

“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: Who Can You See?

On Sunday Patty Krawec and Michael Krause shared a powerful conversation with us, inviting us to enter into a process of opening our eyes and hearts more widely to the presence, voices and experiences of our indigenous relatives all around us. If you missed this, [Click Here](#) to watch it now.

Today – and for the week and year ahead – we invite you into a practice of deepening your awareness.

“As we prepare to reconsider the history that we have learned, look for Black and Indigenous people. Look for them in your life, on your bookshelf, in the music you listen to and the movies or television you watch. Look for them on your social media feed. Look for them in the collective nostalgia of your country. Don’t try to read too much into their presence, or their absence. Just notice. Where are they?” (Patty Krawec)

Consider getting a journal and begin to keep a record what your awareness starts to show you.

Tuesday – Daily Spiritual Practice: What Are You Holding Deep Within?

These December days tend to grow busy with logistical preparations for Christmas. But how about some heart preparation, to keep your spirit focused on what the season is truly all about? Take a few minutes today to walk through the Christmas story as witnessed in the gospel of Luke. How can you, like Mary “hold these things dear, deep within” yourself?

Scripture: [Click Here](#) to read Luke 2:1-21 in **The Message Translation**

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: Re-Lighting Hope

The Christmas season is often portrayed as a time of pure joy and merriment, but reality is much more complicated for most.

For many the intensity of the holiday can actually make it hard to hold onto hope and joy in the face of life's difficulties. Whether you personally feel that a lot or a little, mid-December is a perfect time to engage in some intentional practices of peace and hope.

Today we invite you to grab a candle and some matches, find a quiet (semi-dark if you can) space, and allow yourself to be led in an intentional practice of hope, through this 15-minute experience shared by our friends at Infinitum Life.

[Click Here](#) to engage in this rich audio-guided experience.

Thursday – Daily Spiritual Practice: What Do Truth And Reconciliation Even Look Like?

On Sunday we were challenged to widen our perspective and understanding of the experience of our Indigenous relatives within Canada. Have you ever actually read the Truth and Reconciliation Report produced by our federal government, or explored the different aspects of what reconciliation could look like in our local community? Today we encourage you to take a few minutes to explore these resources – not instead of a spiritual practice, but AS a deeply important part of your spiritual formation and as we together long to learn how to follow Jesus even more closely in the paths of love, redemption and reconciliation.

[Click Here](#) to begin exploring. Hold your heart, mind, and spirit open to the leading of the Holy Spirit every step of the way.

Friday – Daily Spiritual Practice: Ready To Worship Like Never Before?

Today we invite you to engage in an Indigenous-led worship experience.

Broken Walls is a band that travels extensively around the world communicating a message of restoration of dignity, self-respect, and Creator's Love to all cultures. Join them wholeheartedly today in thanking Jesus for the way his love has set us all free.

[Click Here](#) to be led in worship by Broken Walls' "Victory Song"