

Daily Spiritual Practices- Monday- Journalling

Are you a naturally contemplative person? Do you exist in the world curiously, waiting to learn the next new thing and expecting to see God in new and fresh ways? As you enter into this week take some time now to write down the “ordinary” ways that you see God in the nature around you. Contemplate the sky and its magnitude. Ponder the colours of the rising and setting sun. Write the things that you expect to see and the ways you are hopeful God will show up. As you go through your week return to these hopes and be present in nature to attune yourself with how God has created the world around us.

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

Scripture: Read [Matthew 6: 26](#)

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- Wednesday- Worship

When you look around and take in the diversity in creation, what emotion does it stir in you? When you consider the magnitude of the universe and the unnoticed microscopic particles, how does this change the way you move through the world? Today as you listen to [Peace by Anna Golden](#), consider the different landscapes she describes. Contemplate the ways you see God in creation and what it means to seek peace in those spaces.

Daily Spiritual Practices- Thursday- 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— 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 your breathing, try not to let your mind wander.

Daily Spiritual Practices- Friday- Looking up and looking in

Today, as you're able, carve out some time to lay on the grass. Look up and just be present to the moving sky. Take some time to pray and connect with God. Does this bring back childhood memories? Does it connect you to the earth? As you lay, or sit, talk to God about this experience. What is it like to be in this moment? Allow yourself to rest and simply exist as a witness to the world around you and the sky above you.