

PRACTICE matters

Module 9: What To Practice On Your Weeks Off

A weekend off...

- Lets us rest
- Lets us worship with our families
- Lets us see things from the other side.

What To Do On Your Week Off From The Worship Team...

1. Look ahead.
2. Learn something new.
3. Play or sing for enjoyment.
4. Write music.
5. Warm-up and exercise.
6. Teach and mentor. (1 Chronicles 25)
7. Perform in a non-worship setting.
8. Private worship.
9. REST.
 - Pursue “Restorative Rest” - Restorative activities are the things that feed our soul and give us energy. It’s essentially active rest.
 - Rest is good preparation.

Practice Matters Review - 7 BIG Tips:

1. Practice is personal; rehearsal is relational. BE PREPARED BEFORE REHEARSAL.
2. Schedule and commit to your personal practice times.
3. Review *Practice Matters* material regularly.
4. Choose to LOSE the EXCUSES!
5. Be willing to be held accountable.
6. Be willing to be hold others accountable.
7. Remember that preparation is an act of worship.

NOTES: