NOTES

Spiritual Practice - Glorify God - Renewed and Rooted

And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit. - 2 Corinthians 3:18 -

"Bring apprentices [disciples] to the point where they dearly love and constantly delight in that 'heavenly Father' made real to earth in Jesus and are quite certain that there is no 'catch,' no limit, to the goodness of his intentions."
- Dallas Willard

Practice one or all of these exercises this week -

The purpose of Spiritual practices isn't to say I accomplished something. It's not even something that is to help you feel more spiritual, but it's about forming you in Christ.

James Bryan Smith write, "The Christian faith is not primarily about belief and practices; it is primarily about what kind of people Christians become."

As we focus on Glorifying God this week, I invite you to practice one or two of these practices that will help you move closer to our Creator, Redeemer and Sustainer.

Notice, there isn't a how to list to do these practices, they are simply suggestions to take time to live out joy while you practice them.

Spiritual practices -

Try to picture the phrase "your right hand upholds me." How exactly is God's right hand holding or upholding you? What other details are apparent in this scene? How do you need to respond to being held or upheld in such a way?

Read Psalm 61 or 62 in the next few days, asking yourself these two questions: What picture of God is presented here? How should I respond to God?

While lying in bed (before falling asleep, after waking up or during sleeplessness), whisper aloud, "I remember you, O God"

Journal or make a photo album or video diary about what it's like for you to worship in times of stress.

From "Spiritual Disciplines Companion: Bible Studies and Practices to Transform Your Soul" by Jan Johnson