

Praising

Gather your favorite pen, a journal or construction paper, play worship music (could be via Pandora on your phone through headphones) and write a thank you note to God. Write a note of praise even if you don't feel thankful.

Goal: 20-40 minutes.



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Reflecting

Do a little research of your town and find a cool historic church or interesting landmark. Go walking the grounds with God. Reflect on the feet from history that have walked the steps you are walking. Talk with God about the lessons you have learned in the last year.

Goal: 1-2 hours.



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Hearing

Pick a passage of scripture that is story oriented...something you have read plenty of times. Read it. What word or short phrase jumped out at you? Read it again but this time read it out loud. What word or phrase jumped out at you? Read it one more time and this time write about what God is saying to you through the word or phrase that is jumping out to you.

Goal: 30 minutes.



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Talking

Jump on your computer or grab a pen and paper and talk with God. Ask Him a question and wait for the reply. If this is out of your comfort zone simply take the time to write Him a letter. It can be a letter of thanks, a letter of concern, a letter of hopes. Save the letter away to read in 6 months.

Goal: 30 minutes.



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