

Keep your faith fresh.

To authentically, naturally talk about your faith, keep it fresh and meaningful. The following things help me (Fred W). *(Your list will probably be different.):*

- Mix things up.
 - Visit different churches for different worship styles and Jesus-followers.
 - I visit Catholic cathedral—peaceful settings—walking the stations of the cross.
 - I go to healthy spiritual experiences, different from my norm--[The Dunamis Project](#)
- Sometimes step out of what is comfortable
 - 2 Corinthians 12:9-10: (God's words...) "My grace is all you need. My power is strongest when you are weak." Paul responded: "When I am weak, I am strong." Find times/settings when you seriously need to trust God. Be invigorated as He works.
- Do regular devotions (Bible and reflection reading)
- Pray often. And with that, be open to God's will and listen well to Him.
 - [Meditation/contemplation can be helpful--Center for Action and Contemplation](#)
- Spiritual health will be impacted by mental, physical, & emotional health, & vice-versa.
- Visit stores owned by, or places of, those of other ethnicities & religions. Learn a lot.