



Soul food

7 SPIRITUAL PRACTICES
SUMMER 2021/2022



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These practices are designed to help us notice God as we walk through life.

I would encourage you to focus on adopting one of these practices every couple of days. Some of them will take planning and creating space, others could be spontaneous.

The goal isn't to tick them off as you go. The goal is to connect with God as you linger in the presence of the spirit and apply the truth of the word. On the last page is a space for notes - write or draw what you notice God is saying.

My prayer for you is that you may be drawn deeper into the love of God. To be aware of the work of the Spirit in and around you. To experience the presence of Christ in your hours and days as you intentionally focus on the good and beautiful God.

Grace & Peace,

clayton

Solitude

Find an opportunity to step away from everything for an hour or two.

This is not about getting to the shop on your own, or binge watching some tv while no one is around. This is about intentional alone time to be still and quiet. It could be time to watch the ocean and listen for God, it could be sitting in your garden and enjoying nature.



Be Still and know I am God

Luke 5:12-16

Mark 1:35-39

*1.
tahi*

"Be still
and know
that I am
God."



Bless

Find a way to bless others.

Christmas is a time when we give a lot of gifts and there can be family around. But consider someway you can bless someone, or a whānau.

Of course a blessing is not always a material object, sometimes it is giving of ourselves to help out, to care, or to listen.



Blessed to be a blessing.

Genesis 12:1-3

Acts 20:35

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Scripture

Read one of the four gospels -
Matthew, Mark, Luke, John.

Make the time to sit and read through
the stories of Jesus. Notice who Jesus
speaking to, what does Jesus do, how
do the
people respond?

Then ask yourself how would
I respond to Jesus if that was me, how
do I respond to Jesus now?



All scripture is inspired by God.

Hebrews 4:12,
Isaiah 40:6-8
Psalm 119:105

3.
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The Lord's Prayer

Our Father in heaven,
may your name be
kept holy.

May your Kingdom
come soon.

May your will be
done on earth,
as it is in heaven.

Give us today the food we need,
and forgive us our sins,
as we have forgiven those
who sin against us.

And don't let us yield
to temptation,
but rescue us from the evil one.

MATTHEW 6:9-13 NLT

Pray

Read The Lord's Prayer slowly, and at the end of each line pause and listen for what God is saying to you as you say those words.

Once you have read it through once, pause for a couple of minutes, then go back and read it again. Then pause and do it a third time.

Each time you read, notice the words that stand out as you pray them.

How is God responding to you as you pray?

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Eat

Now it's Christmas, we have all probably eaten more than we have needed to. This practice is eating with a purpose. Invite a neighbour, or someone you have wanted to get to know a little better to share a meal together.

The spiritual discipline of hospitality is not something we celebrate as often as we should.



Jesus sat with the disciples and broke bread with them.

Hebrews 13:1&2

Titus 1:8

1 Peter 4:9

S.
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Rest

The sabbath is for humanity. Many of us are so busy doing, that we forget to rest and rest well.

So pause, sleep, relax and be still as you sit in the sun, or the shade, notice the world you live in and enjoy your surroundings.

Solitude is intentionally being alone to notice and see God, and rest is about stopping and allowing your soul to catch up with the body.



The sabbath was made for humanity
not humanity for the sabbath.

Mark 6:30-31
Matthew 11:28-30

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Fast

We could probably all do with a break from food - well maybe. But pick something to take a 24 hour fast from. It could be food, tv, screen time, your phone, coffee??

As you fast, try to notice what the Holy Spirit says to you, and maybe how we use other things to distract us from what God is trying to say.



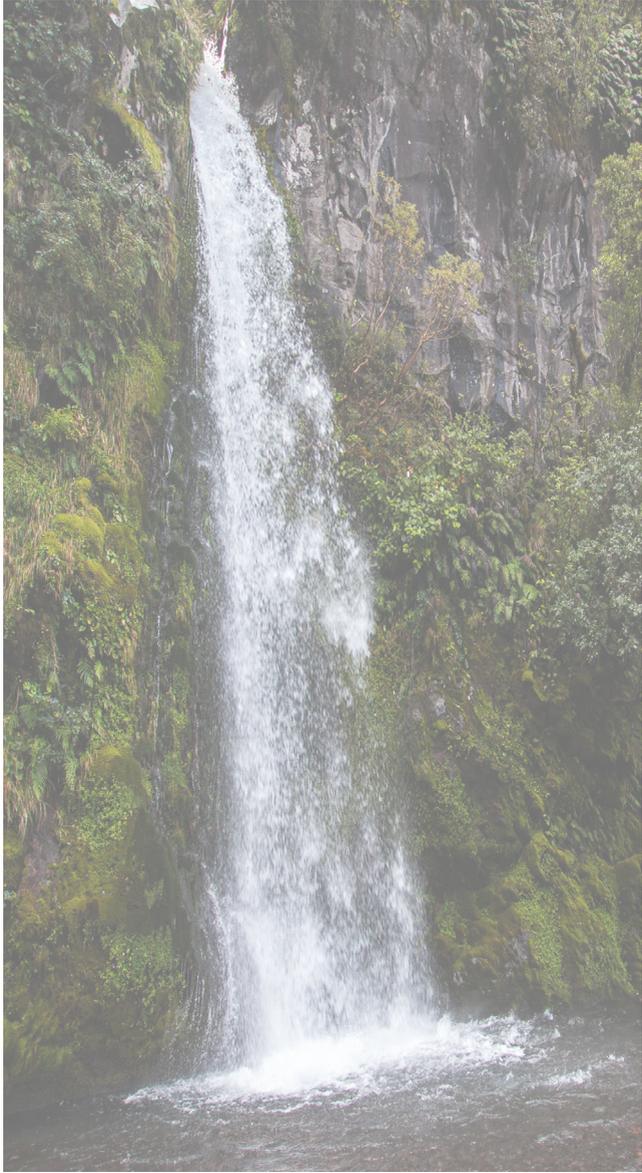
For 40 days and 40 nights Jesus fasted and became very hungry.

Matthew 6:16-18

F.
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Notes



O God,

when my faith gets
overladen with dust,
blow it clean with the
wind of your Spirit.

When my habits of obedience
get stiff and rusty, anoint
them with the oil of your Spirit.

Restore the enthusiasm of
my first love for you.

EUGENE H. PETERSON