

**“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 – A Life Of Radical Sacrifice**

**From Sunday: “We want to live a life of radical sacrifice, in grateful response to what Jesus has already done for us.”**

On Sunday we were reminded that true discipleship to Jesus requires a life of radical sacrifice. When we engage our faith and our following of Christ in this way, we are able to spread our arms wide open in love to those around us, enabling us to both be and receive the love of God in a deeper, truer way.

Take a few minutes to prayerfully reflect on the questions below:

#### **Reflect:**

- 1. In what ways are you ‘radically sacrificing’ your life for the sake of Christ?** Is this a term that accurately applies to how you follow Jesus and live your faith? If not, what would it take to turn your level of sacrifice up to a radical level? When and how does your discipleship result in difficult losses for you?
- 2. Who are you radically loving these days?** When we consider the call to live day after day in the solidarity of friendship with the forgotten and the ignored, how do you see this value being played out in your life? How can you help your heart grow more attentive to those around you?

#### **Embody:**

How many ways can you find to sacrifice your own comfort and preferences today? Make a game of it all day long looking for every opportunity to go last, give to another, set your will aside, prefer someone else, give up what you want and need so that someone else can have what they want and need instead. Train your heart to love both Jesus and those around you in a sacrificial way.

### **Tuesday – Spiritual Practice: Bible Study: Place Your Life Before God**

#### **Placing Your Life Before God**

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

**Scripture:** [Click Here](#) to read **Romans 12 (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: Visual Prayer

**We move through life so fast, so often we miss seeing what is all around us. And yet God can be deeply encountered simply through looking at the world we're in.** On Sunday we practiced a bit of "Visio Divina" – a form of prayer involving mindful contemplation of God through the beauty of created things including nature, art, and other visual wonders.

[Click Here](#) to revisit that practice if you need, and then consider heading outside to experiment again. Take a walk in a forest, head to the beach, explore a park you've never been to, stroll through a garden, or simply gaze up at the sky above you noticing the sun, clouds, stars, moon, etc.

#### **Steps to Practicing Visual Prayer:**

1. Let your inside noise quiet, and turn your attention towards God's presence. Invite the Holy Spirit to guide your prayer.
2. Gaze at the image with openness, and seek to see with God's eyes.
3. Notice what stirs within you. What responses, memories, and feelings does what you're looking at evoke in you? What connection does the image make with your life? Take your time!
4. Respond to God about what you are seeing and sensing. What do you want to take with you and remember about this time of prayer?

## Thursday – Spiritual Practice: Fixed Hour Prayer

Fixed Hour prayer is a practice of designating multiple times throughout the day to stop what you are doing for just a few minutes, to realign your heart and mind with Christ, through prayer. Consider setting an alarm to go off at 3 or 4 times today (ie. 9am, 12pm, 3pm, 6pm) and when it does, stop to pray “The Radical Prayer” of Ignatius Loyola which Mike concluded his message with on Sunday.

**Receive O Lord all of my freedom, all of my life, my understanding and all of my will,  
all that I have and possess, you Lord have given that all to me and I now give it back to you.  
All of it is yours. Do with it whatever you want.  
Just give me your love and your grace, for that is enough for me.**

To explore more about this centuries-old prayer [Click Here](#).

## Friday – Spiritual Practice: Worship: Fade Away

Today why not explore God through the practice of worship? As you sing or even just meditate on the words of this song, pray for an increasing ability to both see and trust Jesus, for a life continually growing in the art of radical sacrifice for the sake of love.

[Click Here](#) for “**Fade Away**” by Passion

Speak to me  
You're the only voice I want to hear  
Walk with me  
Show me who You are as I draw near

If You're not in it  
Then I don't want it  
Let all else fade away  
Take the whole world  
Give me Jesus  
Let all else fade away

Satisfy  
You're the only one I'll ever need

Holy fire  
Burn away the old that stands between

We surrender  
You are the treasure  
Whoa, Jesus  
You are all that I want

'Cause Your name is the only name that matters  
And your heart is all that I desire  
And not my will, but Yours alone forever  
Here's my life, have Your way