

## **Daily Spiritual Practice- Monday - 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- Tuesday- S.O.A.P Scripture: Read [Psalm 25](#)**

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 you 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**

Today we want to invite you to listen to the song [Never See the End by Mission House](#). As you listen, let yourself truly take in the words. This song is both a prayer for our lives and a true testament of God's goodness. Sit with that and then pray and talk with God about what came up while you listened.

## **Daily Spiritual Practices- Thursday- Listening for God**

Today we want to invite you into a time of listening for God. Find somewhere in your home and get comfortable. Set a timer for 10 minutes and be still. Allow yourself to quiet your mind and invite God in. Make yourself open and available to hear from God. As you sit and listen try to keep your mind from thinking of today's tasks or things that are heavy on you. Instead, recentre yourself to the quiet stillness.

Did anything come up throughout this practice? What was challenging about this practice and what was easy?

### **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?