

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

- James 1:22

## **PRACTICE THIS WEEK**

### **Monday – Spiritual Practice: Reflection**

**Do you personally have any regular ways that you remember and celebrate the freedom God has brought you through, apart from ‘church on Sunday’?**

Yesterday we talked about the ‘practices of liberation’ and the journey we take each time we gather (virtually or in person) for a worship service. And yet the 167 hours a week we spend *outside* of a worship service have a MUCH greater impact on our spiritual formation!

What are the practices you incorporate into the rhythm of your regular life to honour, worship and connect with God?

- **What do you do daily?**
- **What do you do weekly?**
- **What do you do annually?**
- **What do you do on special occasions?**

Even if the answer to any of these is “not much!” – spend some time thinking creatively about how embracing this mindset could increase the momentum and trajectory of your spiritual growth.

### **Tuesday – Spiritual Practice: Bible Reading**

Take a few minutes to engage with God’s word today through the **SOAP** method of Bible Study.

**Scripture:** [Click Here](#) to read **Luke 22:7-34** → 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.

### **Wednesday – Spiritual Practice: Rhythms of Grace**

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.” – Matthew 11:28-30 (MSG)

**Take a few minutes today to align your heart with God's rhythm through an 8-minute facilitated practice:** [Click Here](#) for “Rhythms of Grace”

### **Thursday – Spiritual Practice: Praying For Others**

**Last Sunday Annie shared the many challenges facing our Shelter community in this season, especially given the current outbreak they are experiencing.**

Take a few minutes today to lift these cherished family members up in prayer.

- Gratitude for the support of additional staff, Public Health and Regional partners, along with the ongoing cooperation of our residents.
- Healing for those who are ill, and health in our community as a whole
- The ability to lean into God for security and peace despite the tension, stress and even chaos sometimes present in the environment of a shelter community
- For safety of both residents and staff during a time of increased violence
- Perseverance for our staff through a heavy and emotionally demanding season

**“The prayer of a righteous person is powerful in what it can achieve.” – James 5:16b (CEB)**

### **Friday – Spiritual Practice: Intercession Through Worship**

Continue to pray for the shelter community as well as all those in your circle who long to experience the kind of liberation only God can bring, through the prayer language of worship. Click below to engage in an upbeat song of freedom and hope, and point your heart towards worshipping on behalf of others today.

[Click Here](#) for “Let My People Go” by Matt Redman