

“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 – Filling & Spilling

From Sunday: “Eventually what fills our spirit – if it is genuinely filling our spirit – will spill out of our mouths when we talk... The mouth speaks what the heart is full of.”

On Sunday we were encouraged to live lives that are open invitations to those around us to join us in this pursuit of getting to know and love Jesus, know and love each other, and know and love the world around us better. To increasingly become the kind of people who radiate the love of Christ and share our own stories with God in a way that opens the door for others to experience the same.

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

Reflect:

- 1. Are you living a life that is good news to other people?** Are you finding the time and ways to connect deeply with God, so that your own spirit is genuinely being filled on a daily basis with the presence and love of Christ? If you need more of this, how can you find the space for that?
- 2. Who is being inspired and influenced by the way you live your life?** Who are the people in your orbit who are being impacted by the ripples of your life? Are you allowing them to see the way your relationship with Christ is shaping your life? Is there any way to pull that invitation open a little wider, to more people?
- 3. Is there anything in you that holds back from letting what’s in your heart spill out into your conversations with people?** People all around you are craving and thirsting to experience what you get to experience with God. Is there anything in you that doubts that? Or do you simply doubt your ability to articulate your experience? How can you share your own story a little more openly with those around you?

Embody:

Today, try to have one or two intentional conversations where you share some of your experience with God. Even if it’s just a sentence or two, how can you say out loud a little bit more about the impact of Christ in your life, to someone who might just be more thirsty than you realize for that kind of love?

Tuesday – Spiritual Practice: Bible Study: Paul Spills The Good News About God

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

Scripture: [Click Here](#) to read **Acts 17:16-30 (CEB)** 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: Praying For Those You Care About

Today why not spend a few minutes in prayer for some of the family, friends and acquaintances in your life who are not yet aware of how deeply and dearly they are loved by God?

Using The Lord’s Prayer as a guide, walk your prayer through line by line for each person as they come to mind. Pray they would know the tender parenting love of God, that God would reveal Godself to them, that Jesus would set things right in their world, that their needs would be taken care of, etc. This is an amazing way to pour love and hope into the lives of those you care about.

The Lord’s Prayer

(Matthew 6:9-13 The Message Translation)

**Our Father in heaven,
Reveal who you are.
Set the world right;
Do what’s best—
as above, so below.
Keep us alive with three square meals.**

**Keep us forgiven with you and forgiving
others.
Keep us safe from ourselves and the Devil.
You’re in charge!
You can do anything you want!
You’re ablaze in beauty!
Yes. Yes. Yes.**

Thursday – Spiritual Practice: Throw Some Invitations Around

If we are going to live lives of open invitation to those around us ([Click Here](#) if you missed Sunday's message), it makes sense that we should... throw a few invitations out to those around us!

Today's spiritual practice is to simply find some ways to invite people to come a little closer to you. Whether today, tonight, this weekend, or in the remaining weeks of summer, what kind of "let's hang out and get to know each other better" invitations could you make? Can you extend the invitation outside your normal circle? How can you create more space for relationship? Who around you is particularly in need of the welcoming arms of community these days?

Invite someone(s) to:

- Meet you at a park for a picnic
- Hang out at the beach
- Go for a hike / bike / motorcycle ride
- Come over for popcorn & a movie
- Join you for a family game night
- Take in a sports game (played or watched!)
- Participate in your location's anchor cause
- Sign up for a book or craft club with you

Friday – Spiritual Practice: Worship: JOY!

On Sunday we played with the spiritual practice of Laughter. What a wild thought – that JOY should be something to be *practiced* in order to keep our hearts, minds, bodies, and spirits healthy! Today we invite you to continue in that direction through worship, with the song "Joy" by Rend Collective.

[Click Here](#) for "Joy" by Rend Collective