

# 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. ●