

“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: How Unlikely Are Your Friendships?

From Sunday:

“The most profound way we encounter God’s presence is through each other’s humanity... It is in the diversity of our shared humanity that we ‘image’ God best.”

[Click Here](#) if you missed Sunday’s message and need to catch up!

Spend a few minutes reflecting on the questions below.

1. How have you been living beyond yourself? When you have seen God on display in your life or in the lives of people around you recently?
2. Have you ever had an “unlikely friendship”? What were the (perhaps unexpected) benefits of that? Were there any challenges in it?
3. When you look at the landscape of your friendships, how many of the people in that picture reflect a lot of similarity to your life, and how many would be considered truly diverse?

Embody:

How can you open yourself up to an unexpected and even unlikely friendship today? Who would you normally pass by that you could instead stop and talk to? Today try to notice everyone around you with fresh eyes – then step out, and initiate as much genuine connection as you can in the moment.

Tuesday – Daily Spiritual Practice: Who Are You Sharing Life With?

Scripture: [Click Here](#) to read **Act 2:42-47**

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: Has Your Week Gotten Noisy?

Sometimes by the middle of the week any spiritual strength and focus we might have found through worshipping together on Sunday is a faint memory. Today we invite you to find a quiet spot and immerse yourself in the simple but powerful prayer below.

Step One: As you play the meditation below, allow yourself to come into alignment with the absolute peace and love of Christ, leaving the noise, stress and deceptions of the world behind.

[Click Here](#) to be guided through a 4 minute centering prayer of stillness.

Step Two: Once you have centered your own heart, mind and body in the powerful peace of Christ, consider how you might carry this same calm, strong, loving presence out to others as you go about your day today. How can you radiate the message of "Be still, and know" in a way that brings God's love closer to those around you? How can you be part of the peace today, instead of part of the chaos?

Thursday – Daily Spiritual Practice: Up For A Little More Action?

On Sunday we talked a lot about living for a purpose beyond ourselves, and heard a little bit about the different ways our Southridge community is seeking to live this value out together, through our Action ministry initiatives.

How familiar are you with these initiatives, across all three of our locations? If a friend asked you what our church is about – could you tell them about both the heartbeat and the practical hands-on opportunities available in these areas? Do you know much about the Action projects outside of your own location's specialty?

How about you personally? Are your heart and hands invested in at least one of these great causes, in a way that is impacting your experience of God's love – both given and received?

Today why not consider it a spiritual practice to prayerfully read through each ministry's overview on our website.

1. Pray for each team and community and the ways they are seeking to make God's love visible to those around them.
2. Ask God to stir a deeper passion in your heart for the things that stir passion in His.
3. If you haven't yet signed up to explore serving with one of these teams, click the "Get Involved" button under any one of the categories, and leap into the adventure!

[Click Here](#) to Explore Action Ministry at Southridge

Friday – Daily Spiritual Practice: Can Music Help You Pray?

Today we invite you to engage with God's presence through the practice of worship, with a new song we've been singing recently together. As you engage with these words, lean into the idea of singing as a form of prayer, and a conversation between yourself and God.

[Click Here](#) for – **"Beyond Myself" by Justin Brix & Tom Loewen**