



HOLY HABITS *Adults*

Establishing holy habits is essential for developing a rhythm of life that leads to embodying the way of Jesus. We believe incorporating at least one habit from each of the three categories below on a weekly basis can be transformative. Use the habit tracker to help integrate these habits into your life.



Learn more!



WORSHIP

- Attend a Worship Service
 - In-person or Online
 - Swap services (if you normally attend Traditional, try Modern and vice versa)
- Make an Offering
 - Set up recurring giving
 - Choose a mission to support financially
- Practice Prayer Regularly
 - Noonday Prayer*
 - Incorporate intentional time with God into your day
 - Read The Upper Room*
 - Lectio365 app*
 - Practice 5 minutes of silence



SERVE

- Serve Asbury
 - Complete Volunteer Accelerator*
 - Wear your name tag
- Serve Others
 - Volunteer with...
 - Discovery
 - Anchor
 - Food Pantry
 - Mission Partners
 - Opportunities in the Missions Newsletter*
- Serve Family & Friends
 - Make blessing bags*
 - Random act of kindness



GROW

- Join/Attend a Sunday School or Small Group*
- Read Scripture Regularly
 - Try a YouVersion Bible App Reading Guide*
- Engage in Spiritual Conversation
 - With others...
 - over coffee with a friend
 - through Spiritual Direction*
 - Embodying the Way of Methodism Class*
 - Disciple 1 New Testament Class*
 - Independently...
 - Asbury Bham Podcast*
 - Discover a new Podcast
 - Apprenticeship Online*

Habit Tracker

	WORSHIP	SERVE	GROW
WEEK 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

LET'S WORSHIP, SERVE, & GROW TOGETHER!

*To learn more about these opportunities, visit www.asburybham.org/habits.