

Abstain.

SOLITUDE  
SELF EXAM  
FASTING  
SIMPLE LIVING  
(GIVING)

SABBETH.

GENEROSITY

ALONE

COMMUNITY

SECRECY

LISTENING TO TALKS  
BIBLE READING  
PRAYING (IN TONGUE)

JUSTICE  
LORD'S SUPPER  
CHURCH.

SEEKING  
PIZZA  
NIGHT FELLOWSHIP  
SINGING  
PREM RADIO  
WAKING UP PRAISE SONG  
INTERACTING WITH  
OTHERS  
SHARING FAITH.

ENGAGING