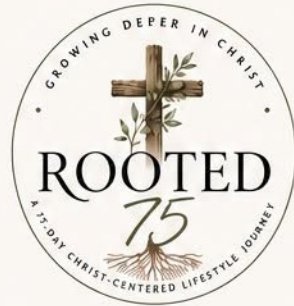


10 DAILY HABITS



SMALL, INTENTIONAL HABITS THAT LEAD TO A ROOTED LIFE.



1. DAILY SOAP BIBLE STUDY

Spend time in God's Word using the SOAP method to grow in understanding and application.



2. INTENTIONAL PRAYER

Talk with God throughout the day and keep your heart connected to Him.



3. DAILY MOVEMENT

Move your body with purpose to honor the strength God has given you.



4. TIME OUTSIDE

Get outside, breathe deeply, and soak in the beauty of God's creation.



5. HYDRATION

Drink enough water throughout the day to fuel your body and mind.



6. NOURISHING OUR BODIES

Choose foods that fuel your body and honor the temple God has given you.



7. PERSONAL & SPIRITUAL GROWTH

Invest time in learning, reading, and growing closer to the person God created you to be.



8. SPEAKING LIFE (NO GOSSIP)

Build others up with your words and choose encouragement over criticism.



9. A PERSONAL 75-DAY FAST

Surrender something to God and use this time to grow in dependence and self-discipline.



10. ENCOURAGE SOMEONE

Be intentional about lifting someone up and pointing them to Jesus.

*So then, just as you received Christ Jesus as Lord,
continue to live your lives in him, rooted and built up in him,
strengthened in the faith as you were taught, and overflowing with thankfulness.*