

“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: Stand and See

Today we invite you to take a few moments throughout your day when you are amidst others (standing at your front door, sitting in traffic, waiting in line at the grocery store) and look around and begin to pray for the people you see. Many, if not all of these individuals will be strangers to you. Quiet your mind and allow yourself to hold these people close to your heart. Begin to pray for those around you however you feel led- it may be easy to start by praying for basic needs and see where your prayer takes you.

Tuesday – Daily Spiritual Practice: Secret Keeper

Today we invite you to encounter Jesus through the doorway of scripture.

[Click Here](#) to read Mark 1:40-45

Notice especially verse 44 (depending on the translation) – **“Jesus said to him, ‘See that you say nothing to anyone, but go, show yourself to the priest and offer for your cleansing what Moses commanded, for a proof to them.’”**

What is it like for you to keep secrets or maintain confidences? Talk with God about this.

What personal or secret words of love has God said to you? Do you treasure and remember them? Take a minute to write a few of them down now – or, to listen quietly for some new ones.

Wednesday – Daily Spiritual Practice: Encore, Repeat, All Together Now!

Pick a piece of scripture that you know off the top of your head. Write it out in the version you know best.

Next, find it in three other translations either online or from other bibles you have around. Look through each of the translations and the different language or words used. Read them over a few times.

What stands out to you that you may have never noticed before. Do any of the other translations challenge the way you understand the text? Does seeing it written out differently change your understanding of what you believe the author originally intended?

Talk with God about your findings.

Thursday – Daily Spiritual Practice: Prayer Of Examen

Today we invite you to once again engage in the Prayer of Examen, as we have been doing on a regular basis. Examen is one of the most valuable spiritual practices we have, to help us tune in more deeply to the presence and activity of God all around us every day, in all kinds of situations.

[Click Here](#) for a 9-minute version of a guided Examen practice.

Friday – Daily Spiritual Practice: Coming Home

Today we invite you to listen to the song “No Doubt about it” by We The Kingdom. As you listen through the song, pay attention to the lyrics and what they mean for you, where you’re at today.

Now that you have listened to the song, reflect on where you have seen the Lord moving in your life recently. As you reflect, pray for your future self and practice some gratitude for the ways God has been near to you.

[Click Here](#) for “No Doubt About It” by We The Kingdom