

# SIMPLE WAYS TO CULTIVATE A

# Deeper Life

Seek God first.

Listen to God and dig into His Word.

Invite the Holy Spirit into every day.

Believe that no matter what, God is good.

Rely on Christ in this moment.

Live like what God says is true.

Embrace the truth of God's Word.

Trust God with your spiritual growth.

Practice Sabbath-keeping and rest.

Don't neglect soul care.

Be nice to yourself and kind to others.

Ask God show you how to find balance.

Receive and express love daily.

Practice putting others first in healthy ways.

Think about what you're thinking about.

Reject lies and embrace the truth that sets you free.

Process your emotions with Christ.

Let go of negative thinking that holds you back.

Make the most of today.

*A deeper life starts now.*