



Leveling-Up Your Spiritual Life Activities and Insights

Prayer

- ♦ Formal prayer time upon waking and before sleeping
- ♦ “Pray always” - Strive to have a vertical connection and awareness at all times

Meditation

- ♦ Quiet time with Yahweh
 - 5-15 minutes upon waking and right before sleeping
 - 15- 30+ minutes at some point during the day (several times a week)
- ♦ Meditate on His Word
 - Spend time weekly meditating on, pondering, thinking about the things Yah has said

Study

- ♦ Read the Scriptures
 - Choose a process/routine that will take you through the entire Scriptures annually
 - The goal is a working knowledge / awareness of what is written
- ♦ Listen to and study teachings
 - Spend time weekly listening to and studying the teachings of your teacher
 - The 4 levels of study:
 - ☐ Understanding what the teaching is trying to teach you
 - ☐ Applying what the teaching is trying to teach you
 - ☐ Being able to defend what the teaching taught
 - ☐ Being able to teach the teaching as taught by your teacher

Fasting

- ♦ Fast on a regular basis (i.e. once a month)
- ♦ Spend the day or days disconnected from all worldly stimulation
- ♦ This allows you to come more vibrationally in alignment with Yah