

4 Ways to Deepen Your Walk with God

Practical steps to encounter God more personally and powerfully

Dr. Rob Reimer of Renewal International

1. Unpack Your Heartache with God

Run toward him, not away from him. We often hit spiritual plateaus because of unprocessed pain or disappointment. **Be honest** with God about grief, offense, or unmet expectations. Invite him into your healing process. Let go of what's blocking your heart, and trust in His goodness—even when life doesn't go as planned.

| “I will not take offense at You, Lord. You are the God who enters my suffering.”

2. Reconstruct Your Spiritual Rhythm

Spiritual habits can become lifeless routines. Ask yourself: “*Is my rhythm working?*” The true measure is love—more love for God and more love for others. If you notice your love growing cold or if your heart has been feeling dry, consider changing your devotional practices and ask God what needs to shift. Add worship, journaling, or listening prayer. Keep your spiritual practices fresh and stay expectant.

3. Engage in Sacrifice to Break Through

When you feel stuck, **sacrifice ignites passion.**

Try fasting or setting aside extended time (a few hours or a day) to be alone with God. Give Him your full attention—not just routine devotions—to stir your heart again. Ask God to show you which habits have dulled your spiritual sensitivity and lay them down for a season. Seek God in a fresh new way.

4. Recover Joy through Rest and Fun

Joy is a fruit of the Spirit, and a sign your rhythm is healthy. When you're weary or hurting, create space for fun, laughter, and gratitude. Enjoy God's good gifts—and let that joy revive your sense of His goodness.

| “Taste and see that the Lord is good.” —Psalm 34:8

Reflect & Respond:

- What do I need to **let go** of today?
- Is my current spiritual rhythm **bringing life**?
- Where can I make space for **sacrifice** or **joy** this week?