

Daily Spiritual Practices

Monday- Daily Spiritual Practices- Pauls Perspective

When you look around your community and even the Niagara Region how do you see the other churches? What accolades or constructive feedback would you give? If Paul was looking to us as a church community, what would his letter outline? Today as you ponder this idea, take some time to pray and then take some time and write a letter as if you were Paul to the church here today.

Tuesday- Daily Spiritual Practices- S.O.A.P.

Scripture: Read Psalm 30

Read the passage over slowly, prayerfully and attentively a few times. As you do, allow God to highlight a word or phrase- 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 are you learning to follow Jesus?

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

Wednesday- Daily Spiritual Practices- Worship

What does it mean to "be here"? Are you someone who often sits in the present moment and takes it all in or do you find yourself going full speed ahead? Today, as you listen to "[If I was a Bird](#)" by Mission House music, allow the song to be your prayer and let your mind wander and ponder what God may want you to experience through this song.

Thursday- Daily Spiritual Practices- Poetry Prayer

Sometimes words are hard to find and often prayers feel imperfect. There is no right or wrong way to pray but sometimes listening to the prayers of others helps us connect with God and feel

validated in our experiences. Today, as you read the poem below, take some time to sit with it and what it means for you today. Are there any lines that stand out to you? What does this mean for you and the day to come? Take some time and pray.

You are not an aimless wanderer, spearing through empty skies. You are not merely a mounter-mentoner spinning quotables into being. You are a bird with grace-strong wings and you fly high from the tree that holds the nest that made you. The song-words that leave your lips are tied to a sacred network of roots.

All along, there was more to you. They cannot make you small.

Morgan Harper Nichols

Friday- Daily Spiritual Practices- Lean in

How does it feel to be in your body? 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. 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?