



SPIRITUAL HABIT CARDS

The best way to develop a new rhythm is to implement healthy daily habits that reinforce it. Each week, we will provide a list of suggested habits. These are not more activities to clutter up your busy life. These are strategic actions to cultivate new rhythms in your life and lead you down the path to spiritual maturity. If done right, the rhythms will bring more freedom to your life, not less. Consistency is key.

These habits are not ends in themselves but are designed to help you develop a long-lasting rhythm. Over time, you may wish to try a new practice or add additional habits from this list once the first one becomes second nature. You are also welcome to brainstorm additional options that suit your personality and needs.

These cards are designed to print front and back on a copier or printer.

Once you print them, place them somewhere you are likely to see them often as a tangible and visible reminder of your chosen habit.

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SHORT-TERM HABIT

GRATITUDE

SHORT-TERM HABIT

SEEING

SHORT-TERM HABIT

LISTENING

SHORT-TERM HABIT

**BLESSING/
ENCOURAGING**

SHORT-TERM HABIT

REFLECTING

SHORT-TERM HABIT

**QUIET
COMMUTE**

SHORT-TERM HABIT

**FIVE MINUTE
MEDITATION**

SHORT-TERM HABIT

UNPLUG

SHORT-TERM HABIT

**PHYSICAL
EXERCISE**

SHORT-TERM HABIT

SABBATH

LONG-TERM HABIT

**ALONE
WITH GOD**

LONG-TERM HABIT

FAST

Place a reminder on your door to take notice of what God is doing around you. Every time you leave, ask God to reveal His activity to you. Every time you return home, take a moment to reflect on one way you saw God at work that day.

Commit time each day to thanking God for His goodness and remembering the ways He has blessed you. This is a great way to begin each day, but it can be done at other times as well.

As you enter each day, pray and ask God to bring someone to your attention. Seek to give a word of encouragement to that individual when they come to mind, or to at least one person throughout the day. You can do this in person or electronically.

If you commute to work, commit one or more days a week as a “silent” drive (no music, podcasts, or audiobooks). Instead, use that time to prepare your heart to recognize God’s presence throughout the day ahead.

If you commute to work, use the time to be silently aware of God’s presence. Pray or meditate on Scripture while you prepare for the day ahead.

Commit to writing down at least one thing you saw God do each day before the day ends.

Pick one evening each week (or a time each day) when you do not use your TV, computer, phone, or other technology. Instead, use that time to read a book, go for a walk, study your Bible, or spend time with a friend or loved one.

Add five minutes of silent meditation before or after a routine activity (e.g., in your car in the parking lot before going into work, after dropping off your kids at school). Clear your mind of distractions. Reflecting on Scripture or considering God’s character and His works can help focus your attention.

Consider practicing a consistent weekly Sabbath. Use this day for real rest. Focus on worship. Gather with God’s people at church. Find ways to remove busyness and distractions from this day.

Commit to physical exercise at least once per week. Caring for your body is also a way to care for your soul. As the physical exertion acts to clear your mind, give that reinvigorated attention to God.

Schedule a regular date where you observe a fast. The fast can be abstaining from food or from some other activity (e.g., social media, a hobby, watching sports, eating out). Choose an amount of time that is doable for you. Every time you crave what you are fasting from, let that be a reminder to focus your attention on God instead.

Once a month, go for an extended walk, hike, or bike ride in which you don’t play any music or listen to anything on your headphones. Instead, pay attention to God’s creation and let Him bring thoughts to your mind.

LONG-TERM HABIT

SILENT RETREAT

SHORT-TERM HABIT

READING

SHORT-TERM HABIT

**ACTIVATE THE
OTHER SIDE**

SHORT-TERM HABIT

**REFLECTIVE
JOURNALING**

SHORT-TERM HABIT

INSPIRE AWE

SHORT-TERM HABIT

**DEVOTIONAL
READING**

LONG-TERM HABIT

**IMMERSED
IN BEAUTY**

LONG-TERM HABIT

BOOK CLUB

LONG-TERM HABIT

CONFERENCE

SHORT-TERM HABIT

**FOCUSED
GROWTH**

SHORT-TERM HABIT

CONFESSION

SHORT-TERM HABIT

SERVICE

Swap one evening a week that you would normally watch entertainment and read for thirty minutes instead. If you often find yourself in waiting rooms or on airplanes or with other blocks of time, carry a book with you and redeem that time.

Once a month (or once a quarter), schedule a silent retreat where you do not speak to anyone but God for several hours or even a full day. Bring your Bible and a notepad to record whatever you hear from God.

Commit to daily or weekly reflection on your thoughts and emotions. Writing your thoughts to better process God's activity and reflecting on your emotions will aim your spiritual awareness toward God's presence.

On your work/school commute, or throughout the day, do you listen to music that activates the heart, or to podcasts/audiobooks that stimulate your head? Set aside one or two days each week to activate the other side as you intentionally seek to engage God with both head and heart.

If you normally read the Bible devotionally, incorporate a Bible commentary to stretch your intellect (head). If you typically read the Bible for study, try reading it more devotionally (heart).

Choose one activity that you regularly do inside each week, and intentionally do this activity outside. If weather or space make this difficult, do the activity while facing a window, and observe God's glory in His creation.

Establish a book club with some friends, family, or church members. Pick books that challenge your thinking, and schedule meeting times once a month (or once a quarter) to discuss the material.

Once a month or quarter, pick one place to visit that is filled with beauty (an art museum, a botanical garden, a nature trail). Don't rush through it. Allow the beauty to remind you of the majesty of God and His creation.

Pick one of the fruit of the Spirit in Galatians 5:22-23. Ask God to develop that fruit in your life, and be intentional to look for opportunities He provides to do so.

Make plans to attend a Christian conference every year that will challenge you to grow in your knowledge, understanding, or experience of God.

Everywhere you go, there are opportunities to serve others. Look for moments that most people ignore. Begin at home and work your way out. Regularly ask, "How can I serve others in this situation?"

At the end of each day (or each week), either as a time of personal prayer, in a journal, or with a trusted accountability partner, reflect on ways that your character and actions were inconsistent with Christ, and practice confession.

SHORT-TERM HABIT

FASTING

SHORT-TERM HABIT

QUIET TIME

LONG-TERM HABIT

SERVING

LONG-TERM HABIT

ACCOUNTABILITY

LONG-TERM HABIT

SIMPLICITY

SHORT-TERM HABIT

PRAYER LIST

SHORT-TERM HABIT

**GOOD
NEIGHBOR**

SHORT-TERM HABIT

**FAMILY
DEVOTIONS**

SHORT-TERM HABIT

**BEDTIME
PRAYER**

SHORT-TERM HABIT

PRESENCE

LONG-TERM HABIT

**COMMUNITY
EVENTS**

LONG-TERM HABIT

EVANGELISM

If you do not have a regular “quiet time” where you abide in God’s presence, set aside at least ten minutes each day (in addition to the time you spend doing this Bible study). Read God’s Word, but also use this time to pray and sit quietly, listening for God’s voice.

Choose a period of the day, or a day of the week, and deny yourself one meal or activity in order to put your focus on Christ. Select a fast that enhances a characteristic you’re seeking to grow in.

Enlist a trusted friend or church member to be your accountability partner. Agree to meet every one or two months to check in with each other. Make sure you always have a date scheduled on your calendar so you build a habit of regularly meeting.

If you do not already do so, find a place in the church or in your community to volunteer. Commit to serving in this position at least once a month.

Make a list of several non-Christian friends and commit to pray for them. Put a tally beside each name when you pray so when they come to know Jesus, you can show them how often you prayed for them. Create a family list, where you regularly pray for your spouse, children, grandchildren, etc.

Keep a box that you regularly fill with unnecessary material possessions, and then donate them to a local charity at the end of each month. Let it be a reminder that God’s presence is enough for you; everything else is a bonus.

Prioritize aligning your family’s various schedules so you develop consistent rhythms like having dinner together. Read the Bible or a devotional book together. It doesn’t have to be every night, but it should be on a regular schedule.

Be intentional to be a blessing to at least one neighbor each week. This may be as simple as stopping to encourage them when you see them or may require you to be intentional to bring cookies, cut their grass, or reach out to them in some other way.

Practice being outside the walls of the church and present among nonbelievers. Commit to taking one day a week to go to a public place in your community and chat with people. You could also prayer walk in your neighborhood on a regular schedule.

Whether you do this with your kids or with your spouse as a married couple, this is a good way to pronounce a blessing over each other. If you already have a bedtime routine with your kids, you can hitch this new habit to that old one.

Pray and ask God to bring someone in particular to your mind. Be looking for ways to bring Christ into your normal conversations. Be intentional to try and have at least one spiritual conversation with someone each month.

Does your neighborhood or community do annual or monthly events, perhaps around holidays? Choose one of these and commit to volunteering for the event each time. Start small and stay consistent.

LONG-TERM HABIT

HOSPITALITY

SHORT-TERM HABIT

**WORK AS
WORSHIP**

SHORT-TERM HABIT

APPRECIATION

SHORT-TERM HABIT

SIMPLICITY

SHORT-TERM HABIT

**OUTWARD FOCUSED
PRAYER**

SHORT-TERM HABIT

SPREADING JOY

LONG-TERM HABIT

GIVING

LONG-TERM HABIT

**MEETING
A NEED**

LONG-TERM HABIT

**CULTIVATING
BEAUTY**

SHORT-TERM HABIT

GRATITUDE

SHORT-TERM HABIT

COMMUNITY

SHORT-TERM HABIT

**PHYSICAL
MARKER**

If you regularly vent or complain about work, train your attention on the possibilities of God's activity rather than the problems. Ask your friends to hold you accountable. Replace complaining with prayer, and thank God for providing you with employment.

Commit to hosting an individual or a family in your house for a meal once a month or once a quarter. You may want to start with friends, but we encourage you to invite people from your church or community who you may not know well.

Consumerism and materialism are not good for our souls. As you are able, begin an intentional practice of cutting back on unnecessary purchases. Small actions add up over time for big impact.

At the end of each day or week, make a note of one positive thing you noticed. Get into a habit of seeing the good around you. If appropriate, express appreciation to someone.

Whether it is the teenager taking your fast-food order, the rideshare driver, or the person bagging your groceries, make it your goal to leave them feeling uplifted after the encounter. This can be as simple as smiling and thanking them for their work.

In your regular quiet time with God, set aside one day a week and commit to not praying for anything for yourself. Instead, pray for people in your local community or globally that are suffering. This will provide a reminder of God's mission beyond your individual circumstances.

Keep a plastic bag of practical goods in your car (granola bars, a poncho for rain, a toothbrush, etc.). Make a habit of giving these away to the homeless and needy. Once you do, make sure you make a new bag so you are prepared for the next opportunity.

If you do not regularly tithe (10%) or give other financial offerings to your church, start with that. If you already do, then develop a habit of intentional giving above and beyond this. Find an additional charity, ministry, or non-profit you can support.

Set a daily reminder on your phone. When you see the notification, think of one simple blessing you experienced that day, and thank God for it. Recognizing God's faithfulness will give you strength in difficult circumstances.

Adopt a location in your home, neighborhood, or city. Take the initiative to regularly cultivate beauty in that place. Bring glory to God by caring for His creation.

Think back to a time in your life when you experienced God's faithfulness. Find a physical object that represents that experience, and use it to remind yourself of God's track record of faithfulness.

Commit to intentional community once a week. This can include meeting with friends or family in person, calling someone on the phone, or joining a small group at your church.

SHORT-TERM HABIT

HUMBLE PRAYER

SHORT-TERM HABIT

REST

LONG-TERM HABIT

WISE COUNSEL

LONG-TERM HABIT

STRETCHED FAITH

LONG-TERM HABIT

SPIRITUAL JOURNAL

LEGACY HABIT

MARK IT UP

LEGACY HABIT

SPIRITUAL MEMOIR

LEGACY HABIT

PRAYER JOURNAL

LEGACY HABIT

MENTORSHIP

Schedule a thirty-minute time slot each week as a non-negotiable and off-limits period of “rest.” Use this as a time to cast your worries on God and rest in His presence, either through prayer or through intentional solitude.

Pick a day to intentionally ask God to help you submit to His will. You may want to begin your prayers with the refrain, “Lord, I believe; help my unbelief.” Pray and ask God to grow your faith to rely on Him more fully in every circumstance.

Think of an area of your faith that God wants to stretch and grow. Talk with your pastor or small group leader to schedule an activity that will help you accomplish that goal.

Develop a habit of humbly and intentionally bringing your questions, doubts, and concerns to other believers. Whether it is a prayer partner, an accountability group, or a prayer group, commit to talking with others about what is troubling you.

If you are comfortable doing so, intentionally mark up your Bible. Write notes in it of what God is saying to you. Do this with the understanding that one day, you will give this Bible to one of your children or grandchildren so they can gain a glimpse of your spiritual journey.

In a journal, keep a list of your pains, doubts, questions, fears, and disappointments. As you actively seek God’s answers to these questions, write down what He shows you.

Start a prayer journal for your family. Designate different sections for each child, grandchild, niece, nephew, or whoever you choose to pray for. Write out what you are praying for them. Put the date when you first prayed for it.

Begin making short videos of yourself telling important stories of your walk with God, or write those stories down. Share your testimony. Review key moments where God led you or revealed an important truth to you. Recall steps of obedience you took.

Throughout this study, we’ve encouraged you to surround yourself with wise counsel. Even as God continues to lead you on a journey to spiritual maturity, find someone in your life who is not as far along on the journey as you, and commit to coming alongside and encouraging them.