

# Love God



## Prayer

- ✓ *Silence* (apophatic)
- ✓ Pray without ceasing (incl. kataphatic)
- ✓ Shaped by Scripture (lectio Divina)
- ✓ Embrace Contemplation



## Rest

- ✓ *Sabbath* (stop)
- ✓ Eliminate hurry (slow down)
- ✓ Practice Self Care
- ✓ Embrace the gift of limits

## Love Yourself

## Love Neighbour



## Relationships

- ✓ *Seeing* others as Christ
- ✓ *Belonging* to a regular small group
- ✓ Crossing barriers – embracing diversity
- ✓ Applying emotionally healthy practices to *love well*.



## Vocation

- ✓ *Savour* the sacred in all things
- ✓ Embrace all work as full time
- ✓ Empower the poor and marginalized
- ✓ Share our gifts generously