JOURNAL

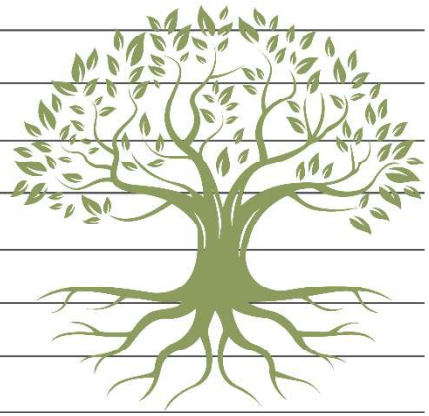
Week 3

Values & Practices

Theme
Living into our core values

Scripture
Micah 6:8 & 1 Corinthians 13

Guiding Questions

- What would you add to the list of virtues and values from Sunday's handout?
- Which virtues are most important to you?
- What value would you like to cultivate?
- What would you add to the list of disciplines and practices?
- Have you had "success" with any of the practices? If so, which ones? What practice might you be willing to try?
- How does scripture inspire you?

Going Deeper
Reflect on the past year: What values or disciplines have you been practicing? How have you grown? What issues block your way to a deeper transformation in faith? What values and practices might lend themselves to overcoming those issues? Do you remember a time when one more of your values shifted? What was the event or circumstance that changed this value for you?