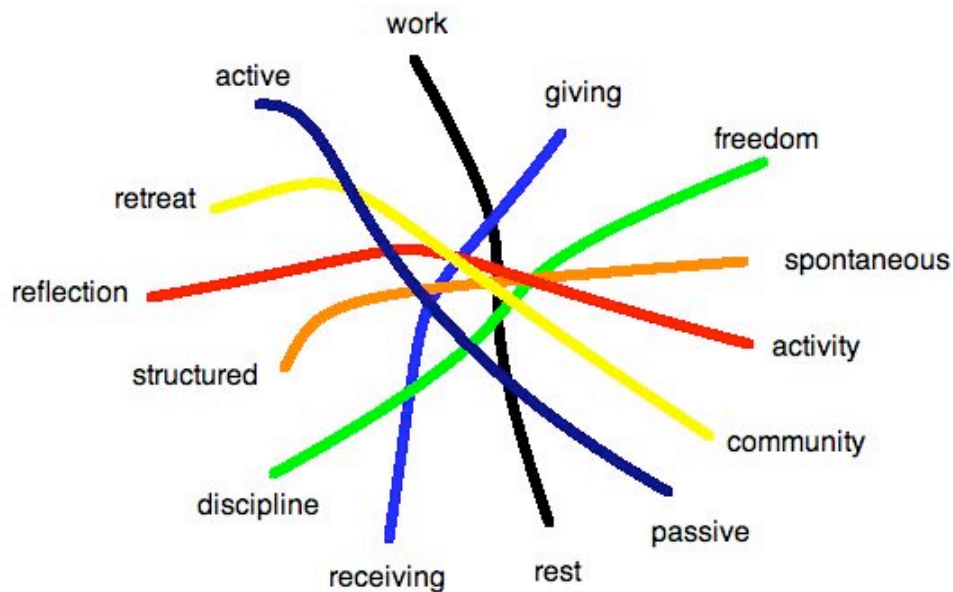


GETTING STARTED (OR RE-STARTED) WITH GOD

It's a funny thing, this idea of "walking with God." But it can also be pretty intuitive: pray, read the Bible, talk with a friend about God, take a walk. But if you've never tried it or have before but seem stuck now, here are 2 ideas...

1) Think about your personality – introvert/extrovert, like to reflect/like to rock-climb, prefer to think/prefer to act, keep it loose/keep it structured – and build on your strengths. (I.e. if you are very active, outgoing and emotional, don't spend all your effort trying to sit quietly and think by yourself – go outside, bring a friend and talk about what you're thinking or feeling about God.)¹



2) For most of your life, going with your strengths will work fine. But sometimes, you need to do the opposite to get started again. For example, I like to keep it loose, talk about whatever I'm feeling or thinking about with others and follow whatever ideas happen to pass my way. But whenever I get lost or feel out of touch, I pick something pretty intentional, private and structured to do for a while. My wife is just the opposite: she's more structured, disciplined and thoughtful, so when her faith seems a bit flat, she likes to get away, relax and see what happens.

¹ If this whole idea is new to you, it might be a good idea to find someone with a little more experience and ask them to help you get started. A book I'd recommend is [Invitation to a Journey](#) by M. Robert Mulholland Jr.