

“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: Sufficient

What does it mean to have enough? Will we know satisfaction when it arises or is it already within us somewhere? When you think of the word sufficient, what comes to mind? Take some time to write a list of synonyms for sufficient.

In 2 Corinthians 12:9 Jesus says “My grace is sufficient for you, for my power is made perfect in weakness.”

Take some time to pray about what it would look like for you to accept that God's grace is sufficient. Would it change how you experience things in your everyday life? How does your list of synonyms change the way you read this verse?

Tuesday – Daily Spiritual Practice: A Prayer For Grace

Morgan Harper Nichols is a well-known Christian poet, author, and musician. As you listen to her song “A prayer for Grace” (linked below) allow it to be your prayer. What line(s) stand out to you as you listen? Is there a line that speaks to your current season of life?

[Click Here](#) for a YouTube video of A Prayer For Grace

Wednesday – Daily Spiritual Practice: Slowing Down & Looking Around

When life becomes busy and days are overwhelming, how do you care for yourself and take notice of your needs?

As you go forward in your day, challenge yourself to stand in the longer lines, drive in the slow lane and focus on the present moments – where do you see God in these moments? When you are on your way to a destination or awaiting a meeting or event, try to be present.

What does it feel like to be aware of the in between instead of being focused on where you're headed? Later tonight, pause to reflect back: How did you feel God today in the slow?

Thursday – Daily Spiritual Practice: What Do You Hear In Silence?

Today we invite you into a practice you are probably somewhat familiar with - Silence. We encourage you to find a comfortable place somewhere in your home and set a timer for 10 minutes. This may feel like a long time but try to focus on the quiet and what God may want to say to you in it. Close your

eyes and try to still your mind. If you feel your mind begin to wander, try to bring yourself back to your breath and to the quiet.

What was that like? Was it challenging to keep your mind quiet?

How might we be able to experience God differently in silence than in non-silence?

Friday – Daily Spiritual Practice: In Your Body

How does it feel to be in your body? Is that ever a question you stop to consider?

Do you feel connected to your breath or do the rhythms of life sometimes pass you by? As you sit in place today take some time to rest your hands in your lap, on your stomach, on your heart etc. Take some deep breaths and focus on the rhythms that are happening within you. Lean into the quiet.

What do you notice as you spend time focusing on your breath and body?

How does connecting to your body help you connect to God?