



FAITH PRACTICES PROJECT

The **Faith Practices Project** invites you to refresh your spirit by experimenting with 12 life-giving spiritual disciplines (or “faith practices”).

Each practice offers “points to ponder” to spark reflection. Here are five to get you started:

- **Sabbath:** What might a life-giving sabbath look like for me? How could my sabbath practices be life-giving for my neighbors also?
- **Gratitude:** Who could be a “gratitude mentor” in my life?
- **Generosity:** How might my giving become infused with more joy?
- **Hospitality:** How do people new to my congregation find a place to belong? What might make that easier?
- **Engaging Scripture:** Do I generally learn best by seeing, hearing, or doing? How might that affect the ways I engage with Scripture?

Find more “points to ponder” and other resources to explore at crcna.org/FaithPracticesProject!



Christian Reformed Church
**Faith Formation
Ministries**

crcna.org/FaithFormation

FAITH FORMATION MINISTRIES

HELPING CHURCHES
BUILD FAITH FOR LIFE

The CRC's Faith Formation Ministries is supported by Ministry Shares and by donations from individuals like you.

YOUR GIFTS HELP US

- strengthen the CRC as a body of believers who grow in faith throughout all of life.
- support CRC ministry leaders with faith formation coaching and resources.
- provide family faith formation resources and children's curriculum.

If you would like to partner with FFM in this exciting work, please visit crcna.org/FaithFormation/give to make a one-time donation or to set up a recurring gift.

THANK YOU!



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