

NOTES

[illegible]

— Richard J. Foster, *Celebration of Discipline:
The Path to Spiritual Growth*

As we begin this "What's Next" Series. Our focus for this week is to slow down and allow God to speak to us.

Take a moment and practice one or all of these practices.

Take a prayer walk: Take a few moments to go on a prayer walk. If you are in your neighborhood, notice the houses on your street. If you are walking around your workplace, observe the activity around you. Then, take a moment and lift what you see in prayer.

Read Luke 24:13-35: Spend time looking at the Emmaus story in Luke. Place yourself in the text. Take a moment to journal what it would look like if you realized Jesus is beside you as you travel through your day.

Read Proverbs 3: 5-6: Take a moment and reflect, or maybe journal what you need to turn over to God. Give thanks that God grants you the ability to know that he is with you. Sit with your list for a moment, and then revisit your list to see how God walked with you. You may not get the answer today, but continue to follow back with God and see him walking with you through your life.



