

TRELLIS

Practices of the Followers of Jesus

Silence and Solitude – Moments of intentional time in the quiet to be alone with God

Scripture – Continually committing to studying and interacting with the word of God

Prayer – Intentional times of addressing God

Fasting – A willing abstinence from for a period of time

Simplicity – Structuring your life in such a way that it becomes more freeing

Living in Community – Partners for the journey, to share life and the Lord's Supper

Sabbath – A day set aside for rest and worship, including church on Sundays

Building my Trellis

	Daily	Weekly	Monthly	Quarterly	Yearly
Practices for my Life of Faith in Jesus					