

Daily Spiritual Practices- Monday-Breathing Tears

Today we invite you to join Jesus in weeping at the graveside of so many broken things in this world, through the practice of breath prayer.

Where are you hurting? Where is the world hurting? How might Jesus help you learn how to breathe through those tears with healing and hope?

[Click Here](#) for a 9-minute Breath Prayer experience: **Jesus Wept**

Breath prayer Jesus Wept

No doubt as the week has progressed you have encountered a ton of things that have added weight, worry, grief, you've likely seen a bunch of things go wrong – go ways they should not go. Grieving is important. Both for emotional health as well as an act of prayer.

Daily Spiritual Practices- Tuesday- Grounded

How often do you truly connect with nature? When you do connect, how does your body feel? Do you feel lighter or more in tune with yourself? Today as you take on your day, make 5 minutes to go outside and stand in the grass, bare feet, just you and the earth. Allow yourself to just stand and be aware of the space you are taking up. What does the connection between your body and the earth feel like? How does God show up to you in these moments?

Daily Spiritual Practices- Wednesday-Worship

Do you feel seen by God? What would it mean for you in your life to acknowledge this truth? In what ways does it change or shape the relationship you have with God? Today as you listen to the song [Praise Him Forever](#) by Jervis Campbell sit with the acknowledgement that the Lord sees you and knows you deeply.

Daily Spiritual Practices- Thursday- SOAP

Scripture: Read [James 4: 1-12](#)

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 leaning 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 your head and heart, allow space to listen for what the Holy Spirit is wanting to say to you in return as well.

Daily Spiritual Practices- Friday- Quiet Contemplation

Does quiet contemplation come naturally to you or are you more likely to find yourself easily distracted, unable to push through an uncomfortable stage to get to the meaningful part? However you feel comfortable today, choose a place in your environment to just sit for 10 minutes. Set a timer and simply be still. As you sit, try closing your eyes and keeping your focus on a clear quiet mind. This can be challenging but do your best to be present in your space and with your body.

What popped up in your mind? Was it challenging to keep your mind quiet and empty? Do you feel more connected with your mind/body?