



1. What spiritual rhythms or patterns do you have in place that you have found helpful?
2. On a scale of 1-10, how well do you spiritually feed yourself daily?
3. How often do you read the Bible? What is your practice when you do?  
Devotional? | 1 Chapter? | Old Testament? | New Testament?
4. What does your prayer life look like?
5. What growth have in seen in the past due to you spiritually feeding yourself?
6. What's 1 thing you are willing to adjust in your life this week to make more space to feed your spiritual appetite?



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