

“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: Journaling

Today we invite you to take some time to reflect on the church and your understanding of the ways it has formed and changed over time. Think of the world and how many different walks the Lord takes with people every day.

For this journaling exercise give some space answer the question: What does it mean to you to be part of a Christian tradition that has room for so many ways of loving, worshiping and serving God?

### Tuesday – Daily Spiritual Practice: Breath Prayer Of Rest

Today we invite you to participate in something we do often in our community, a Breath Prayer.

Find a comfortable place around your home where you will be able to focus for 5 minutes without distraction. Once settled, begin taking deep breaths– as you inhale say “I will rest” and on the exhale “in you”.

Feel free to close your eyes if that helps you focus and try to do this prayer for 5-10 minutes. Allow yourself to relax and focus on the phrases and your breath.

Additionally, [click here](#) to check out our resource page of guided breath prayers.

### Wednesday – Daily Spiritual Practice: Jesus, Our Great High Priest

**Scripture:** [Click Here](#) to read **Hebrews 4:14-16**

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.

#### **Thursday – Daily Spiritual Practice: Gratitude**

Today we want to invite you to rest in your gratitude and be present with the things you're thankful for. Take some time to write a list of the things that you are grateful for right now. When you are done, sit and look over your list.

Where did God show up in these moments? Did it take you a while to think of some of the things you're grateful for? Why? Take a moment to talk with God about your list and what things came up for you.

#### **Friday – Daily Spiritual Practice: Worship: At Your Mercy**

[Click Here](#) to listen to At Your Mercy by Jess Ray. The lyrics can be found in the comments of the video. Listen and see what lyrics jump out at you.

Reflect on the line:

"I'm taking the shape of you, I couldn't change this and I wouldn't want to, I'm at your mercy"

Do these lyrics resonate with you? Do you think you live this out and acknowledge this as you go throughout your days, weeks, years? What would it look like for you to truly be at the Lord's mercy? Take a moment and talk to God about this.