



## Summer Camp: Adventures in Spiritual Practices Summer 2023

### Reflect + Discuss

- Did you try out last week's practice? How did that go? Do you think you will continue with that practice?
- What spiritual practice was discussed this week? (If you can, try it individually or as a group now. Note that not all practices can be immediately practiced. Do what works.)
- Read this week's accompanying passage(s). What stands out to you from this passage? Does it leave you with any questions?
- Do you have any experience with this practice? Share about that.
- What are some of the challenges of this practice?
- What are some of the opportunities for transformation that can come from this practice?
- In what ways are you going to try this practice this week? What do you hope to gain from that experience?

### Pray

- Sit in reflection for a moment about your spiritual life. What things feel life giving? What things feel hard? Be honest with God about any concerns or reservations you have about incorporating this week's practice. Pray that the Holy Spirit would transform you as you take part in this practice and that it would help you to see Him, yourself, and the world more clearly.

### Next Steps

- Check out the [Summer Camp resource page](#) for ideas on next steps and send your questions about the message or practice to [podcast@blackhawkchurch.org](mailto:podcast@blackhawkchurch.org).