

“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: Are You Open?

At the beginning of this new month we invite you to take a few minutes to prayerfully place yourself in a posture of openness to God. Whatever lies ahead in the day and week to come, we don't want to miss one ounce of God's presence within it. This prayer can help attune our awareness to that presence.

[Click Here](#) for a guided posture prayer experience “I Open”

* Consider pausing the video with each section, to spend even more time than the short video allows.

Tuesday – Daily Spiritual Practice: To Speak A Blessing

A few months ago in our Sunday service we experimented with a practice of actively, intentionally blessing those around us – rather than letting our minds slip into the automatic often negative judgmentalism we sometimes tend towards.

[Click Here](#) to revisit that practice now, allowing God to work in your heart to prepare you for all of the interactions coming in the day ahead of you.

Embody: Today, as you go about your tasks of work and play, take deep and intentional notice of those around you – whether strangers or friends – then pause to say a prayer of blessing in your heart towards them. Use the words of **Numbers 6:24-26** if you like:

**The Lord bless you, and keep you
The Lord make his face shine on you and be gracious to you
The Lord turn his face toward you and give you peace.**

Wednesday – Daily Spiritual Practice: But What About My Enemies?

The concept of having an ‘enemy’ can be quite harsh – hopefully as Jesus followers that's not actually a mode our hearts land in very often. And yet our lives are full of complicated dynamics, struggling relationships, and people with whom it's difficult for us to feel safe and at peace.

In Matthew 5:44-48 Jesus says: “But I say to you, love your enemies and pray for those who harass you so that you will be acting as children of your Father who is in heaven... If you love only those who love you, what reward do you have? ...Therefore, just as your heavenly Father is complete in showing love to everyone, so also you must be complete.”

Today, what would it look like to turn the same practice from yesterday – intentionally blessing – in the direction of those whom you’re tempted to think of as your enemy?

[Click Here](#) to revisit a guided “Blessing Your Enemies” practice.

Thursday – Daily Spiritual Practice: Celebrating God All Day Every Day

Scripture: [Click Here](#) to read **Philippians 4:4-9**

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: Christ Be Magnified

Today we invite you into the practice of prayerful worship, with the song Christ Be Magnified. Before you begin to sing, pause to consider some of these words:

*“I won’t bow to idols, I’ll stand strong and worship You
And if it puts me in the fire, I’ll rejoice ‘cause You’re there too
I won’t be formed by feelings, I hold fast to what is true
If the cross brings transformation then I’ll be crucified with You”*

1. In what ways do these words feel freeing and energizing to you?
2. In what ways do they feel challenging or difficult?

With both of these realities in mind, click the link below and sink your full heart into Jesus as you worship – both in praise for the invigorating life they call you to, and in humble honesty for the challenging wrestle they also ignite within.

[Click Here](#) for Christ Be Magnified by Cody Carnes