

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

## **DAILY SPIRITUAL PRACTICES**

### **Monday – Daily Spiritual Practice: Do Your Friends All Look The Same?**

Yesterday we spent some time talking about the powerful way that our closest relationships shape the people we are becoming, and reminding ourselves how important it is to have a deep and rich well of friendship in our lives. Today we invite you to spend a few minutes considering how diverse your friendships currently are – are you sharing your life with enough people who are different than you, that you are both receiving the richest experience of God’s presence and beauty in this world?

[Click Here](#) for a reflection practice on Relational Diversity.

### **Tuesday – Daily Spiritual Practice: Welcoming It All**

Here we are on just the second day of the week... how is your sense of peace and God’s presence holding up in the face of whatever life has brought to your doorstep so far?

So often life throws unexpected curveballs at us and our instinct can be to try to avoid or resist them. It takes practice to learn how to hold yourself open to experiencing the deep presence and peace of Christ in the midst of EVERY situation.

Take a few minutes right now to practice attuning your heart to openness, with Father Thomas Keating’s “The Welcoming Prayer” – pray it as deeply and slowly as you can.

[Click Here](#) for a video guide through the prayer, or simply use the text below.

**Welcome, welcome, welcome.  
I welcome everything that comes to me today  
Because I know it’s for my healing.  
I welcome all thoughts, feelings, emotions, persons, situations, and conditions.  
I let go of my desire for power and control.  
I let go of my desire for affection, esteem, approval and pleasure.  
I let go of my desire for survival and security.  
I let go of my desire to change any situation, condition, person or myself.  
I open to the love and presence of God and God’s action within. Amen.**

### **Wednesday – Daily Spiritual Practice: Are You A Safe Place?**

“Hospitality creates a safe, open space where a friend or stranger can enter and experience the welcoming spirit of Christ is another.” – Adele Ahlberg Calhoun

The world seems to become more dangerous every day. People feel vulnerable in their own homes and on guard in the presence of others. Many environments are competitive, hostile and unsafe. Safe places and safe people are few and far between.

How can you open your heart and your door to be to be a safe place of hospitality to someone today?

- What are you doing tonight? How about extending a last minute invitation to someone to join you for dinner at home, a picnic in a park, a bonfire in the backyard?
- What are you doing this weekend? Now is a perfect time to plan a gathering for this weekend. Who needs to know they're loved and wanted? Who haven't you seen for a while? Who never gets invited? No need to get fancy – just extend an open door!

#### Thursday – Daily Spiritual Practice: Loving From The Centre of Who You Are

**Scripture:** [Click Here](#) to read **Romans 12:9-21 (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.

#### Friday – Daily Spiritual Practice: 1,000 Names

Today we invite you into the practice of prayer through worship, with a new song we learned last Sunday: 1,000 Names by Phil Wickham. How have you witnessed and experienced God this week? What other names might you give to the One who you call Lord?

[Click Here](#) and engage wholeheartedly in worship with the song 1,000 Names