

Daily Spiritual Practices- Monday - Journalling

Today we would like 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 everyday. For this journaling exercise we would like you to 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?

Daily Spiritual Practice- Tuesday - 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.

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- Worship

How do you respond to worship? Does it feel natural to sing along and raise your hands? Do you find yourself contemplating the words and simply taking it in? Today as you listen to [Mission House- Living Water](#) sit with the lyrics and allow yourself to ponder the richness and truth that they speak of. Is it an easy truth? Let this lead you into a time of prayer.

Daily Spiritual Practice- Friday- 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?