

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

(James 1:22)

PRACTICE THIS WEEK

Monday – Daily Spiritual Practice: Are You Feeling Disconnected From God?

From Sunday: “Spiritual practices are simply the acts of relationship with God... There are 1,000 different activities that could fall under that banner. 100 different ways to pray, just like there are 100 different ways to carry on any conversation... It is about learning to point your attention and affection towards God, whatever you are doing.”

Spend a few minutes reflecting on the questions below. If your tendency is to answer quickly and move on, try to push yourself a little deeper – aim for 10 minutes of prayerful reflection if you can.

- 1. What are the spiritual practices and activities that tend to help you feel closest to – or even simply more aware of – God’s presence?** What is it about those practices that you think works for you? Try to mine every ounce of why these seem to be effective for you.
- 2. When is a time (or times) when you felt unexpectedly aware of and/or connected to God, completely outside of a structured church/religious or other overtly “spiritual” activity?** Where were you? What were you doing? What time of day was it? What caught your attention, and how did you respond to the moment?

Embody:

Pick one of your answers from above and make a plan for how to experiment with **doing more of that** at some point during the week ahead. **Bonus points:** Text a friend and let them in on your idea, then commit to checking in with them afterwards to share how it went for you.

Tuesday – Daily Spiritual Practice: Bible Study: Does Reading The Bible Bore You?

Bible reading and reflection is one of the biggest drivers of spiritual growth. Yet sometimes it’s hard to connect with such an ancient book! Today we invite you to engage with the Bible through the SOAP method of Bible study – and offer you two different versions of the passage, to compare.

*** Notice the difference that language and phrasing can have on the impact of the text!**

Scripture: [Click Here](#) to read **Ephesians 3:14-21 – in two different translations (NIV & The Message).**

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 – Daily Spiritual Practice: How's Your Breathing?

On Sunday we practiced a simple breath prayer together – one of both *releasing* our troubles and anxieties, while simultaneously *receiving* more deeply the power and presence of God.

[Click Here](#) to re-visit the video of that practice – but this time as you do it, continue practicing the breath prayer for 5-10 minutes, instead of just 1.

- What do you notice in your body, as you pray this way?
- How does the experience change, the longer you practice?
- Is this a helpful practice for you? Is it a hard one?

Bonus Points: Do you know anyone else who makes use of these weekly practices? If so, why not reach out to them today and see how they found this Breath Prayer experience? Share your journeys together!

Thursday – Daily Spiritual Practice: Variety Is The Spice Of Life!

Today why not take a few minutes to explore our Spiritual Practices webpage? There are a myriad of options available there for how to spend time with God – including links to even more outside resources. (We especially recommend the podcasts under “Listening”!)

- What does your soul most need today?
- Are there any resources here that might help you to connect differently with God?
- Are you up for experimenting with a new practice?

[Click Here](#) to visit the page.

Friday – Daily Spiritual Practice: Does Your World Need More Colour?

Music is often a powerful portal to open our hearts and minds up to deeper spaces.

Today we invite you to engage in the practice of worship – doing your best to turn your attention and affection wholeheartedly towards God as you sing.

Consider playing the song more than once:

- **First play:** Close your eyes and just listen
- **Second play:** Listen again, this time reading along with the lyrics
- **Third play:** Open your mouth and sing along, as best you can

[Click Here](#) for (one of my personal current faves!!) – **“Color” by Ellie Holcomb**