

“Do not merely listen to the word, and so deceive yourselves. Do what it says.”
(James 1:22)

PRACTICE THIS WEEK
The Lord’s Prayer:
Taking In & Pouring Out

This week we are going to experiment with walking slowly through the Lord’s Prayer, focusing on one line at a time. Each day we’ll invite you to consider that line from two perspectives – how can you take in what God has for you here; and how can you pour it out with your life, for others.

Monday – Daily Spiritual Practice: Our Father

Matthew 6:9 “Our Father in heaven, we honour your holy name.” (TLB)

Take a few minutes to read the above verse over a few times. What comes to your mind as you look for Jesus’ heart and meaning inside these words? Take some time to just soak it in and allow your mind to wonder freely about it, before moving into the reflection questions below.

Take It In:

1. What is there for you to receive from God’s heart to yours, inside this line of the prayer? How does this affect and apply to you and your life?

Pour It Out:

2. How can you take the truth inside this verse and actively pour it out for those around you? What is there inside the heart of what Jesus is praying, that you can embody towards others?

Tuesday – Daily Spiritual Practice: Your Kingdom Come

Matthew 6:10 “We ask that your kingdom will come now. May your will be done here on earth, just as it is in heaven.” (TLB)

Take a few minutes to read the above verse over a few times. What comes to your mind as you look for Jesus’ heart and meaning inside these words? Take some time to just soak it in and allow your mind to wonder freely about it, before moving into the reflection questions below.

Take It In:

1. What is there for you to receive from God’s heart to yours, inside this line of the prayer? How does this affect and apply to you and your life?

Pour It Out:

2. How can you take the truth inside this verse and actively pour it out for those around you?
What is there inside the heart of what Jesus is praying, that you can embody towards others?

Wednesday – Daily Spiritual Practice: Give Us Our Food

Matthew 6:11 “Give us our food again today, as usual...” (TLB)

Take a few minutes to read the above verse over a few times. What comes to your mind as you look for Jesus’ heart and meaning inside these words? Take some time to just soak it in and allow your mind to wonder freely about it, before moving into the reflection questions below.

Take It In:

1. What is there for you to receive from God’s heart to yours, inside this line of the prayer? How does this affect and apply to you and your life?

Pour It Out:

2. How can you take the truth inside this verse and actively pour it out for those around you?
What is there inside the heart of what Jesus is praying, that you can embody towards others?

Thursday – Daily Spiritual Practice: And Forgive Us As We Forgive

Matthew 6:12 “... and forgive us our sins, just as we have forgiven those who have sinned against us.” (TLB)

Take a few minutes to read the above verse over a few times. What comes to your mind as you look for Jesus’ heart and meaning inside these words? Take some time to just soak it in and allow your mind to wonder freely about it, before moving into the reflection questions below.

Take It In:

1. What is there for you to receive from God’s heart to yours, inside this line of the prayer? How does this affect and apply to you and your life?

Pour It Out:

2. How can you take the truth inside this verse and actively pour it out for those around you?
What is there inside the heart of what Jesus is praying, that you can embody towards others?

Friday – Daily Spiritual Practice: Don’t Bring Us Into Temptation

Matthew 6:11 “Don’t bring us into temptation, but deliver us from the Evil One. Amen.” (TLB)

Take a few minutes to read the above verse over a few times. What comes to your mind as you look for Jesus' heart and meaning inside these words? Take some time to just soak it in and allow your mind to wonder freely about it, before moving into the reflection questions below.

Take It In:

1. What is there for you to receive from God's heart to yours, inside this line of the prayer? How does this affect and apply to you and your life?

Pour It Out:

2. How can you take the truth inside this verse and actively pour it out for those around you? What is there inside the heart of what Jesus is praying, that you can embody towards others?