACE MORAVIAN CHURCH

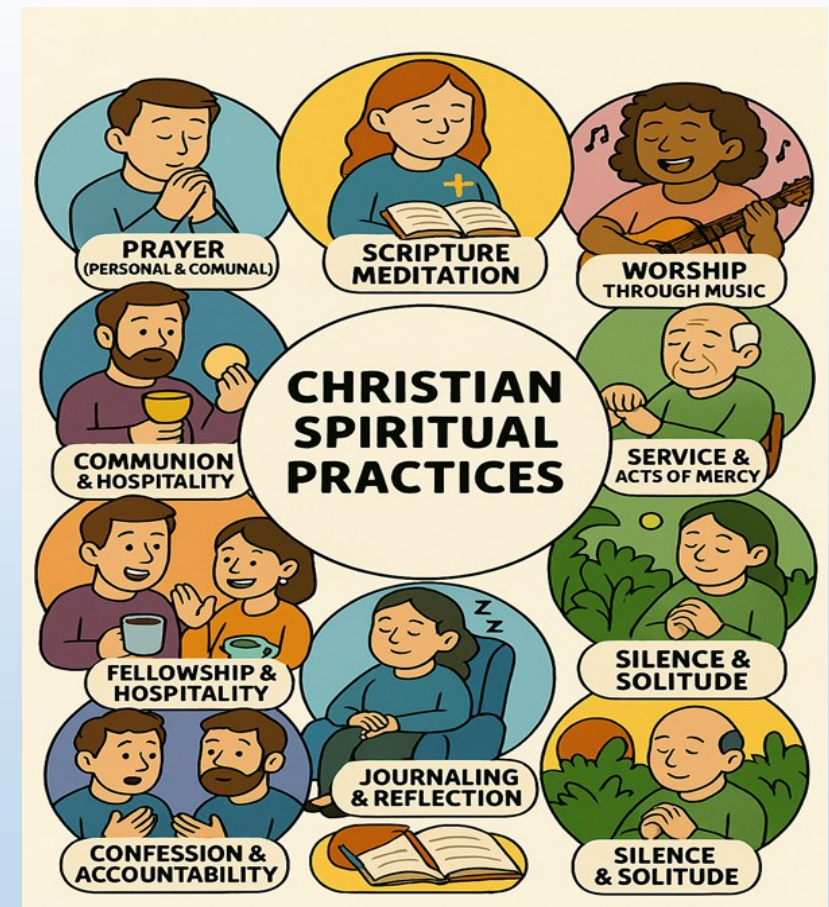
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10 SPIRITUAL PRACTICES FOR FAITHFUL CHRISTIAN LIVING



Ten Christian Spiritual Practices Explained

Find the ones that work best for you



1. Prayer (Personal & Communal)

- ♦ **What it is:** Direct communication with God, including praise, confession, thanksgiving, and intercession.
- ♦ **Why it matters:** Builds intimacy with God, strengthens spiritual resilience, and aligns hearts with divine purposes.

2. Scripture Meditation

- ♦ **What it is:** Reflecting deeply on a passage of scripture, often using methods like Lectio Divina. It is an ancient slow, prayerful way of engaging scripture that invites the reader to listen for God's personal message through four steps: reading (*lectio*), meditation (*meditatio*) or deeply considering how the passage can apply to your life, prayer (*oratio*), and contemplation (*contemplation*) or silent openness to the presence of God in the Word. Lectio Divina guides us to encounter God through scripture. Rather than studying for information, this practice creates space for spiritual intimacy and transformation as the Word of God speaks to the heart.
- ♦ **Why it matters:** Encourages personal revelation, allows the Word to speak into daily life, and nurtures spiritual maturity.



3. Worship Through Music

- ♦ **What it is:** Singing or listening with intent to hear God's message for your life. Hymns, contemporary worship

songs, or spirituals can be used individually or in community. You may even write your own through the leading of the Spirit of God.

- ♦ **Why it matters:** Engages emotions, reinforces theology, and creates a communal atmosphere of praise and devotion.



4. Fellowship & Hospitality

- ♦ **What it is:** Building relationships within the church community and welcoming others with openness.
- ♦ **Why it matters:** Reflects Christ's love, fosters belonging, and strengthens the body of Christ through mutual encouragement.



5. Holy Communion (Eucharist)

- ♦ **What it is:** Celebrating the Lord's Supper as a remembrance of Jesus' sacrifice. This is not for individual practice, it is done in fellowship with other believers. The bread and cup symbolize the body and blood of Christ.
- ♦ **Why it matters:** Offers a tangible experience of grace, unity, and renewal through Christ.



6. Service & Acts of Mercy

- ♦ **What it is:** Volunteering, helping neighbors, and standing with the marginalized.
- ♦ **Why it matters:** Embodies Christ's servant heart, deepens compassion, and witnesses faith in action.