

## *SEVEN PRACTICES FOR A HEALTHY CHRISTIAN LIFE*

### **1. MORNING REVIVAL:**

Begin each day by spending some time to contact the Lord Jesus. You can contact the Lord by exercising your spirit to: call on His name, pray that He would make His home more in your heart, pray for the Lord to take care of the things that day which make you anxious, read and pray-read the Bible, and sing a spiritual song.

### **2. BIBLE READING:**

Every day read one chapter from the bible.

### **3. EVENING PRAYER:**

Every night pray to: confess the sins you committed that day, thank the Lord for being with you and caring for you, and for a good night's rest.

### **4. LORD'S TABLE MEETING:**

Each week participate in the Lord's Table Meeting. Learn how to call and speak hymns and to offer short praises to the Lord for what He has done.

### **5. SMALL GROUP MEETING:**

Find a small group meeting where you can ask questions, bring your friends, and practice speaking about the Lord.

### **6. COMPANION MEETING:**

Meet once a week with your companions. With your companions pray for your friends to be saved and read spiritual books to help your faith grow. Below you will find 12 spiritual topics that you could cover in your companion meeting.

### **7. YOUNG PEOPLE MEETING AND CONFERENCES**

Attend the Young People's meetings and conferences.

<b>12 Topics for Companion Meetings</b>	<b>Ministry Resource</b>
The Assurance, Security and Joy of Salvation	Basic Elements of the Christian Life, Vol. 1, Chapter 2
The Precious Blood of Christ	Basic Elements of the Christian Life, Vol. 1, Chapter 3
The Forgiveness and Cleansing Away of Sins	Life Lessons, lesson 38
The Key to Experiencing Christ — the Human Spirit	Basic Elements of the Christian Life, Vol. 1, Chapter 5
Reading the Bible	New Life Lessons, lesson 4
Prayer	New Life Lessons, lesson 2
Calling on the Name of the Lord	Basic Elements of the Christian Life, Vol. 1, Chapter 4
Meetings (1)	Life Lessons, lesson 14
Meeting (2)	Life Lessons, lesson 15
The Bread Breaking Meeting (1)	Life Lessons, lesson 16
The Bread Breaking Meeting (2)	Life Lessons, lesson 17
Consecration	New Life Lessons, lesson 7