

Daily Spiritual Practices-Monday- SOAP

Scripture: Read [Psalm 42: 1 - 4](#)

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-Tuesday- Wash me Clean

When you were a child did you learn to wash your hands and sing happy birthday to ensure you had sufficiently washed? Was there another tune or simple jingle that helped you establish a good routine? Today as you go throughout your day, take notice of how many times you wash your hands. When you begin the simple act, be present with the process and try to acknowledge the significance of being washed clean. How can something so mundane and ordinary be turned into a daily reminder of who Jesus is and the goodness of being washed clean.

Daily Spiritual Practices- Wednesday- Worship- Living Water- Shane and Shane

In the spirit of focussing our practices on water this week the worship song today is [Living Water by Shane and Shane](#). As you listen today, reflect on the lyrics of the song and what they mean for you as a follower of Jesus. How does the knowledge shared in this song affect you? How does it inspire and encourage you? Take some time after you have listened to pray and share with God what was revealed through this song.

Daily Spiritual Practices- Thursday- SOAP

Scripture: Read [John 4:13-14](#)

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- Journalling

As we heard on Sunday, our planet is more than 70% covered by water. This is a magnificent statistic especially when you consider the vastness of what the water holds. Take some time to journal and consider the water on earth. What it covers, who it houses, our connection to it and the role it plays. Where do you see God when you think of the water? How does God show up in your life when you connect with water in nature.