



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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