

Head to MillCityChurch.com/UpExperiences to find instructions for the following:

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| | Prayer walk around your neighborhood | Lectio Divina - Divine listening to scripture | Daily examen for a week | Worship Music Soaking | |
| | Pray together with a friend or someone from your digital neighborhood | Visio Divina - Divine looking at a work of art | Silent meditation and centering prayer | Half Day Personal Spiritual Retreat | |
| | Memorize a scripture passage and meditate on it | Visio Divina - Divine looking at nature | Lord's Prayer reflection | Surrender Prayer | |
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Don't forget that we have resources for reading the new testament together at: MillCityChurch.com/NT2020