

“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: The Problem Of Privilege

In yesterday’s message we wrestled with some challenging thoughts about privilege. A few recaps:

- ***I haven’t given away my privilege like Jesus, instead I’ve relied on it – intentionally and unintentionally***
- ***We don’t curse power and privilege (like Jesus did); we cling to it – convinced it’s a sign of God’s blessing***
- ***Privilege is not something good to be shared, but something harmful to be dismantled***

Reflect:

1. What kind of emotions do these statements bring up in you? Whether good or bad, can you sit with them before God, and talk to him about them?
2. In what ways might you be intentionally or unintentionally relying on your privilege?
3. What does the thought of surrendering all of your privileges do in you? Can you imagine being in the vulnerable position of someone who doesn’t even have the option of clinging to any privilege? How might they be feeling in our (shared) world, on a regular daily basis?
4. Why might it be that simply sharing our privilege is not sufficient to bring about equality?

Embody:

Today, intentionally look for every possible way to set your preferences and comfort aside, in order to embrace the self-sacrificing cross of Jesus. What does Love look like today, in your life?

Bonus Resource:

If you are interested in checking out the book Tom mentioned in his message, look for **“Me and White Supremacy” by Layla F. Saad** at the local library or wherever you buy books.

Tuesday – Spiritual Practice: Bible Reading: Laying Down Privilege Like Jesus

Laying Down Privilege Like Jesus

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

Scripture: [Click Here](#) to read **Philippians 2:1-16 (MSG)** 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: The Sign of The Cross

Spend a few moments bringing your mind, your heart, and the work of your hands before God today, through the posture prayer: The Sign of The Cross.

[Click Here](#) for a 7.5-minute audio-facilitated prayer experience

Thursday – Spiritual Practice: De-Centering Ourselves

“Equality can feel like oppression to the privileged, but it's not. We must learn to de-centre ourselves in order to prioritize those who are being marginalized by society and the church.”

As we continue to lean into the practice of de-centering ourselves in order to prioritize others, what could this look like, practically, in your life? Consider the following list of ideas for ways to disrupt your natural self-centeredness today, all the while asking God to keep re-shaping your heart more and more (and more!) into a reflection of Christ's.

- **Set a repeating alarm and pray “Not my will, but Yours be done” throughout your day**
- **Try to go through an entire day without using the words “I” “me” or “my”**
- **Do a task you feel is beneath you; then do another one**
- **Anonymously send a gift, leave a note of encouragement, or drop off a meal**
- **Make a list of people on the fringes of your life and pray for them daily for a week**
- **Initiate a relational check-in to see how someone else is doing**
- **Start your day with worship and prayer, rather than planning your agenda**

- Listen more than you speak, asking thoughtful follow-up questions
- Take an interest in someone else's passion, that you don't particularly care about
- Let others go first: on the road, in line at the store, and at meal time
- Say "thank you" as often as possible
- Make an effort to notice and acknowledge the positive actions of others
- Deprive yourself of opportunities to take credit; look for ways to give credit away
- Do an unseen and thankless job (pick up garbage in a park, hiking path, or sidewalk)
- Visit or reach out to someone who doesn't get many visitors (elderly, disabled, etc...)

Friday – Spiritual Practice: Worship: Give Me Jesus

Today we invite you to spend some time in quiet worship with God, centering your heart and mind on Christ, the One who so willingly laid his life down for you – and now invites you to lay yours down for the ones around you.

[Click Here](#) for "Give Me Jesus" by Jeremy Camp