-PRAYER

-COMMUNION

-GO OUTSIDE

-CONTEMPLATE/ENGAGE IN WAYS TO APPLY THE ‘FRUIT’ OF THE SPIRIT

-STUDY SCRIPTURE

-CONSTANTLY THROUGHOUT THE DAY IN EVERYTHING

-ENGAGE WITH OTHERS/RELATIONSHIPS/GET TO KNOW CHRIST THE PERSON

-SLOW DOWN

-THINK ABOUT MORTALITY; BE THANKFUL

-BE AROUND OTHERS WHO ARE TRYING TO KNOW GOD/THEOLOGY

-DISCONNECT FOR A LITTLE WHILE

-BE AROUND THOSE WHO SHOW YOU LOVE