**Encouraging Spiritual Growth**

Pray – this doesn’t have to be in a certain format, just talk to God about your joys, challenges, concerns, everyday life. Imagining God sitting next to you in an empty chair may be helpful.

More structured: Join the ELCA’s 50 days of prayer during July and early August <http://www.ELCA.org/50days>

Reflect on where God has been present in your life – did God guide your choices for: spouse, best friend, mentor, career, place to live; Often God is present in the coincidences of life – when you find yourself at a certain place at a certain time.

Listen to music – Christian, rock, country, hip-hop, rap - Is God there?

Experience nature – wonder at the creation God has made – the redwoods, the beaches, the mountains

Art - see the world from a different point of view, religious art, nature

Read a daily devotional – these are books that usually have a paragraph or two per day along with a scripture reading of how the author sees God in our daily lives. There are all different subjects of devotionals from sports to nature to parenthood to divorce. Just type in “devotional” at Amazon.com or go to a bookstore, in the religious/spirituality section, and you’ll find a variety. Also there are devotionals online that will send a devotional through the email, or can be read online, such as Lead like Jesus.

Read the Bible – just pick a book of the Bible and start reading, a small amount each day or use a daily reading plan, like the one attached

More structured: Daily Discipleship: online Bible study <http://www.elca.org/Growing-In-Faith/Discipleship/Christian-Education/Daily-Discipleship.aspx>

Attend a Bible study class