



# **The Five Practices**



**The Five Practices**  
A One Year Guide

---

Name

# Start Here

Before you can begin to grow, let's evaluate where you already are. There's room for growth for everyone! Take a moment to think about your spiritual practices in the last month, then fill out the Spiritual Health check. Answer honestly, between you and God.

## Spiritual Health Check

<b>Praying Daily</b>	Struggled	1	2	3	4	5	Faithful
<b>Spiritual Community</b>	Struggled	1	2	3	4	5	Faithful
<b>Generosity</b>	Struggled	1	2	3	4	5	Faithful
<b>Serving on a Regular Basis</b>	Struggled	1	2	3	4	5	Faithful
<b>Inviting</b>	Struggled	1	2	3	4	5	Faithful

### I believe God has so much more for you in 2024.

In the following guide, you will find The Five Practices we're focusing on as a church this year. My challenge for you is to lean in with an expectant heart to what God might want to teach you, show you, grow in you and do through you. There's a guide to write Scripture, pray, evaluate your own spiritual health and so much more.

Over the next year, will you invest in your own faith? Spend time with God. What is it He will do through you?

Based on your spiritual health check, which areas do you faithfully follow Jesus?

---

---

---

Which areas need improvement?

---

---

---

Which area are you least excited about trying? Which area are you most excited about trying?

---

---

---

# Praying

**Pray this:** Give me a heart to grow in prayer, O Lord. Remind my heart that nothing will satisfy like resting in your presence. God, help me develop a regular practice of prayer! I want to pray more often, I want to hear from You. Give me the discipline to become a person of prayer, starting now. Amen.

**Main Scripture:**

**Key Point:**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# Scripture Writing & Reflection

Take a moment to write **Matthew 6:5-13 NET** in the space below.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

What word or phrase stuck out to you? What is it that God may be speaking to you? Is there a next step you need to take?

---

---

---

---

# My Prayer Plan

Make a plan to grow in this area in the next 4 weeks, 6 months and one year. See page 13 for resources on prayer!

**For the next 4 weeks, I plan to pray:**

- Each Sunday
- Each Day
- Other:

---

---

**In the next 6 months, I plan to pray:**

- Each Day
- Out Loud With My Family
- Other:

---

---

**In the next year, I plan to pray:**

- Each Day
- On The Prayer Team at Church
- Other:

---

---

## On The Following Pages

On the following pages, you will find space to answer some questions and journal over the next year. You may decide to use the template for *Pray Today*, on page 10 each day for a prayer practice. Use your own journal to write your prayers to each prompt.

Be sure to revisit your prayer plan and journal often to stay on track and complete the *Revisit Your Prayer Plan* pages in 6 months and one year.

# Pray Today

# Come Back Later

Revisit Your Prayer Plan (June 2024)

■ Thank God for who He is and His faithfulness in your life.

---

---

---

---

■ Who are you praying for today?

---

---

---

---

■ What challenge or situation do you need God's guidance in this week?

---

---

---

---

■ What is a need your family has this week?

---

---

---

■ How have you seen God's faithfulness in your life in the last 6 months? What prayers have been answered or unanswered?

---

---

---

---

■ Have there been any distractions or obstacles to a consistent prayer life for you? What are they?

---

---

---

---

■ What challenge or situation do you need God's guidance in this week?

---

---

---

---

■ Who are you praying for today?

---

---

---

## Come Back Later

Revisit Your Prayer Plan (January 2025)

How have you seen God’s faithfulness in your life this year? What prayers have been answered or unanswered?

---

---

---

---

In the last year, how have you experienced God’s leading and guiding through prayer?

---

---

---

---

What challenge or situation do you need God’s guidance in this week?

---

---

---

---

Who are you praying for today?

---

---

---

## Prayer Practices & Resources

### Daily Prayers

Not sure how to start praying? Start here, by reading these Scriptures out loud each day of the week.

- **Sunday** - I was glad when they said to me, “*Let us go to the house of the LORD.*” Psalm 122:1 (NLT)
- **Monday** - May the words of my mouth and the meditation of my heart be pleasing to you, O LORD, my rock and my redeemer. Psalm 19:14 (NLT)
- **Tuesday** - “*Send out your light and your truth; let them guide me. Let them lead me to your holy mountain, to the place where you live.*” (Psalm 43:3, NLT)
- **Wednesday** - “*But the time is coming—indeed it’s here now—when true worshipers will worship the Father in spirit and in truth. The Father is looking for those who will worship him that way.*” John 4:23, NLT
- **Thursday** - “*Both day and night belong to you; you made the starlight and the sun. You set the boundaries of the earth, and you made both summer and winter.*” Psalm 74:16–17 (NLT)
- **Friday** - “*I will bless the LORD who guides me; even at night my heart instructs me. I know the LORD is always with me. I will not be shaken, for he is right beside me.*” Psalm 16:7–8 (NLT)
- **Saturday** - “*So now there is no condemnation for those who belong to Christ Jesus. And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death.*” Romans 8:1–2 (NLT)

### More Prayer Resources



We’ve compiled additional prayer practices and resources available at [thesummit.church/more](https://thesummit.church/more).

# Growing

**Pray this:** Father, in both seasons of great joy and great frustration, remind me that growth is often slow and unseen. Give me the patience necessary for obedience. Point out areas in my life where I need to grow. Where there is the opportunity for growth, give me the strength to move ahead, knowing you are with me in each moment. Amen.

## Sermon Notes

**Main Scripture:**

**Key Point:**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Miss a week? Visit [thesummit.church/more](http://thesummit.church/more) to watch the messages on-demand!



# Scripture Writing & Reflection

Take a moment to write **1 Peter 2:1-3 NLT** in the space below.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

What word or phrase stuck out to you? What is it that God may be speaking to you? Is there a next step you need to take?

---

---

---

---

# My Growth Plan

Make a plan to grow in the next 4 weeks, 6 months and one year. See page 21 for resources on Spiritual Growth!

### For the next 4 weeks, I plan to grow nearer to God by:

- Attending Church Regularly
- Joining An Interest Group
- Other:

---

---

### In the next 6 months, I plan to grow nearer to God by:

- Attending Church Each Sunday
- Reading Scripture Daily
- Other:

---

---

### In the next year, I plan to grow nearer to God by:

- Attending Church Each Sunday
- Finding One Friend To Hold Me Accountable in My Spiritual Disciplines
- Other:

---

---

# On The Following Pages

On the following pages, you will find space to answer some questions and journal over the next year. You may decide to use the template for *Pray Today*, on page 18 each day for a prayer practice. Use your own journal to write your response to each prompt.

Be sure to revisit your growth plan and journal often to stay on track and complete the *Revisit Your Growth Plan* pages in 6 months and one year.

# Pray Today

■ Thank God for who He is and His faithfulness in your life.

---

---

---

---

■ Who are you praying for today?

---

---

---

---

■ What challenge or situation do you need God's guidance in this week?

---

---

---

---

■ What is a need your family has this week?

---

---

---

# Come Back Later

Revisit Your Growth Plan (June 2024)

■ In what areas of your life have you started trusting God more?

---

---

---

---

■ Have there been any distractions or obstacles to your spiritual growth? What are they?

---

---

---

---

■ What spiritual practices have you tried out in the last 6 months? Which practice helped you connect with God the most?

---

---

---

---

■ Which friendships or relationships in your life help point you to Jesus?

---

---

---

## Come Back Later

Revisit Your Growth Plan (January 2025)

In what areas of your life have you handed over complete trust and control to God?

---

---

---

---

In the last year, have you formed deep relationships with other followers of Jesus? What impact have they had in your life?

---

---

---

---

What challenge or situation do you need God's guidance in this week?

---

---

---

---

Who are you praying for today?

---

---

---

## Spiritual Growth Resources

### Interest Groups



The best place to begin to find friends and community at The Summit Church is through an Interest Group. Find a group and sign up today at [thesummit.church/more](https://thesummit.church/more).

### Book Recommendations

- *Invitation To A Journey* by M. Robert Mulholland
- *A Deeply Formed Life* by Rich Villodas
- *Emotionally Healthy Spirituality* by Peter Scazzero

### Previous Classes

A great way to learn and grow is by watching some of our past classes with Pastor Chris. Follow the QR link to watch classes on-demand!



**The Epic of Eden Class**



**How To Read The Bible Class**

### More Growing Resources



We've compiled additional spiritual growth resources available at [thesummit.church/more](https://thesummit.church/more).

# Giving

**Pray this:** God, I have seen your faithfulness in my life. In response to Your goodness and faithfulness help me to live with open hands. I am letting go of control and leaning into radically trusting you, Lord. As I grow in trust, I know it will challenge me to grow in generosity. When opportunities arise, give me the faith to live in trust, knowing that what is given for Your Kingdom has eternal value. Amen.

## Sermon Notes

**Main Scripture:**

**Key Point:**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Miss a week? Visit [thesummit.church/more](https://thesummit.church/more) to watch the messages on-demand!

## Scripture Writing & Reflection

Take a moment to write **Matthew 6:24-30 NLT** in the space below.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

What word or phrase stuck out to you? What is it that God may be speaking to you? Is there a next step you need to take?

---

---

---

---

## My Giving Plan

Make a plan to grow in generosity the next 4 weeks, 6 months and one year. See page 29 for resources on Giving!

**For the next 4 weeks, I plan to be generous by:**

- Thanking God for What I Have & Asking How Much To Give
- Increasing My Giving by 1% or More of My Income
- Other:

---

---

**In the next 6 months, I plan to be generous by:**

- Setting Up a Recurring Gift
- Praying Over My Offering
- Other:

---

---

**In the next year, I plan to be generous by:**

- Giving A Gift Above & Beyond
- Praying Over My Offering
- Other:

---

---

## On The Following Pages

On the following pages, you will find space to answer some questions and journal over the next year. You may decide to use the template for *Pray Today*, on page 26 each day for a prayer practice. Use your own journal to write your response to each prompt.

Be sure to revisit your giving plan and journal often to stay on track and complete the *Revisit Your Giving Plan* pages in 6 months and one year.

# Pray Today

■ Thank God for who He is and His faithfulness in your life.

---

---

---

---

■ Who are you praying for today?

---

---

---

---

■ What challenge or situation do you need God's guidance in this week?

---

---

---

---

■ What is a need your family has this week?

---

---

---

# Come Back Later

Revisit Your Giving Plan (June 2024)

■ How have you noticed God providing for you in the last 6 months?

---

---

---

---

■ Have you followed through with your plan to grow in generosity? How?

---

---

---

---

■ What challenge or situation do you need God's guidance in this week?

---

---

---

---

■ Who are you praying for today?

---

---

---

## Come Back Later

Revisit Your Giving Plan (January 2025)

How has God grown your heart towards generosity?

---

---

---

---

In the last year, what blessings have you experienced from God?

---

---

---

---

What challenge or situation do you need God's guidance in this week?

---

---

---

---

Who are you praying for today?

---

---

---

## Giving Resources

### Setup A Recurring Gift



To setup a recurring gift, visit [thesummit.church/give](https://thesummit.church/give) or scan the QR code.

### Read *When You Give*



Take a moment to read about what happens when you give back to God.

### More Giving Resources



We've compiled additional giving resources available at [thesummit.church/more](https://thesummit.church/more).

# Serving

**Pray this:** Spirit of God, help me to be present with all who need me. Would you point out gifts of mine I could use to serve You? I want to use my time and talents to meet the needs of others. Give me patience when it's inconvenient, and stir up joy in me to serve those who You love. More than anything else, let my service reflect your love for those I'm serving. Amen.

## Sermon Notes

**Main Scripture:**

**Key Point:**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Miss a week? Visit [thesummit.church/more](https://thesummit.church/more) to watch the messages on-demand!



## Scripture Writing & Reflection

Take a moment to write **Matthew 20:25-28 NLT** in the space below.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

What word or phrase stuck out to you? What is it that God may be speaking to you? Is there a next step you need to take?

---

---

---

---

---

## My Serving Plan

Make a plan to serve in the next 4 weeks, 6 months and one year. See page 37 for resources on Serving!

**For the next 4 weeks, I plan to serve by:**

- Learning About the Volunteer Needs at My Church and Begin Praying About Where to Serve
- Commit To Trying Out A Place to Serve at The Summit for 3 Months
- Other:

**In the next 6 months, I plan to serve by:**

- Participating in At Least One Mission Project to be FOR My Community
- Serving Regularly on a Team at The Summit
- Other:

**In the next year, I plan to serve by:**

- Serving At Least Once at One of Our Local Non-Profit Partners
- Serving Regularly on a Team at The Summit
- Other:

## On The Following Pages

On the following pages, you will find space to answer some questions and journal over the next year. You may decide to use the template for *Pray Today*, on page 34 each day for a prayer practice. Use your own journal to write your response to each prompt.

Be sure to revisit your giving plan and journal often to stay on track and complete the *Revisit Your Serving Plan* pages in 6 months and one year.

# Pray Today

■ Thank God for who He is and His faithfulness in your life.

---

---

---

---

---

■ Who are you praying for today?

---

---

---

---

---

■ What challenge or situation do you need God's guidance in this week?

---

---

---

---

---

■ What is a need your family has this week?

---

---

---

---

# Come Back Later

Revisit Your Serving Plan (June 2024)

■ What spiritual gifts have you discovered you have over the past 6 months?

---

---

---

---

---

■ Have you followed through with your plan to serve? How has God worked through your serving?

---

---

---

---

---

■ Take a moment to pray for a co-worker, friend or neighbor who doesn't know Jesus.

---

---

---

---

---

■ Take a moment to ask God how you can serve the co-worker, friend or neighbor this week.

---

---

---

---

## Come Back Later

Revisit Your Serving Plan (January 2025)

Has your serving impacted those around you? How?

---

---

---

---

Where do you love serving the most?

---

---

---

---

What challenge or situation do you need God's guidance in this week?

---

---

---

---

Who are you praying for today?

---

---

---

## Serving Resources

**Did you know?**

**There are all kinds of places to serve at The Summit Church! Here are just a few:**

### Family Ministry

Invest in the faith of the next generation through volunteering at Summit Kids or Student Ministry. When you lead a group, help a child or student feel known, volunteer behind the scenes, or help families check-in you make an impact for generations to come.

### Welcome Team

Help people know they belong through serving. Serve by opening doors, making coffee and setting up the Worship Center. Be a smiling face for those who walk through our doors!

### Project Prep Team

Make it easy for people to experience Jesus when you serve. When you help prepare for large or small projects, you make it easier for people to hear the Gospel message and experience God.

### Worship, Production & Communications

Help people connect with God. Through music, production, videos and photos, your gifts help others see and experience what God is up to at The Summit.

### Difference Makers Team

This team provides assistance to those with physical limitations who need light maintenance work around their homes. The Difference Makers help with seasonal yard care, carpentry and non-electrical and non-plumbing home repairs.

If you're interested in joining one of the teams listed here, e-mail [hello@thesummit.church](mailto:hello@thesummit.church) today!

**View All Serving Opportunities & Resources**



We've compiled additional next steps and serving resources available at [thesummit.church/more](https://thesummit.church/more).

# Inviting

**Pray this:** God, thank you for adopting me into Your family, for the grace that has gone before me, for saving me. You call us to follow your example of reaching out and inviting others into Your story of salvation. Provide me with opportunities to do that. Open my eyes to recognize those moments when my invitations might be well-received. May my invitations be a faithful echo of Your own. Amen.

## Sermon Notes

**Main Scripture:**

**Key Point:**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## Scripture Writing & Reflection

Take a moment to write **Romans 10:9-15 NLT** in the space below.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

What word or phrase stuck out to you? What is it that God may be speaking to you? Is there a next step you need to take?

---

---

---

---

---

## My Inviting Plan

Make a plan to invite in the next 4 weeks, 6 months and one year. See page 43 for resources on Inviting!

### For the next 4 weeks, I plan to invite by:

- Praying For a Friend Who Doesn't Follow Jesus
- Inviting One or More People To Join Me at Church
- Other:

---

---

### In the next 6 months, I plan to invite by:

- Sharing an Invite to The Summit Church on Social Media
- Inviting One or More People To Join Me at Church
- Other:

---

---

### In the next year, I plan to invite by:

- Sharing About What God is Doing In My Life with One Friend
- Inviting One or More People to Serve With Me
- Other:

---

---

## On The Following Pages

On the following pages, you will find space to answer some questions and journal over the next year. You may decide to use the template for *Pray Today*, on page 42 each day for a prayer practice. Use your own journal to write your response to each prompt.

Be sure to revisit your giving plan and journal often to stay on track and complete the *Revisit Your Inviting Plan* pages in 6 months and one year.

# Pray Today

■ Thank God for who He is and His faithfulness in your life.

---

---

---

---

■ Who are you praying for today?

---

---

---

---

■ What challenge or situation do you need God's guidance in this week?

---

---

---

---

■ What is a need your family has this week?

---

---

---

# Come Back Later

Revisit Your Giving Plan (June 2024)

■ Who is on your mind to invite to church? Take a moment to write their names and pray over them.

---

---

---

---

■ Have you followed through with your plan to invite? What have you experienced God do through your invitations?

---

---

---

---

■ Take a moment to complete a spiritual health check.

## Spiritual Health Check

<b>Praying Daily</b>	Struggled	1	2	3	4	5	Faithful
<b>Spiritual Community</b>	Struggled	1	2	3	4	5	Faithful
<b>Generosity</b>	Struggled	1	2	3	4	5	Faithful
<b>Serving on a Regular Basis</b>	Struggled	1	2	3	4	5	Faithful
<b>Inviting</b>	Struggled	1	2	3	4	5	Faithful

■ Which areas have you improved? Which areas still need attention?

---

---

## Come Back Later

Revisit Your Giving Plan (January 2025)

Who is on your mind to invite to church? Take a moment to write their names and pray over them.

---

---

---

---

In the last year, what blessings have you experienced from God?

---

---

---

---

Take a moment to complete a spiritual health check.

### Spiritual Health Check

Praying Daily	Struggled	1	2	3	4	5	Faithful
Spiritual Community	Struggled	1	2	3	4	5	Faithful
Generosity	Struggled	1	2	3	4	5	Faithful
Serving on a Regular Basis	Struggled	1	2	3	4	5	Faithful
Inviting	Struggled	1	2	3	4	5	Faithful

Which areas have you improved? Which areas still need attention?

---

---

## Inviting Resources

### Did you know?

Studies have shown that 86% of non-church goers would say yes to an invite to church if someone asked them. Let this encourage you to invite those on your heart to church!

### Follow, Like & Share

One simple way to invite others is to follow, like and share our posts on social media. You can follow The Summit Church on Facebook, Instagram and YouTube!

### Share your story.

We're on mission to help people follow Jesus and find life, and that doesn't happen without you. You are a part of God's story of redemption for all people. You have a story to share. And others need to hear what God is up to, so they have confidence to take a next step towards Jesus.

So the question is, do you have a story about God's faithfulness through your praying, growing, giving, serving or inviting? We want to hear about it! Head over to [thesummit.church/more](https://thesummit.church/more) or email [hello@thesummit.church](mailto:hello@thesummit.church) to share your story with us.

When you share your story, it's not a commitment to speak on video or in front of people. Just a chance for us to hear about what God is doing at The Summit Church.

### More Inviting Resources



We've compiled additional inviting resources available at [thesummit.church/more](https://thesummit.church/more).

# Notes

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# Notes

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---









**THE SUMMIT**  
CHURCH