

COMMITMENT LETTER ~ *Your "why"*

RESEARCH SHOWS THAT A STRONG SPIRITUAL LIFE

- makes us more resilient
- improves healing and recovery
- provides the benefits of a social network
- improves behavioral and mental health, including depression and anxiety
- contributes a positive outlook that affects us at a cellular level

RESEARCH SHOWS THAT PRAYER:

- Increases dopamine, associated with states of well being.
- Enhances focus and concentration.
- Reduces migraines.
- Reduces the likelihood of high blood pressure.
- Increases longevity.
- Deactivates genes that trigger inflammation and prompt cell death.

BUT.....WHY ARE YOU COMMITTING TO DAILY FAITH PRACTICES?

We each have our own story, our own motivation, our own goals—our own “why” for committing to a month of faith practices. Take a moment to think about your “why.”

I am committing to SPIRITUAL LIFEHACK because _____

After SPIRITUAL LIFEHACK, I want to feel _____

I know that practicing my faith daily is not all on me. The people who will help me stay committed to this during the month of May are _____

If I feel a dip in my motivation, here are three things I'll do to help myself get back on track: _____

For the next month, I, _____, am committed to intentionally practicing my faith daily with others from Our Redeemer's through SPIRITUAL LIFEHACK.

LOVE,

Name: _____ Date: _____