

**“Do not merely listen to the word, and so deceive yourselves. Do what it says.” – James 1:22**

## **DAILY SPIRITUAL PRACTICES**

### **Monday – Daily Spiritual Practice: Prayer Of Examen**

Today we invite you to once again engage in the Prayer of Examen, as we have been doing on a regular basis lately. Examen is one of the most valuable spiritual practices we have to help us tune in more clearly to the presence and activity of God all around us every day, in all kinds of situations.

Today we offer you a unique Prayer of Examen iteration, taking a closer look at the families within which we were raised.

[Click Here](#) for an 8-minute guided practice in a Family of Origin Prayer of Examen

### **Tuesday – Daily Spiritual Practice: The Welcoming Prayer**

Often when difficult things come our way, we try to resist or control them in order to not have life go in ways we wish it wouldn't go. It's a natural impulse! But is it possible that in doing that, we miss the opportunity to encounter God right in the middle of the mess?

Today we invite you into a classic prayer practice by Father Thomas Keating known as The Welcoming Prayer. Click Below for a guided video experience, or simply recite the words on your own – as many times as you need – throughout your day.

[Click Here](#) for a video facilitation of The Welcoming Prayer

**Welcome, welcome, welcome.**

**I welcome everything that comes to me today  
Because I know it's for my healing.**

**I welcome all thoughts, feelings, emotions, persons, situations, and conditions.**

**I let go of my desire for power and control.  
I let go of my desire for affection, esteem, approval and pleasure.  
I let go of my desire for survival and security.  
I let go of my desire to change any situation, condition, person or myself.**

**I open to the love and presence of God and God's action within.**

**Amen.**

## Wednesday – Daily Spiritual Practice: Is Your Door Wide Open?

“Hospitality creates a safe, open space where a friend or stranger can enter and experience the welcoming spirit of Christ is another.” – Adele Ahlberg Calhoun

Living in community with others can sometimes be as scary as it is sacred! Many environments are competitive, hostile and unsafe. People feel vulnerable in their own homes and on guard in the presence of others. Safe places and safe people are too often few and far between.

How can you open your heart and your door to be to be a safe place of hospitality to someone today?

- What are you doing tonight? How about extending a last minute invitation to someone to join you for dinner at home, a picnic in a park, a bonfire in the backyard?
- What are you doing this weekend? Now is a perfect time to plan a gathering for this weekend. Who needs to know they’re loved and wanted? Who haven’t you seen for a while? Who never gets invited? No need to get fancy – just extend an open door!

Commit yourself to action right now. You have no idea who may so desperately need your open door.

## Thursday – Daily Spiritual Practice: The Whole Body, Growing Itself In Love

**Scripture:** [Click Here](#) to read **Ephesians 4:1-16**

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

**Prayer:** Now that you’ve read and reflected on God’s word and begun the process of application to 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.

## Friday – Daily Spiritual Practice: Love Invading, Grace Unbroken

Today we invite you into the practice of prayerful worship, with the song Back Where I Belong. Before you begin to sing, pause to consider some of these words:

*“You have set me free, changed this heart into your home  
Ever I’ll be with you, I back where I belong  
I will live to see, love invading, grace unbroken  
Ever I’ll be with you, I’m back where I belong”*

- 1. Where do these words ring true for you in your experience?**
- 2. Where are you still longing to see this become more real in your life?**

With both these realities in mind, click the link below and bring your full heart before God in worship – both in gratitude, and in prayer for the breakthrough you’re still longing for.

[Click Here](#) for Back Where I Belong by LIFE Worship