

# 5 tips on starting a new 'spiritual practice'

(like prayer or reading and reflecting on God's word)



## Start small

Start where you are, not where you *'should be'*.

If 30 minutes a day is too much, start with 10.

If daily is too much, start with weekly.



## Think subtraction, not addition

Please do not add a daily practice into your already overbusy, overfull life.

Think, "What can I cut out?" A morning glance at the news? A lunch break scroll through social media? An evening TV show habit?

Spiritual formation is about less, not more.



## You get out what you put in

The more fully you give yourself to this practice, the more life-changing it will be.

The more you just dabble with it, the more shortcuts you take, the less of an effect it will have on your transformation.



## Remember the J-curve

Experts on learning tell us that mastering a new skill tends to follow a J-shaped curve; we tend to get worse before we get better.

If you're currently enjoy your times of prayer, don't be surprised if some of these new types of prayer feel awkward and difficult.

Just stay with the practice; you will come around.



## There is no formation without repetition

Spiritual formation is slow, deep, cumulative work that takes years, not weeks.

The goal is to get you started on a journey of a lifetime!

But what you do next is up to you...