

Make it a habit.

Daily



READ & PRAY

READ AND REFLECT ON A VERSE OR CHAPTER FROM THE BIBLE AND PRAY.

THERIDGE.CHURCH/BIBLEANDPRAYER

Weekly

SUNDAY SERVICE

PARTICIPATE IN AND INVITE OTHERS TO OUR WEEKLY SUNDAY SERVICE FOR POWERFUL WORSHIP AND PRACTICAL BIBLE TEACHING.

WWW.THERIDGE.CHURCH/LIVE



FAMILY & FRIENDS

SPEND SOME INTENTIONAL TIME TOGETHER EACH DAY. MEALS, PHONE CALLS, AND VIDEO CALLS WILL HELP KEEP YOU CONNECTED AND STRONG.

SMALL GROUPS

CONNECT IN A SMALL GROUP. GROUPS MEET ONLINE FOR ABOUT ONE HOUR AND GIVE US A PLACE TO DEVELOP FRIENDSHIPS, LEARN FROM THE BIBLE, AND CARE FOR EACH OTHER.

THERIDGE.CHURCH/ONLINEGROUPS



ME TIME

SET ASIDE AT LEAST 15-30 MINUTES TO DO SOMETHING THAT REFRESHES YOU, LIKE READ A BOOK, GO FOR A WALK OR RUN, ENJOY A HOBBY OR TAKE A BATH.

SABBATH

SET ASIDE A DAY FOR REST, RELATIONSHIPS, AND REFRESHMENT. DO YOUR BEST TO TAKE A BREAK FROM PAID AND UNPAID WORK TO ENJOY GOD, OTHERS, AND THINGS THAT FILL YOUR CUP.