

120 Ways to Connect with God

Traditionalists

LOVING GOD THROUGH RITUAL & SYMBOL

1. Read Scripture out loud.
2. Pray through the Book of Common Prayer or Valley of Vision.
3. Meet with God at the same time and place every day.
4. Study the history of the church to learn how God has been working through the ages.
5. Read the Bible chronologically to learn the overarching narrative of Scripture.
6. Celebrate the church calendar through Advent, Lent, Pentecost, etc.
7. Practice "prayer breaks," pausing to pray every hour.
8. Read a chapter of the Bible each day; write down what you learn about God in the text.
9. Learn about the Jewish festivals and incorporate them into your yearly calendar.
10. Study the Nicene Creed; celebrate what unites the universal church.

Sensates

LOVING GOD WITH THE SENSES

1. Listen to worship music from countries around the world.
2. Make up songs for your favorite Scriptures.
3. Meditate on God's Truth as revealed in art (painting, sculpture, film, music, dance, etc).
4. Create art as an act of worship.
5. Play an instrument for an audience of One.
6. Light a scented candle or burn incense during your devotions to engage your sense of smell in worship.
7. Pray in various positions: standing, sitting, kneeling, dancing, laying face-down, walking, etc.
8. While cooking dinner, thank God for tastebuds and the gift of good food.
9. Find local cathedrals open to the public and spend time in personal prayer there.
10. Practice lectio divina: When reading a Bible passage, recreate the scene with your imagination.

Naturalists

LOVING GOD OUTDOORS

1. Go for a prayer walk around your neighborhood.
2. Lay down in the grass and take a nap under a tree.
3. Read Psalm 23 outside.
4. Watch a sunrise and praise God with each changing color.
5. Memorize Bible verses on how nature declares God's glory.
6. Read poems about how God reveals Himself in nature.
7. Look at the clouds and reflect on what God is doing in the world and in your life.
8. Sing songs that speak of God's glory in nature.
9. Go on a hike and marvel at God's eye for beauty.
10. Read a book on macro and micro biology and praise God for His attention to detail.

Caregivers

LOVING GOD BY SERVING OTHERS

1. Invite international students into your home for a holiday meal.
2. Serve women at a local crisis pregnancy center.
3. Visit shut-ins; ask them to tell you stories of God's faithfulness in their life.
4. Join a prayer team at your church.
5. Babysit your pastor's kids so he can take his wife on a date.
6. Adopt a missionary family your church supports and show love in practical ways.
7. Take a meal to a new mom or an ill friend.
8. Volunteer at an inner city ministry.
9. Knit hats for babies in the NICU and pray for them.
10. Serve in your church's nursery or children's department.

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Activists

LOVING GOD THROUGH CONFRONTATION

1. Respond to heartbreaking news by petitioning God to comfort, strengthen, and intervene in the situation.
2. Research current legislature and contact your representatives.
3. Reflect on how God's character moves you to action.
4. Seek an older woman who can pray and talk you through seasons of your life.
5. Educate yourself about issues on the ballot, and vote.
6. Serve Jesus at a local homeless shelter.
7. Write letters of encouragement to persecuted Christians around the world.
8. Support and raise awareness for campaigns that care for orphans, combat sex trafficking, etc.
9. Pray for your city as you run errands around town.
10. Seek out the loneliest person in the room and love them.

Ascetics

LOVING GOD IN SOLITUDE & SIMPLICITY

1. Rise early in the morning to pray in the stillness of night.
2. Create daily rhythms of devotion that center your heart on Jesus.
3. Practice silence. Quiet the incessant notifications on your smartphone too.
4. Fast from food and use meal times to pray.
5. Clean out a closet and donate the items to a relief organization.
6. Ask the Holy Spirit to reveal hidden sins; sincerely repent.
7. Go on a spiritual retreat, leaving behind people, phones, social media and chores.
8. Bundle surplus staples into care packages you can gift to the homeless on the street.
9. Keep vigil, staying up part of the night to pray, repent, praise God, and listen to God.
10. Live on a tight budget and give the extra to families in need.

Enthusiasts

LOVING GOD WITH MYSTERY & CELEBRATION

1. Write down your dreams and discuss them with God and a trusted mentor.
2. Ask God each morning to bring someone across your path who you can love in practical ways.
3. Say something nice to a stranger.
4. Journal your prayer and then listen to God; write down what you hear Him saying to you.
5. Act out Bible stories with your children.
6. Seek out a prayer partner and set a weekly prayer date.
7. Invite friends over for a dinner party and celebrate what God is doing in your lives.
8. Crank up the praise music and dance before the Lord.
9. Host a paint night where everyone paints a psalm on canvas.
10. Find a sketch of the temple; use it to prompt your prayers.

Contemplatives

LOVING GOD THROUGH ADORATION

1. Repeat a simple prayer, centering your mind on God.
2. Read an account of Jesus' crucifixion and worship Jesus at the foot of the cross.
3. Incorporate theologically-rich hymns and songs into your personal worship time.
4. Keep a list of daily blessings in your life.
5. Read Scriptures that offer a glimpse of heaven (e.g., Isaiah 6, Revelation 4-7) and join the multitudes of saints in worship.
6. During prayer, write down stray thoughts and pray for them.
7. Read a psalm and personalize it as you pray.
8. Invite a friend to join you in a concert of praise and worship.
9. Worship God from A-Z, picking one attribute for each letter.
10. Include God's Names in your prayer time, identifying names specific to your situation.

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Extroverts

LOVING GOD IN COMMUNITY WITH OTHERS

1. Every time you say "I'll pray for you," write down the person's name and pray for them.
2. Follow up on prayer requests; ask for updates.
3. One dinner a week, invite family members to share one way they see God at work around them.
4. Write down your life story; note how God has provided for and protected you.
5. Join a prayer or Bible study group at church.
6. Share what you're learning about God on social media.
7. Invite someone over for dinner each month.
8. Each night, share with your spouse or a friend how God showed up that day.
9. Memorize parts of the Bible with others, in person or online.
10. Offer to host a Bible study or prayer group in your home.

Intellectuals

LOVING GOD WITH THE MIND

1. Use a Bible commentary to better understand a text.
2. Engage in challenging conversations on ethics and doctrine.
3. Go deep by studying one book of the Bible at a time.
4. Take notes during sermons and end with a practical application for your life.
5. Write down 15-20 observations on the Bible text you're reading. Start with the obvious and keep digging.
6. Read books about the delight of knowing God.
7. Listen to podcasts or sermons while driving or working out.
8. Pick a topic that interests you; spend a year studying it.
9. Study the seven basic topics in systematic theology.
10. Take online classes on theology, evangelism, church history, counseling, etc.

Introverts

LOVING GOD BY OURSELVES

1. Write a note to someone who's been on your mind.
2. Drift off to sleep by praying for the people you've encountered that day.
3. Schedule a weekly spiritual retreat to get away for a few hours, just you and God.
4. Pray for a single request daily for 40 days; journal the developments as God moves.
5. Pray through the fruits of the Spirit, one aspect each week.
6. Review old picture albums and reflect on how God moved in different seasons of your life.
7. Read books by Christian authors who are not your contemporaries.
8. Sing songs that put into words the thoughts of your heart.
9. Talk with God every hour of the day.
10. Go for a walk and leave your earbuds behind.

V.A.K.

LOVING GOD THROUGH OUR LEARNING STYLE

1. Paint, draw, or diagram your Bible reading (visual).
2. Write your prayers as letters to God (visual).
3. Post your favorite verses around the house (visual).
4. Listen to the audioBible while doing chores (auditory).
5. Read the Bible with inflection as to a child (auditory).
6. Sing theologically-rich songs throughout the day (auditory).
7. Grab a cup of tea and talk with Jesus (auditory).
8. Build an altar using significant items from your past to remember God's faithfulness (kinesthetic).
9. Use physical prayer prompts like a rosary, a prayer maze, stations of the cross, etc (kinesthetic).
10. Teach a Sunday School class (kinesthetic).

For even more ideas,
visit www.onethingalone.com.