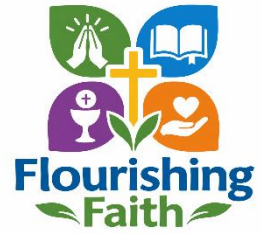


The 4 Pillars of Flourishing Faith: *Growing Disciples in Daily Life*



1. PRAYER & SPIRITUAL DISCIPLINES | *SOUL*

The Posture: Attentive regard for God alone. Ceasing striving to be refreshed at the source.

- **Contemplative Prayer:** Daily quiet, centering prayer, and meditation to connect with divine love.
- **Holy Rhythms:** Daily devotions, fasting, breath prayers, and scripture-based prayer.
- **Embodied Prayer:** Engaging the senses through silence, walking, art, and music.
- **In Everyday Life:** Pausing for 60 seconds of silent prayer during a busy day.

2. CHRISTIAN EDUCATION & STUDY | *MIND*

The Posture: An apprentice mindset—learning "on the job" how to follow Jesus.

- **Everyday Learning:** Moving beyond Sunday sermons into circle studies, webinars, and faith-at-home habits.
- **Theological Reflection:** Learning to spot "graced moments" and discern God at work in ordinary events.
- **Deepening Understanding:** Wrestling with church traditions, Scripture, and big questions without needing easy answers.
- **In Everyday Life:** Gently, naturally sharing a 2-minute story or faith insight with someone.

3. WORSHIP & SACRAMENTAL LIFE | *HEART*

The Posture: Gathering at the community well; encountering the living presence of Christ.

- **Word & Table:** The heartbeat of Christian life—being formed week by week through liturgy and Eucharist.
- **Sacramental Grace:** Rediscovering healing prayer, baptismal identity, and reconciliation.
- **Living Liturgy:** Worship that draws us into God's story through intentional music, symbols, and shared prayer.
- **In Everyday Life:** Framing regular gatherings around genuine thanksgiving and table graces.

4. GIVING, SERVING & STEWARDING | *BODY*

The Posture: Outward overflow—faith poured out in active love, care, and generosity.

- **Active Mission:** Moving from passive spectators to being the hands, feet, and voice of Christ in the world.
- **Loving Service & Justice:** Tending human need, pursuing peace and reconciliation, and caring for creation.
- **Holistic Generosity:** Offering time, skill, and resources from deep gratitude rather than institutional guilt.
- **In Everyday Life:** Welcoming newcomers and seekers to serve alongside you in simple community acts of kindness.

The 24/7 Integration

Flourishing faith is not an extra church program; it is a way of life.

When any gathering—a property committee, a men's breakfast, or a community tea—nourishes the **mind**, touches the **heart**, awakens the **soul**, and activates the **body**, discipleship happens right where we are.