

“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: Guided Prayer of Examen

Today we invite you to begin your week by engaging in the Prayer of Examen. This is one of the most valuable spiritual practices we have to help us tune in more clearly to the presence and activity of God all around us every day.

Find a quiet spot – consider picking one outside if you can – and settle for a time of focusing your soul.

[Click Here](#) for a 10-minute guided practice in Examen

### Tuesday – Daily Spiritual Practice: What’s Your Story?

How often do you take time to reflect on the story of your life? If someone asked you to tell them about your spiritual journey – both where you’re at today and how you’ve come to be here, would you know how to answer?

On Sunday – after hearing some great baptism testimonies – we spent a few short minutes beginning to consider our own stories with God. Today we’d invite you to take that practice deeper, actually pull out a sheet of paper and see how much of the story you could articulate right now if you tried.

What is your relationship with God like, today – and how did it come to be this way? Also where do you hope for it to go in the future?

[Click here](#) to revisit the practice from Sunday to get you started!

### Wednesday – Daily Spiritual Practice: Practicing Stillness

*“In a noise-polluted world, it is even difficult to hear ourselves think let alone try to be still and know God. Yet it seems essential for our spiritual life to seek some silence, no matter how busy we may be. Silence is not to be shunning as empty space, but to be befriended as fertile ground for intimacy with God.”* – Susan Muto

Do you realize how essential silence and stillness are to your overall health – both physical and spiritual! Today we invite you into a 9-minute practice of Silence and Stillness. This might just be the most important \*work\* you do today – don’t skip out!

[Click Here](#) for a multi-layer practice of Stillness and Silence.

## Thursday – Daily Spiritual Practice: Entering The Mystery

**Scripture:** [Click Here](#) to read **Psalm 40:1-8 (The Message OR NIV)**

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: Living Hope

Today we invite you into the practice of prayerful worship, with the song Living Hope.

Before you begin to sing, pause to consider the words of the chorus:

*"Hallelujah, praise the one who set me free  
Hallelujah, death has lost its grip on me  
You have broken every chain  
There's salvation in your name  
Jesus Christ, my living hope!"*

1. **Where do these words ring true for you in your experience?**
2. **Where are you still longing to see and feel their truth in your life?**

With both of these realities in mind, click the link below and bring your full heart before God in worship – both in gratitude for the freedom you have already experienced, and in prayer for the freedom you're still longing for.

[Click Here](#) for Living Hope by Phil Wickham