

SPIRITUAL GROWTH AT CBC

'UP' PRACTICES (*Knowing God*)

These practices develop our relationship with God and fuel our spiritual growth.

Bible: Regularly reading, listening to, studying, meditating on, and memorizing God's Word. 🖐️

Prayer: Learning to pray and commune with God through the day. ⬠

Self-examination: Reflecting on how we're doing spiritually and where God is calling us to repent and grow especially in the fruit of the Spirit. ⬠

'IN' PRACTICES (*Growing Together*)

These practices help us grow together and build up the body of Christ.

Making disciples: Making time for intentional relationships focused on growing as followers of Jesus. ■

Spiritual gifts & ministry: Learning how God has gifted us and using those gifts to serve and build up others. ⬠

'OUT' PRACTICE (*Showing Christ*)

This practice empowers our outreach.

Outreach: Learning to bless others and to recognize those God is drawing and to participate in this process in natural ways through our words, deeds, prayers, and finances. ●

FOUNDATIONAL PRACTICES

These four vital practices lay a foundation for all of our spiritual growth.

Loving relationships

Nurturing relationships with God (UP), our church (IN), and others (OUT). ▲

Christian beliefs

Getting grounded in the basic realities of the Christian faith. 🌸

Life rhythm

Developing daily, weekly, and seasonal rhythms of work and rest/abiding. ◐

Following Jesus daily

Learning to be continually transformed by responding to God's leading with repentance and faith. ●