



Giving Hope Today

mobilize

UPWARD | OUTWARD | ONWARD

Practising Spiritual Disciplines

A Spiritual Life Development Focus, Canada and Bermuda Territory



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A new discipline to explore every month!

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UPWARD DISCIPLINES



Solitude

Slowing • Silence • Listening



Confession

Accountability • Self-Examination



Sabbath

Resting • Health • Trust • Community



Prayer

Submission • Obedience • Presence



Scripture

Soul Food • Meditation • Convictions



Worship

Holiness • Set Apart • Priorities

OUTWARD DISCIPLINES



Self-Denial

Simplicity • Fasting • Missional



Service

Servanthood • Others • Supportive



Hospitality

Sharing • Relationships • Thankfulness

ONWARD DISCIPLINES



Evangelism

Proclaiming • Witnessing • Testimony



Tithing

Giving • Investing • Kingdom-Building



Guidance

Mentors • Life Goals • Discipleship