## **NOTES**



## Spiritual Practice - Renewed - Renewed and Rooted

but those who hope in the Lord
will renew their strength.
They will soar on wings like eagles;
they will run and not grow weary,
they will walk and not be faint.

- Isaiah 40:31

It is good to renew ourselves, from time to time, by closely examining the state of our souls, as if we had never done it before; for nothing tends more to the full assurance of faith, than to keep ourselves by this means in humility, and the exercise of all good works.

- John Wesley

## Practice this exercise 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 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.

## **Spiritual practices -**

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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