

“Do not merely listen to the word, and so deceive yourselves. Do what it says.”

- James 1:22 NIV

Ideas for Putting This Month’s Learning Into Practice:

Explore Our [Spiritual Practices Webpage](#)

[Prayer](#)

Prayer can be awkward and confusing, especially if you’ve never tried it before. But prayer is as simple as chatting openly and honestly with a close and trusted friend. God is eager to hear what we have to say, and just as eager to respond. Use these various prayer models to guide you into a new adventure.

[Reading](#)

Reading opens our minds to worlds we never knew possible. It transports us into the thoughts, ideas and imaginations of others, until they become our own. It is no wonder, then, why the written word is one of the primary ways in which God has chosen to speak with us. Explore these reading resources.

[Reflections](#)

Reflection is a powerful spiritual practice. It is different than simply reminiscing or recalling what happened in the past. Genuine reflection requires deep thought, deep heart, and deep honesty. When we engage in reflection as a spiritual practice, we invite the Holy Spirit to be part of the conversation. We reflect, as a form of prayer. We invite you to engage in any of the various reflection practices listed.

[Activities](#)

Statistics say we retain 10% of what we see, 30-40% of what we see and hear, but up to 90% of what we see, hear and **do**. Putting God’s word into action has a transformative effect, not just on how we think and feel, but on how we behave. These behaviours which at first seem unnatural, can become more natural as we practice them regularly - opening us up to the supernatural. Give them a try!

[Meditations](#)

Our society is driven by endless busyness, incessant hurry, constant noise and an overload of information. The spiritual practice of meditation plays a vital role as an antidote to these things that keep us from experiencing the simple, unrushed, quiet and clear presence of God in our daily lives.

[Listening](#)

God gave us two ears and one mouth for a reason! Listening is a skill that like any other, must be practiced. As we learn to quiet our own inner voice, we can begin to hear God speak directly to our soul. As you listen to these resources, podcasts and songs, invite God to speak to you through the words and voices of others.