

[illegible]

- Isaiah 40:31

- John Wesley

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.

As we focus on being Renewed in Christ this week, I invite you to practice one or two of these practices that will help you spend time with Jesus.

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.

Part of being Renewed in Christ is that we must rediscover and cultivate "one square inch of silence" within us. Faced with the pressures, the loudness, the busyness of our modern-day lives, we must with intentionality and discipline "cultivate calm" in our lives.

Life can feel like Grand Central Station on the outside and if we aren't careful -- Grand Central Station on the inside. The absence of quiet and stillness in our lives inevitably leads to an impatient, anxious, and less-hopeful version of ourselves.

To combat this, aim for 5 or 10 minutes a day and imagine having a "monastery" experience.

Find a quiet place. Close your eyes. Do a simple breathing exercise - inhale hold exhale and hold. Use the Psalm "Be still and know that I am God" Psalm 46:10

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