



WELLSPRING CHURCH

Introduction:

Thanks for taking the time to look through our ABLE practices. You may be wondering though, how on earth do I use this?

Step 1: *Find a group of 2-3 people or join a Well Community.*

If you need help joining a Well Community, we can totally help. We have several groups that meet all throughout the Peninsula.

Step 2: *Pick a Practice.*

There are 16 practices to choose from. You don't have to work through all of them at once. Pick one to start.

Step 3: *Watch the Video or Listen to the Podcast*

You can do this individually or with your group.

Step 4: *Meet with your group and discuss.*

What stood out to you about the video/podcast? Any questions?

Step 5: *Work through the handout.*

Each practice has Scriptures to read through as a group and questions to discuss. Take some time to work through the material together.

Step 6: *Practice the Practice*

Each practice has tangible "next steps" or ways to begin to actually practice what you've just talked about. Maybe in your group figure out how you want to hold each other accountable.

Extra: For some of the practices you may want to spend multiple weeks on each one. On each PDF there are recommended resources to help with further learning and practice.