

**“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 – Self-Sacrificing Love**

**From Sunday: “We move out of the way so that God might move. We self-sacrifice our power, our privilege, our possessions, so that others might have. My challenge to you today is: Is this the kind of kingdom and community you want to build? Is this the kind of church you want to be a part of?”**

- **Soong Chan Rah**

#### **Reflect:**

- 1. Have you ever experienced the self-sacrificing love of someone else, towards you?** Take a few minutes to think about your own life. When has there been a time when you realized someone else was giving up something, for your benefit? Whether a parent, a friend, a partner, perhaps even a stranger or anonymous benefactor. How did it feel? Why did they do it? Was it uncomfortable to receive? Is it possible you’ve received self-sacrificing love more often than you realize, but have unintentionally taken it for granted?
- 2. How can you practice genuine, self-sacrificing love today?** What do you *have* (possessions – big or small – free time, an ability or skill, friendships, a position of power, maybe even just your own personal preferences with those closest to you, etc.) that you could put into someone else’s hands, for their benefit and betterment, instead of keeping it for yourself? Make a quick inventory of all the gifts you’ve been given in life (not just material things! Everything that makes your life good and bright), and start to think creatively about how you could share them.

#### **Embody:**

As you go about your day today, look for big and small ways to continuously lay yourself and your preferences aside, in order to give someone else what they need instead. Let this embodiment of your faith grow deep love in your heart for the people all around you.

### **Tuesday – Spiritual Practice: Bible Study: Practicing Real Love**

#### **Practicing Real Love**

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

**Scripture:** [Click Here](#) to read 1 John 3:16-24 (**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: Welcoming Prayer**

Welcoming Prayer is a simple and beautiful way to bring your heart and mind into alignment with the peace, hope and love God so longs for you to experience – in your day, and in your soul.

Take a few moments today to walk slowly through these movements of opening up and letting go, as the Holy Spirit guides and shapes you.

[Click Here](#) for a visual liturgy through Father Thomas Keating's "Welcoming Prayer" (script below)

**Welcome, welcome, welcome  
I welcome everything that comes to me today  
Because I know it is for my healing.**

**I welcome all thoughts, feelings, emotions,  
Persons, situations, and conditions.**

**I let go of my desire for power and control.  
I let go of my desire for affection, esteem, approval and pleasure  
I let go of my desire for survival and security.  
I let go of my desire to change any situation, condition, person or myself.**

**I open to the love and presence of God  
And God's action within.**

**Amen.**

## Thursday – Spiritual Practice: Breath Prayer

**Last Sunday** Christa Hesselink (SoulPlay.ca) led us through the creation of a personal breath prayer. Today consider beginning and ending your day by engaging in Breath Prayer again, whether you create your own, or choose one from the list of Breath Prayers available on our YouTube page.

What do you need to ‘inhale’ and draw into yourself today?  
What do you need to ‘exhale’ and let go of?

Spend a few minutes “breathing your prayers” with God today.

[Click Here](#) to explore our Breath Prayer Playlist on YouTube  
(\*If Breath Prayer is a new experience for you, start with the “Introduction To Breath Prayer” vid\*)

## Friday – Spiritual Practice: Worship: This I Believe (The Creed)

Last week in our daily practices we invited you to pray The Apostles Creed. Today we invite you to proclaim this prayer again – this time through the art of worship.

In reciting this Creed we join Christ-followers past and present, from all over the world, and from many varied traditions and denominations in declaring our common, unifying faith. As you sing, try to hold this broader “village” in your heart, praying for God’s presence and love to be palpably felt across the entire church and well beyond.

[Click Here](#) for “This I Believe” (The Creed) by Hillsong Worship