

Additional Resource Links for Follow Me Week 2

- Solitude

[Understanding Solitude and Silence](#)

- Sabbath

[Spiritual Disciplines: Sabbath](#)

- Prayer

[Prayer As A Spiritual Discipline](#)

[Why We Don't Pray-and Why We Should](#)

- Scripture

[Lectio Divina: Praying the Scriptures](#)

[How Do I Make the Most Of Daily Bible Reading?](#)

- Fasting

[How to Being Fasting](#)

[Fasting for Beginners](#)