

“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’s Doing The Breathing Here?

Are you feeling at the mercy of ‘life’ these days? Tossed by the waves, not sure which way is up? Why not take a few minutes to centre yourself and re-align with God’s steadying presence in the waves through the practice of Breath Prayer.

[Click Here](#) to engage in the practice from Sunday – **“Does Breathing Happen To You?”**

Or [Click Here](#) to access a whole playlist of additional Breath Prayer options.

Tuesday – Daily Spiritual Practice: If You Mess With Him, You Mess With Me

From Sunday: “Who in your world is getting beat up in the corners of life?”

On Sunday Jeff told a story from his childhood hockey days, of being pinned in the corner, about to be clobbered, when a friend came to his rescue.

([Click Here](#) if you missed it and need to catch up on this first message in our new series: Love Always)

Then we spent some time considering together what “love that always protects” looks like in our lives.

Spend a few minutes prayerfully reflecting on the questions below:

- 1. Have you ever felt like you were the one getting beat up in the corner of life?** Was there anyone around who helped you to feel like you were not alone in that experience? Whether yes or no – what did that feel like for you?
- 2. Who in your world is currently getting beat up in the corners of life?** How many can you think of?
- 3. How can you help to come alongside them, offering the best of God’s protective love over their bodies, minds, and hearts?** Get as practical as you can, in reflecting on what love that protects could look like in each of these instances.

Embody:

How can you put a love that always protects into action in your life? Whether with the names you noticed above, or new people God might open your eyes today, how can you become even more of a person who puts the safety of others ahead of even your own?

Wednesday – Daily Spiritual Practice: Is Your Love Extravagant?

Scripture: [Click Here](#) to read **1 Corinthians 13 (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.

Thursday – Daily Spiritual Practice: But What Do Those Words Look Like In Action!?

Yesterday we invited you to meditate on the description of love found in 1 Corinthians 13. Today we invite you to go even deeper by figuring out how to put a bunch of those words into action.

For each of the lines below, spend a minute or two coming up with what a real-life practical application of that line could be in your life this very week. Enter into this practice prayerfully led by God's Spirit – listening even for the whispers you might not want to hear! Get as honest and specific as you can.

- Love never gives up
- Love cares for others more than self
- Love doesn't want what it doesn't have
- Love doesn't strut
- Doesn't have a swelled head
- Doesn't force itself on others

- Isn't always "me first"
- Doesn't fly off the handle
- Doesn't keep score of the sins of others
- Doesn't revel when others grovel
- Takes pleasure in the flowering of truth
- Puts up with anything
- Trusts God always
- Always looks for the best
- Never looks back
- Keeps going to the end

Friday – Daily Spiritual Practice: Feeling The Imperfection?

Are you feeling the imperfection of the world these days? Why does life not simply go up and to the right all the time!? While we may never have the answer for that (and so many other) questions, we can still learn to find and lean into God's presence in every high and low.

Why not spend a few minutes reminding and refueling your heart with the goodness and closeness of God's Spirit, before heading out into your day?

[Click Here](#) for – **"Hallelujah For Every Broken Heart" by Crowder**