

SPIRITUAL RESOLUTIONS 2009

1. Spend More Time With God

This can be anywhere, anytime and can be anything where you are thinking about, listening to, interacting with or enjoying God. This can include going for a walk, riding your bike, jogging, hiking, snowboarding, reading a book about faith and God, playing your instrument, singing, painting and writing poetry.

2. Dig Into God's Story

As you engage the amazing stories of the bible, you'll discover more about God, His heart and character, His son Jesus, His people and His desires for you. Read it with others & talk about it to find your place in His story.

3. Become a Person of Prayer

Just like chatting on the phone with your friend or boyfriend/girlfriend (or talking on MSN or Facebook) God wants to chat with you. This includes you speaking to God sharing your thoughts and feelings as well as listening to what God says back to you. Share your prayer requests and pray for others on SendTheFire.ca.

4. Be in Spiritual Community

Spend time around others who are asking the soul searching questions, seeking after God and trying to live out their faith. In the bible these people are referred to as the Body of Christ. There's strength in numbers. Others will support, encourage and pray for you. Join the conversation & community on SendTheFire.ca.

5. Serve Others

Make it a practice to serve others around you more frequently (home, school, city, country, world) and you will feel more alive. As wicked cool as the savior of all of creation is (God in the flesh, dies and come back to life...), Jesus says that he didn't come to be served but to serve. He set the example. Let's follow it.

6. Care About Injustice

Social injustices going on in the world today include issues like human trafficking, prostitution, poverty and abortion. Pick an issue that burns in your heart. Learn about it, share your learning with others in your school & community, pray for those involved and do something to help stop the injustice.

7. Give More \$ to God

God created you and gave you abilities and health to work and make money. Giving money regularly to God is to say thanks and also supports the good that God wants to do in this world and support the workers and systems He put in place for that good to be done. You can't put a \$10 spot in God's hand but you can give it to His people here on earth - the Church and let them distribute it appropriately.

8. Take Care of Creation

God created the earth and everything in it. Become aware of the millions of ways you can care for our planet, the environment, air, land, water and animals and then do something. Get ideas at www.ec.gc.ca/education

9. Support Global Missions

Pray for the needs of others around the world. Get a world map, pick a country a month and pray for them (see www.idop.ca). Get involved financially in a mission initiative by supporting workers, the work or the citizens of the country.

10. Practice Spiritual Disciplines

Learn about and practice some of the spiritual disciplines like silence, solitude, sacred reading, the Jesus prayer, Centering prayer, meditation, Ignatian examen, labyrinth, Stations of the Cross, fasting, Sabbath and service that have shaped Christians over the centuries and guided them on their journey with God.

24/7 FUEL
FOR LIFE

