



SPIRITUAL DISCIPLINES, Lesson 1

## CREATING SPACE IN OUR NOISY LIVES CREATES SPACE FOR GOD.

### **COLLIDE WITH THE WORD:**

Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come. (1 Timothy 4:8, NLT)

### **CHAT WITH YOUR PRETEEN:**

As a family choose something to fast this week. Spend that time praying for or serving others.

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