

## Daily Spiritual Practices- Monday- Spring Ahead Journaling

Are you the kind of person who anxiously awaits the return of spring and longer days or does daylight savings sneak up on you? With longer days and the return of sunshine just around the corner let's spend some time in reflection and anticipation today for the season ahead. Take some time to journal about the coming months- where do you hope to see God? How do you want to grow in the coming season? What things can you give to God to make this season easier?

## Daily Spiritual Practice- Tuesday- Springtime

As spring approaches do you find yourself waiting in anticipation for the remembrance of Jesus' resurrection? This season holds a lot of joy and excitement for many people and so today let's worship together and be reminded of the goodness and fresh beginnings that come because of Jesus. Allow this song [Springtime by Chris Renzema](#) to be your prayer today and take notice of lyrics that stand out to you as we wait in anticipation to celebrate Jesus' resurrection.

## Daily Spiritual Practice- Wednesday- Breath Prayer

How do you feel about the quiet? Silence can sometimes feel very loud and other times it is the peace we didn't know we needed. Today wherever you find yourself on this spectrum we want to carve out some time to be intentionally quiet with God. Find a comfortable place around your home where you will be able to focus for 10 minutes without distraction. Once settled, begin taking deep breaths— as you inhale say “In you” and on the exhale “there's peace ”. 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.

## Daily Spiritual Practice- Thursday-

As you read and study the bible do you find it hard to relate to some of the language used? Eugene Peterson helped many people relate and understand the bible when he wrote the Message translation. Today we want to do something similar. Take some time to write your own personal definition for the words: restore, confirm, strengthen and establish. When you have finished your definitions read the following verse from 1 Peter 5:10.

The ESV translation reads...”And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you.”

Having made your own definitions; how does that practice change your understanding of the verse? Does it bring a different perspective than before?

## Daily Spiritual Practice- Friday- Stand and see

Do you pray when people are around? Do you pray in a passing moment or do you feel like you need to create a space for yourself to connect with God maybe in the quiet or in stillness? We want to 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.