



For the duration of this series, group members are invited to choose one habit or spiritual practice to take on during the five-week Connection Groups series. You are welcome to choose from the list below, or choose a different spiritual discipline to practice. You will share about your experiences with this each week in your group.

### **Prayer**

Pray the Wesleyan Covenant Prayer every day.

#### *Traditional Version*

I am no longer my own, but thine.  
 Put me to what thou wilt,  
     rank me with whom thou wilt.  
 Put me to doing, put me to suffering.  
 Let me be employed by thee or laid aside by thee.  
 Exalted for thee or brought low for thee.  
 Let me be full, let me be empty.  
 Let me have all things, let me have nothing.  
 I freely and heartily yield all things  
     to thy pleasure and disposal.  
 And now, O glorious and blessed God,  
 Father, Son, and Holy Spirit,  
 thou art mine, and I am thine.  
 So be it.  
 And the covenant which I have made on earth,  
 Let it be ratified in heaven. Amen.

#### *Modern Version*

I am no longer my own, but yours.  
 Put me to what you will,  
     place me with whom you will.  
 Put me to doing, put me to suffering.  
 Let me be put to work for you or set aside for you,  
 Praised for you or criticized for you.  
 Let me be full, let me be empty.  
 Let me have all things, let me have nothing.  
 I freely and fully surrender all things  
     to your glory and service.  
 And now, O wonderful and holy God,  
 Creator, Redeemer, and Sustainer,  
 you are mine, and I am yours.  
 So be it.  
 And the covenant which I have made on earth,  
 Let it also be made in heaven. Amen.

Pray the Lord's Prayer every day.

Our Father, who art in heaven,  
 hallowed be Thy name.  
 Thy Kingdom come, thy will be done,  
 on Earth as it is in Heaven.  
 Give us this day our daily bread  
 and forgive us our trespasses

as we forgive those who trespass against us.  
 Lead us not into temptation,  
 but deliver us from evil.  
 For thine is the Kingdom, the power,  
 and the glory forever. Amen.

## **Fasting**

Choose to fast from something throughout the series. This could include food, technology, distractions to your spiritual life, etc.

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## **Worship**

Declare what you believe by saying the Apostles Creed every day.

### ***Traditional Version***

I believe in God, the Father Almighty,  
maker of heaven and earth;  
And in Jesus Christ his only Son, our Lord;  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, dead, and buried;  
the third day he rose from the dead;  
he ascended into heaven,  
and sitteth at the right hand of God  
the Father Almighty;  
from thence he shall come to judge  
the quick and the dead.  
I believe in the Holy Spirit,  
the holy catholic\* church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.

### ***Ecumenical Version***

I believe in God, the Father Almighty,  
creator of heaven and earth.  
I believe in Jesus Christ, his only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died, and was buried;  
he descended to the dead.  
On the third day he rose again;  
he ascended into heaven,  
is seated at the right hand of the Father,  
and will come again to judge  
the living and the dead.  
I believe in the Holy Spirit,  
the holy catholic\*church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.

\*In this instance, catholic means universal.