

“Do not merely listen to the word, and so deceive yourselves. Do what it says.” – James 1:22

## DAILY SPIRITUAL PRACTICES

### Monday – Daily Spiritual Practice: Open To The Mystery

At the beginning of this new week, of this new month, we invite you to take a few minutes to prayerfully place yourself in a posture of openness to God. Whatever lies ahead in the day and week and month to come, we don't want to miss one ounce of God's presence within it. This prayer can help attune our awareness to that presence.

[Click Here](#) for a guided posture prayer experience “I Open”

\* Consider pausing the video with each section, to spend even more time than the short video allows.

### Tuesday – Daily Spiritual Practice: Breathe In Love

Today we invite you to begin your week by practicing a 3-minute breath prayer, reminding you to anchor your identity in your deep belovedness in God. Find a quiet place, grab a decent set of headphones, and allow this prayer experience to help both centre and focus you for the day ahead.

[Click Here](#) for an audio guide through the “Be Loved Prayer”

### Wednesday – Daily Spiritual Practice: Can You Let Jesus Wash Your Feet?

Today we invite you to imagine yourself into one of the most powerful, intimate, and perhaps confusing scenes in all of scripture – Jesus washing the disciples' feet, the night before he died. Can you picture yourself in the scene? Can you sense the closeness of Jesus? What might God have to say to you anew today, as you open yourself up to this story in a brand new way?

[Click Here](#) for an imaginative prayer experience of Jesus washing the disciples' feet.

### Thursday – Daily Spiritual Practice: Generous In Love – God, Give Grace!

**Scripture:** [Click Here](#) to read **Psalm 51 in The Message Translation**

Read the passage over slowly, prayerfully and attentively a few times. As you do, allow God to highlight a word, phrase or verse – something that jumps out at you personally.

**Observations:** Think about what is being said, by who, and why they might be saying it the way they are. What is the surrounding context? What other background information do you have? How and where do you see the heart of Jesus in this? Don't make conclusions or applications yet, just observe everything you can.

**Application:** Now consider how this passage might apply personally to your life. In what way does it speak to your own circumstances? How can it help you? How does it challenge you? How does it call you to love both God and others better? How does this word from God apply directly to your day-to-day life and how you are learning to follow Jesus?

**Prayer:** Now that you've read and reflected on God's word and begun the process of application to your life, simply talk to God about it all. Share what's swirling in your head and heart, allow space to listen for what the Holy Spirit is wanting to say to you in return as well.

### Friday – Daily Spiritual Practice: Their Souls Are The Songs Of The Kingdom Of God

Today we invite you into the practice of prayerful worship, with the song Kingdom of God by Jon Guerra. Before you begin to sing, pause to consider some of these words:

*Blessed are the poor who have nothing to own  
Blessed are the mourners who are crying alone  
Blessed are the guilty who have nowhere to go  
For their hearts have a road to the kingdom of God  
And their souls are the songs of the kingdom of God  
And they will find a refuge for theirs is the kingdom of God*

- 1. Where do you feel yourself in these words?**
- 2. Where do you see others in your life in these words?**

Holding both yourself and those around you in your heart, click the link below and bring your full heart before God in worship as a form of prayer – both for where these words do ring true, and also for where you're still longing to see them fulfilled.

[Click Here](#) for Kingdom of God by Jon Guerra