

SPIRITUAL FORMATION - OPTIONS FOR TEMPLE TRIATHLON 2012

The goal for this part of our Temple Triathlon program is *focused* time in communion with God which can include Bible reading, meditation, and prayer.

The health ministry team suggests choosing from the following:

- ◆ Reading through a book or books of the Bible
- ◆ Bible verse memorization
- ◆ Quiet time with prayer and/or meditation
- ◆ Listening to the Bible being read on audiotape/disc
- ◆ Weekly Bible readings based on the lectionary Bible passages
(see list of weekly readings)
- ◆ Bible reading combined with a devotional booklet explaining the passage, such as TODAY
- ◆ Lectio Divina (see explanation sheet)