



# FASTING

YOU FEEL CLOSER TO GOD WHEN YOU FAST. FASTING ALLOWS YOU TO DENY YOURSELF OF THE THINGS YOU WANT AND RESET YOUR CRAVINGS FOR THE THINGS OF GOD. BY FASTING YOU HEAR AND SEE THINGS GOD WANTS TO REVEAL TO YOU MORE QUICKLY AND EASILY. WHEN YOU FAST FROM ENTERTAINMENT, SOCIAL MEDIA, FOOD, OR OTHER ITEMS, YOU ARE COMMITTED TO SET ASIDE DISTRACTION AND PRESS INTO HEARING WHAT GOD IS SAYING TO YOU WITH CLARITY.

## CWG SCRIPTURES |

### EXODUS 34:28

“MOSES WAS THERE WITH THE LORD FOR 40 DAYS AND 40 NIGHTS. HE DIDN'T EAT ANY FOOD OR DRINK ANY WATER. THE LORD WROTE ON THE TABLETS THE WORDS OF THE COVENANT LAW. THOSE WORDS ARE THE TEN COMMANDMENTS.”

### ROMANS 8:12-13

“BROTHERS AND SISTERS, WE HAVE A DUTY. OUR DUTY IS NOT TO LIVE UNDER THE POWER OF SIN. IF YOU LIVE UNDER THE POWER OF SIN, YOU WILL DIE. BUT BY THE SPIRIT'S POWER YOU CAN PUT TO DEATH THE SINS YOU COMMIT. THEN YOU WILL LIVE.”

### GALATIANS 5:24

“THOSE WHO BELONG TO CHRIST JESUS HAVE NAILED THEIR SINFUL DESIRES TO HIS CROSS. THEY DON'T WANT THESE THINGS ANYMORE.”

### MATTHEW 4:4

JESUS ANSWERED, “IT IS WRITTEN, ‘MAN MUST NOT LIVE ONLY ON BREAD. HE MUST ALSO LIVE ON EVERY WORD THAT COMES FROM THE MOUTH OF GOD.’”

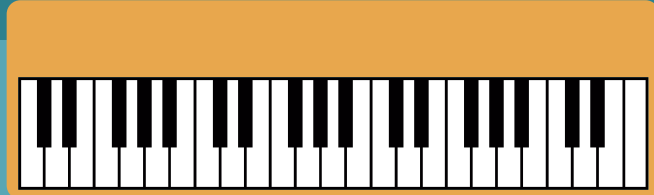


# ADORATION



YOU CAN FEEL CLOSER TO GOD WHEN YOU MINISTER TO HIS HEART THROUGH WORSHIP. SOUNDS, RHYTHMS, CADENCES, AND SONGS. THIS BRINGS YOU INTO A DEEPER PLACE TO ENCOUNTER GOD'S PRESENCE. YOU CAN WORSHIP GOD WITH YOUR VOICE, INSTRUMENTS, OR CREATING SONGS, BUT YOU ALSO WORSHIP HIM BY STOPPING THROUGHOUT THE DAY TO TELL HIM HOW MUCH YOU LOVE HIM.

## CWG SCRIPTURES |



### PSALM 34:1-3

"I WILL THANK THE LORD AT ALL TIMES. MY LIPS WILL ALWAYS PRAISE HIM. I WILL FIND MY GLORY IN KNOWING THE LORD. LET THOSE WHO ARE HURTING HEAR ME AND BE JOYFUL. JOIN ME IN GIVING GLORY TO THE LORD. LET US HONOR HIM TOGETHER."

### PSALM 36:5-7

"LORD, YOUR LOVE IS AS HIGH AS THE HEAVENS. YOUR FAITHFUL LOVE REACHES UP TO THE SKIES. YOUR HOLINESS IS AS GREAT AS THE HEIGHT OF THE HIGHEST MOUNTAINS. YOU ARE AS HONEST AS THE OCEANS ARE DEEP. LORD, YOU KEEP PEOPLE AND ANIMALS SAFE. HOW PRICELESS YOUR FAITHFUL LOVE IS! PEOPLE FIND SAFETY IN THE SHADOW OF YOUR WINGS."

### PSALM 48:9-10

"GOD, INSIDE YOUR TEMPLE WE THINK ABOUT YOUR FAITHFUL LOVE. GOD, YOUR FAME REACHES FROM ONE END OF THE EARTH TO THE OTHER. SO PEOPLE PRAISE YOU FROM ONE END OF THE EARTH TO THE OTHER. YOU USE YOUR POWER TO DO WHAT IS RIGHT."

### ACTS 16:25-26

"ABOUT MIDNIGHT PAUL AND SILAS WERE PRAYING. THEY WERE ALSO SINGING HYMNS TO GOD. THE OTHER PRISONERS WERE LISTENING TO THEM. SUDDENLY THERE WAS A POWERFUL EARTHQUAKE. IT SHOOK THE PRISON FROM TOP TO BOTTOM. ALL AT ONCE THE PRISON DOORS FLEW OPEN. EVERYONE'S CHAINS CAME LOOSE."



KIDS

# MEDITATION

YOU FEEL CLOSER TO GOD WHEN YOU DIRECT YOUR FOCUS AND THOUGHTS ON GOD. IN A MOMENT OF QUIET, YOU CAN STAY IN HIS PRESENCE BY READING SCRIPTURE OVER AND OVER AGAIN. THROUGH MEDITATION, YOU CAN HEAR THE HOLY SPIRIT GUIDE YOU TO READ, THINK, REFLECT, AND APPLY SCRIPTURE TO YOUR LIFE. YOUR DEEP FOCUS ON THE WORD OF GOD WILL RENEW YOUR MIND AND THOUGHTS.



## CWG SCRIPTURES |

### JOSHUA 1:8

“NEVER STOP READING THIS BOOK OF THE LAW. DAY AND NIGHT YOU MUST THINK ABOUT WHAT IT SAYS. MAKE SURE YOU DO EVERYTHING WRITTEN IN IT. THEN THINGS WILL GO WELL WITH YOU. AND YOU WILL HAVE GREAT SUCCESS.”

### JEREMIAH 15:16

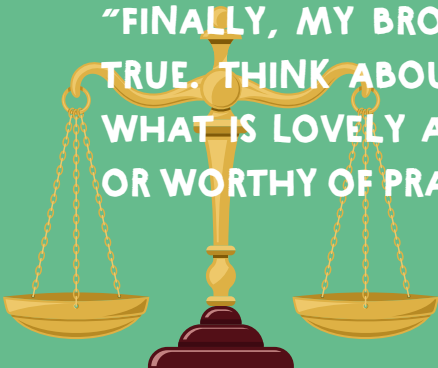
“WHEN I RECEIVED YOUR WORDS, I ATE THEM. THEY FILLED ME WITH JOY. MY HEART TOOK DELIGHT IN THEM. LORD GOD WHO RULES OVER ALL, I BELONG TO YOU.”

### PSALM 1:1-2

“BLESSED IS THE PERSON WHO OBEYS THE LAW OF THE LORD. THEY DON’T FOLLOW THE ADVICE OF EVIL PEOPLE. THEY DON’T MAKE A HABIT OF DOING WHAT SINNERS DO. THEY DON’T JOIN THOSE WHO MAKE FUN OF THE LORD AND HIS LAW. INSTEAD, THE LAW OF THE LORD GIVES THEM JOY. THEY THINK ABOUT HIS LAW DAY AND NIGHT.”

### PHILIPPIANS 4:8

“FINALLY, MY BROTHERS AND SISTERS, ALWAYS THINK ABOUT WHAT IS TRUE. THINK ABOUT WHAT IS NOBLE, RIGHT AND PURE. THINK ABOUT WHAT IS LOVELY AND WORTHY OF RESPECT. IF ANYTHING IS EXCELLENT OR WORTHY OF PRAISE, THINK ABOUT THOSE KINDS OF THINGS.”



# SOLITUDE

YOU FEEL CLOSER TO GOD WHEN YOU ARE ABLE TO GET ALONE WITH HIM. WHEN YOU ARE ALONE WITH GOD, YOU CAN BE VULNERABLE AND INTIMATE WITH THE LORD, TELLING HIM EVERYTHING. KNOWING THAT YOU ARE ALONE, YOU CAN ENTER HIS PRESENCE AND GIVE HIM ALL YOUR ATTENTION AND LOVE. IN SOLITUDE, YOU CAN HEAR THE WHISPERS OF THE FATHER AND SOAK IN EVERYTHING HE IS SAYING.



## CWG SCRIPTURES |

### **JEREMIAH 29:12-13**

"THEN YOU WILL CALL OUT TO ME. YOU WILL COME AND PRAY TO ME. AND I WILL LISTEN TO YOU. WHEN YOU LOOK FOR ME WITH ALL YOUR HEART, YOU WILL FIND ME."

### **MARK 6:31-32**

"BUT MANY PEOPLE WERE COMING AND GOING. SO THEY DID NOT EVEN HAVE A CHANCE TO EAT. THEN JESUS SAID TO HIS APOSTLES, 'COME WITH ME BY YOURSELVES TO A QUIET PLACE. YOU NEED TO GET SOME REST.' SO THEY WENT AWAY BY THEMSELVES IN A BOAT TO A QUIET PLACE."

### **PSALM 27:8**

"MY HEART SAYS, 'SEEK HIM!' LORD, I WILL SEEK YOU."

### **PSALM 27:4**

"I'M ASKING THE LORD FOR ONLY ONE THING. HERE IS WHAT I WANT. I WANT TO LIVE IN THE HOUSE OF THE LORD ALL THE DAYS OF MY LIFE. I WANT TO LOOK AT THE BEAUTY OF THE LORD. I WANT TO WORSHIP HIM IN HIS TEMPLE."



# CREATION



YOU CAN FEEL CLOSER TO GOD WHEN YOU ARE IN NATURE. IN NATURE YOU CAN SEE THE BEAUTY AND THE SPLENDOR OF HIS CREATION AS YOU OBSERVE THE MOVEMENTS OF HIS CREATURES, TOUCH THE COUNTLESS GRAIN OF SAND, FEEL THE CALM BREEZE OR THE MIDST OF A WATERFALL. BEING OUTSIDE CAN BRING YOU A SENSE OF WONDER AND PEACE THAT YOU ARE NOT ABLE TO EXPERIENCE ANYWHERE ELSE.

## CWG SCRIPTURES |


GENESIS 1:1, "IN THE BEGINNING, GOD CREATED THE HEAVENS AND THE EARTH."

PSALM 8:1, "O LORD, OUR LORD, HOW MAJESTIC IS YOUR NAME IN ALL THE EARTH! YOU HAVE SET YOUR GLORY ABOVE THE HEAVENS."

PSALM 19:1, "THE HEAVENS DECLARE THE GLORY OF GOD, AND THE SKY ABOVE PROCLAIMS HIS HANDIWORK."

HEBREWS 11:3, "WE HAVE FAITH. SO WE UNDERSTAND THAT EVERYTHING WAS MADE WHEN GOD COMMANDED IT. THAT'S WHY WE BELIEVE THAT WHAT WE SEE WAS NOT MADE OUT OF WHAT COULD BE SEEN."

# EXPRESSION



YOU CAN FEEL CLOSER TO GOD WHEN YOU EXPRESS THROUGH CREATIVITY. WHILE WRITING, DRAWING, PAINTING, DANCING, OR ANYTHING CREATIVE YOU CAN EXPERIENCE GOD. THROUGH EXPRESSION YOU CAN EXPERIENCE A CLOSENESS WITH THE LORD THAT BRINGS HEALING TO YOUR HEART, REFRESHES YOUR MIND, AND BIRTHS CREATIVE IDEAS AND SOLUTIONS. WHEN YOU CREATE HEALING, RESTORATION, AND UNDERSTANDING CAN BE REVEALED AS YOU REFLECT ON THE NATURE OF OUR CREATOR.

## EXODUS 31:3

“And I have filled him with the Spirit of God, with ability and intelligence, with knowledge and all craftsmanship”

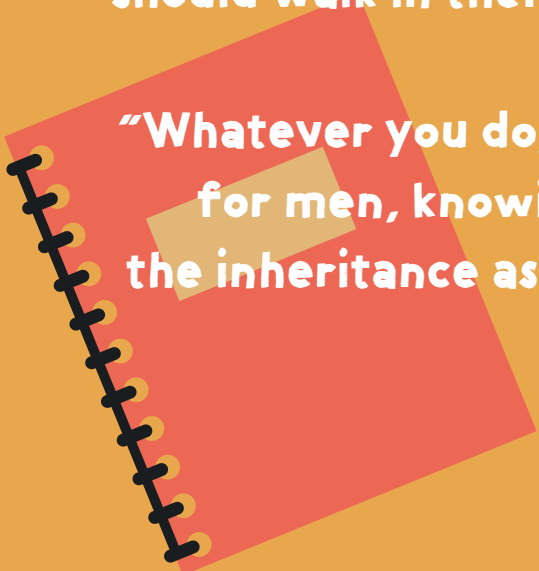
PSALM 51:10

“Create in me a clean heart, O God, and renew a right spirit within me.”

## EPHESIANS 2:10

“For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.”

COLOSSIANS 3:23-24



“Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ.”

# REFORMATION

CONNECTING WITH GOD THROUGH REFORMATION IS PARTNERING WITH HIM TO MAKE THE CROOKED WAYS STRAIGHT THROUGH INTERCESSION AND ACTION. YOU FEEL CLOSE TO THE LORD WHEN YOU HEAR WHAT'S ON HIS HEART, AND YOU PLEASE HIM IN HELPING BRING HIS HEAVENLY JUSTICE TO THE EARTH.



**PSALM 68:19**

**"Give praise to the Lord. Give praise to God our Savior. He carries our heavy loads day after day."**

**Esther 4:14**

**"What if you don't say anything at this time? Then help for the Jews will come from another place. But you and your family will die. Who knows? It's possible that you became queen for a time just like this."**

**Isaiah 40:5**

**"Then the glory of the Lord will appear. And everyone will see it together. The Lord has spoken."**

**Isaiah 52:10**

**"The Lord will use the power of his holy arm to save his people. All the nations will see him do it. Everyone from one end of the earth to the other will see it."**



# CONVERSATION

YOU FEEL CLOSER TO GOD BY SHARING HOW YOU ARE FEELING, WHAT YOU ARE THINKING ABOUT, AND TELLING HIM ABOUT THE THINGS THAT ARE CONCERNING YOU OR CHALLENGING YOU. YOU WANT TO TALK TO GOD ABOUT EVERYTHING. YOU ARE ABLE TO ENTER A TWO-WAY CONVERSATION WITH GOD. GOD MAY SPEAK TO YOU THROUGH A THOUGHT, SCRIPTURE, VISIONS, OR DREAMS.



## CWG SCRIPTURES |

### PSALM 27:4

"I'M ASKING THE LORD FOR ONLY ONE THING. HERE IS WHAT I WANT. I WANT TO LIVE IN THE HOUSE OF THE LORD ALL THE DAYS OF MY LIFE. I WANT TO LOOK AT THE BEAUTY OF THE LORD. I WANT TO WORSHIP HIM IN HIS TEMPLE."

### PSALM 116:1

"I LOVE THE LORD, BECAUSE HE HEARD MY VOICE. HE HEARD MY CRY FOR HIS HELP."

### 1 CORINTHIANS 2:12

"WHAT WE HAVE RECEIVED IS NOT THE SPIRIT OF THE WORLD. WE HAVE RECEIVED THE SPIRIT WHO IS FROM GOD. THE SPIRIT HELPS US UNDERSTAND WHAT GOD HAS FREELY GIVEN US."

### PHILIPPIANS 4:6-7

"DON'T WORRY ABOUT ANYTHING. NO MATTER WHAT HAPPENS, TELL GOD ABOUT EVERYTHING. ASK AND PRAY, AND GIVE THANKS TO HIM. THEN GOD'S PEACE WILL WATCH OVER YOUR HEARTS AND YOUR MINDS. HE WILL DO THIS BECAUSE YOU BELONG TO CHRIST JESUS. GOD'S PEACE CAN NEVER BE COMPLETELY UNDERSTOOD."



# LEARNING

YOU FEEL CLOSEST TO GOD WHEN YOU ARE LEARNING ABOUT HIM AND HIS WORD. YOU MAY HAVE A LOT OF QUESTIONS AND THESE QUESTIONS LEAD YOU TO LEARN MORE FROM GOD'S WORD AND HIS VOICE. THROUGH STUDYING GODS WORD, YOU FEEL CLOSER TO HIM AND LEARN TO HEAR HIS VOICE MORE CLEARLY. THE MORE YOU LEARN ABOUT GOD THE MORE YOU UNDERSTAND HIS LOVE FOR YOU.



## CWG SCRIPTURES |

### PSALM 49:3

"MY MOUTH WILL SPEAK WISE WORDS. WHAT I THINK ABOUT IN MY HEART WILL GIVE YOU UNDERSTANDING."

### JOHN 8:31-32

"JESUS SPOKE TO THE JEWS WHO HAD BELIEVED HIM. "IF YOU OBEY MY TEACHING," HE SAID, "YOU ARE REALLY MY DISCIPLES. THEN YOU WILL KNOW THE TRUTH. AND THE TRUTH WILL SET YOU FREE."

### 2 TIMOTHY 3:16

"GOD HAS BREATHED LIFE INTO ALL SCRIPTURE. IT IS USEFUL FOR TEACHING US WHAT IS TRUE. IT IS USEFUL FOR CORRECTING OUR MISTAKES. IT IS USEFUL FOR MAKING OUR LIVES WHOLE AGAIN. IT IS USEFUL FOR TRAINING US TO DO WHAT IS RIGHT."

### PSALM 1:1-2

"BLESSED IS THE PERSON WHO OBEYS THE LAW OF THE LORD. THEY DON'T FOLLOW THE ADVICE OF EVIL PEOPLE. THEY DON'T MAKE A HABIT OF DOING WHAT SINNERS DO. THEY DON'T JOIN THOSE WHO MAKE FUN OF THE LORD AND HIS LAW. INSTEAD, THE LAW OF THE LORD GIVES THEM JOY. THEY THINK ABOUT HIS LAW DAY AND NIGHT."

# MOVEMENT

YOU FEEL CLOSER TO GOD WHEN YOU ARE PHYSICALLY MOVING. THROUGH MOVEMENT YOU CAN REMOVE DISTRACTION AND BRING YOUR FULL ATTENTION AND AFFECTION TO GOD. YOU CONNECT TO GOD BY RUNNING, WALKING, DANCING, KNEELING, RAISING HANDS, WORKING WITH YOUR HANDS, ETC. WHILE YOU ARE MOVING YOU CAN HEAR GOD'S VOICE CLEARLY.



## GENESIS 1:1-2

"IN THE BEGINNING, GOD CREATED THE HEAVENS AND THE EARTH. THE EARTH DIDN'T HAVE ANY SHAPE. AND IT WAS EMPTY. THERE WAS DARKNESS OVER THE SURFACE OF THE WAVES. AT THAT TIME, THE SPIRIT OF GOD WAS HOVERING OVER THE WATERS."

## 2 SAMUEL 6:14

"DAVID WAS WEARING A SACRED LINEN APRON. HE DANCED IN FRONT OF THE LORD WITH ALL HIS MIGHT."

## ISAIAH 40:31

"BUT THOSE WHO TRUST IN THE LORD WILL RECEIVE NEW STRENGTH. THEY WILL FLY AS HIGH AS EAGLES. THEY WILL RUN AND NOT GET TIRED. THEY WILL WALK AND NOT GROW WEAK."

## ACTS 17:28

"'IN HIM WE LIVE AND MOVE AND EXIST.' AS SOME OF YOUR OWN POETS HAVE ALSO SAID, 'WE ARE HIS CHILDREN.'"



# COMPASSION

YOU FEEL CLOSER TO GOD WHEN YOU ARE SERVING OTHERS AND GIVING ENCOURAGEMENT TO THOSE IN NEED. JESUS CARED FOR THE SICK, THE OUTCAST, AND THE LOST. BY SHOWING COMPASSION TO OTHERS, YOU SHOW OTHERS THE FATHER'S LOVE. WHEN YOU GIVE GOD'S LOVE TO OTHERS, YOU CAN FEEL CLOSER TO THE LOVE GOD HAS FOR YOU.



## CWG SCRIPTURES |

### MATTHEW 15:32

"THEN JESUS CALLED FOR HIS DISCIPLES TO COME TO HIM. HE SAID, 'I FEEL DEEP CONCERN FOR THESE PEOPLE. THEY HAVE ALREADY BEEN WITH ME THREE DAYS. THEY DON'T HAVE ANYTHING TO EAT. I DON'T WANT TO SEND THEM AWAY HUNGRY. IF I DO, THEY WILL BECOME TOO WEAK ON THEIR WAY HOME.'"

ROMANS 12:20-21

"DO JUST THE OPPOSITE. SCRIPTURE SAYS, 'IF YOUR ENEMIES ARE HUNGRY, GIVE THEM FOOD TO EAT. IF THEY ARE THIRSTY, GIVE THEM SOMETHING TO DRINK. BY DOING THOSE THINGS, YOU WILL PILE UP BURNING COALS ON THEIR HEADS.' DON'T LET EVIL OVERCOME YOU. OVERCOME EVIL BY DOING GOOD."

### JAMES 1:27

"...WHEN WIDOWS ARE IN TROUBLE, TAKE CARE OF THEM. DO THE SAME FOR CHILDREN WHO HAVE NO PARENTS. AND DON'T LET THE WORLD MAKE YOU IMPURE."

HEBREWS 6:10

"GOD IS FAIR. HE WILL NOT FORGET WHAT YOU HAVE DONE. HE WILL REMEMBER THE LOVE YOU HAVE SHOWN HIM. YOU SHOWED IT WHEN YOU HELPED HIS PEOPLE. AND YOU SHOW IT WHEN YOU KEEP ON HELPING THEM."

# REMEMBRANCE

YOU FEEL CLOSER TO GOD WHEN YOU REMEMBER WHAT HE HAS DONE. THANKSGIVING AND PRAISE ARE BIRTHED IN REMEMBRANCE. WHEN YOU REMEMBER, YOU INVITE HIS PRESENCE TO CELEBRATE IN HIS GOODNESS. REMEMBRANCE CAN BE YOU LOOKING AT OLD PHOTOS, REVIEWING YOUR JOURNAL, LISTENING TO AN OLD WORSHIP SONG, REFLECTING ON A PREVIOUS GOD ENCOUNTER, ETC. THE ACT OF REMEMBRANCE CAN BE WOVEN INTO EVERY PART OF YOUR WALK WITH GOD.

## CWG SCRIPTURES |

### Psalm 103:2

"I will praise the Lord. I won't forget anything he does for me."

John 14:26

"But the Father will send the Friend in my name to help you. The Friend is the Holy Spirit. He will teach you all things. He will remind you of everything I have said to you."

### 1 Corinthians 11:24

"When he had given thanks, he broke it. He said, 'This is my body. It is given for you. Every time you eat it, do it in memory of me.'"

Revelation 12:11

"They had victory over him by the blood the Lamb spilled for them. They had victory over him by speaking the truth about Jesus to others. They were willing to risk their lives, even if it led to death."

