



FLOURISHING FAITH

A flourishing congregation is grounded in a simple, life-giving truth: when we stay rooted in Christ, our daily lives naturally overflow with joy, purpose, and spiritual vitality. To help our communities continue to grow a vibrant spiritual life, we are anchoring our faith formation around four practical, interconnected rhythms:

- Prayer & Spiritual Disciplines
- Christian Education & Study
- Worship & Sacramental Life
- Giving, Serving & Stewarding



ROOTED & REACHING · MICRO-PRACTICE

The Midday Pause

Focus: Prayer & Spiritual Disciplines

THE PRACTICE

Choose one moment in the middle of your day to pause briefly before God. Acknowledge one gift or person you are grateful for, and name one place where you felt tired or challenged. Gently offer both into God's care.

TRY THIS AT HOME

Set an alarm on your phone for 12:15 PM on three days this week. Don't worry about crafting words—simply take three deep breaths, notice God's presence with you, and continue your day.

PARISH REFLECTION

Where did you notice God at work in our community outside the walls of our church building this week?

"I am the vine; you are the branches." — John 15:5



FLOURISHING FAITH

A flourishing congregation is grounded in a simple, life-giving truth: when we stay rooted in Christ, our daily lives naturally overflow with joy, purpose, and spiritual vitality. To help our communities continue to grow a vibrant spiritual life, we are anchoring our faith formation around four practical, interconnected rhythms:

- Prayer & Spiritual Disciplines
- Christian Education & Study
- Worship & Sacramental Life
- Giving, Serving & Stewarding



ROOTED & REACHING · MICRO-PRACTICE

The Midday Pause

Focus: Prayer & Spiritual Disciplines

THE PRACTICE

Choose one moment in the middle of your day to pause briefly before God. Acknowledge one gift or person you are grateful for, and name one place where you felt tired or challenged. Gently offer both into God's care.

TRY THIS AT HOME

Set an alarm on your phone for 12:15 PM on three days this week. Don't worry about crafting words—simply take three deep breaths, notice God's presence with you, and continue your day.

PARISH REFLECTION

Where did you notice God at work in our community outside the walls of our church building this week?

"I am the vine; you are the branches." — John 15:5