

“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: Is Celebrating Today A Bit Complicated?

Today we are given the gift of a statutory holiday known as Thanksgiving. Our prayer is that each one of you will have a day filled with rest, joy, thankfulness, and meaningful moments with both God and the people around you.

With its historical roots and the systematic injustice inherently tied to everything this holiday represents, however, “celebrating” becomes a far too simplistic and even uncomfortable concept for us who grieve with and for our Indigenous sisters and brothers and the impacts they continue to suffer.

So today we invite you to spend a few minutes being led in spiritual practice by some beautiful, deep, and profound Indigenous voices from within our community – revisiting the experience of the Drum Circle from yesterday’s online service. As you engage in this practice again, pray for God to widen your eyes, and deepen your heart, to the beauty *and* the pain of your Indigenous siblings all around you.

[Click Here](#) to revisit the Drum Circle practice.

Alternative Questions to “What are you thankful for?”

Consider exploring some deeper questions beyond merely counting your own blessings this year:

- What can you do today/this week to bring blessing/joy to someone else?
- How has God provided for you in non-material ways?
- How can you share what you’ve been given, with others?
- What do you find it most difficult to be thankful for?
- How blessed are you according to the Beatitudes (Matthew 5:3-12)?
(Thank God for your poverty, mourning, persecution, opportunity to be a peacemaker, etc...)
- What is the cost (to others) of my abundance and privilege?
- Is material abundance really a sign of God’s blessing, or might it be a symbol of how I’ve given in to unspiritual values and ideas?
- What is something “thankless” (anonymous?) that you can do, to improve someone else’s life, only be seen by God?
- What’s something you’d like to be thankful for next year?
(Write down the answers and let them influence your actions in the year ahead)

Tuesday – Daily Spiritual Practice: Want To Live A Life That Outlives You?

Jeff encouraged us on Sunday that as Jesus followers we are called to the kind of life that leaves a strong legacy behind – one absolutely filled with the light and love of Christ. Let that exhortation guide you, as you reflect on the scripture below.

Scripture: [Click Here](#) to read **Colossians 3:1-17 (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 Can You Help Bring Peace?

The Prayer of Saint Francis is a longstanding prayer for peace which followers of Jesus have been using to help orient their attention and lives around embodying the love of God for over 100 years.

Today we invite you to walk slowly through these words, praying them from your heart, and asking the Holy Spirit to help you to make them true in your lived experience.

The Prayer of Saint Francis:

Lord, make me an instrument of your peace.
Where there is hatred, let me bring love.
Where there is offence, let me bring pardon.
Where there is discord, let me bring union.
Where there is error, let me bring truth.
Where there is doubt, let me bring faith.
Where there is despair, let me bring hope.
Where there is darkness, let me bring your light.

Where there is sadness, let me bring joy.
O Master, let me not seek as much
to be consoled as to console,
to be understood as to understand,
to be loved as to love,
for it is in giving that one receives,
it is in self-forgetting that one finds,
it is in pardoning that one is pardoned,
it is in dying that one is raised to eternal life.

And Now: Look for every opportunity you can to truly put these prayers into action today. Pay close attention to the situations that you find yourself in and around today, and figure out how to bring the peace, presence and love of Christ into each one, as best you can.

Thursday – Daily Spiritual Practice: Well, How Did THAT Go??

True Spiritual Formation occurs not just when we say the right words or even think the right thoughts, but when we harness the force of our lives – through our regular lived daily experiences – to actually do the things that Jesus calls us to do.

Yesterday we invited you to pray the Prayer of Saint Francis, and to let those words help set the course for your day. Today we invite you to go back to that same prayer, and reflect back on how you ended up actually living it out yesterday.

The point of this pause for self-reflection is not to induce any shame or guilt if – (gasp!) – you didn't carry out your intentions perfectly or deliver on every line. (Who ever has!?) The point is to help us become more aware of how and when we are following in the ways of Jesus – not just in our minds, but out there in the real world – so that we can learn how to do more of that.

So... reflecting back on the past 24-48 hours, when and where did you see these prayers truly enacted in your life? Go through each line slowly, asking God to show you whatever needs to be seen.

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Friday – Daily Spiritual Practice: Who Can You Sing For?

Today we invite you to open yourself up to God's presence through the practice of worship. As you sing the words of this song below, sing not only for your own soul's sake, but ask God to place on your heart those around you who need these words to become real in their lives – and then give your energy to singing on their behalf. Let this song become your prayer. And let that prayer become your life, however God shows you that possibility today.

[Click Here](#) for – “Kingdom of God” by John Guerra