



SPIRITUAL GROWTH

The name **MONVEE** is made up a creative take from the Latin, meaning “one life”. It comes from **MONO (mon)**, meaning “Individual. Distinguished by special, singular or marked personal characteristics; exhibiting unique qualities. Self.”

And **Vivus (vee)**, which means “the general or universal condition of human existence; the force that makes or keeps something alive. Growth.”

It is a tool that can be used both individually but also can be shared between friends, couples, small groups, and accountability partners.

MONVEE FOCUSES ON 4 ASPECTS OF OUR LIFE IN ORDER TO FACILITATE SPIRITUAL FORMATION:

1. **My Time:** My Time resources are practices I do on a daily basis. *(For example: prayer, reading the Bible or Scripture memory.)*
2. **My Mind:** My Mind recourses are ways for me to grow in my knowledge of God. *(For example: reading books or listening to messages.)*
3. **My Relationship:** My Relationship resources are all about growing in our faith together: events, groups and programs. *(For example: small groups, worship services, mentoring, and discipleship opportunities.)*
4. **My Experiences:** My Experiences are ways I live beyond myself. These are both one time and ongoing serving opportunities. *(For example: usher, café, welcome center, homeless shelter, food pantry.)*

Pick up YOUR MONVEE Packet at the Welcome Center today!

The cost is \$15.00. If you have any questions or comments please email us at unitymonvee@yahoo.com.



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