



SPIRITUAL PRACTICES

Romans 14:7-9 | For none of us lives for ourselves alone, and none of us dies for ourselves alone. If we live, we live for the Lord; and if we die, we die for the Lord. So, whether we live or die, we belong to the Lord. For this very reason, Christ died and returned to life so that he might be the Lord of both the dead and the living."

Spiritual practices are simple ways that we can quiet our minds and connect with God on a more sacred level. Our brains are busy, and we often need to slow down and breath deeply in order to be able to hear what God might be saying to us. On this sheet you will find three practices that you can do on your own or in a group setting, that offer simple ways to clear the mind and listen to the Holy Spirit.

BREATH PRAYER

Take a moment to slow your breathing. Think of a name for God that feels right to you. Something like:

*Father
Savior
Messiah
Lord*

Say that name in your mind as you breathe in slowly.

As you exhale, ask God to give you what you need from Him or ask God to help you give up what you need to give up to Him.

Prayer this prayer over and over as you breathe in. Breathe out.

Breathe in.
Breathe out.

Let this simple prayer resonate in your mind until you feel the Holy Spirit with you.

Breathe in, breathe out. Amen.

PALMS UP PALMS DOWN

Start by sitting in a comfortable position with both of your feet planted firmly on the ground.

Close your eyes.
Take a few deep breathes.

Place your hands in your lap, one on each leg, palms down.

As your hands are facing down, think of it as letting go of anything that is distracting you from God.

Release stress and hurt.

After you have let go of as much as you can, flip your hands over, palms up. *With your hands facing upward, let God know you are ready to receive what He has for you.*

Receive joy and grace.

Flip your palms up and down as much as you need. God is with you.

LECTIO DIVINA

Lectio Divina is an ancient Christian discipline dating back at least to thirteenth century. In Latin it means “divine or sacred reading.” It leads us to pray through reading the Bible, helping us to listen attentively to a passage in order to open ourselves to what God might want to say to us.

The practice involves listening to a text repeatedly and contemplating it in silence, trusting that God will meet us in the Scripture and speak into our everyday lives. This kind of reading is very different than reading for information, the kind we do when reading textbooks for class. The four movements of Lectio Divina are: lectio (reading), meditatio (reflecting/meditating), oratio (responding in prayer), and contemplatio (contemplating God/resting in God’s presence).

The text below will be read four times and each time you will be prompted by your youth leader to respond. Below you can follow along with the passage as it is read and there is also room to write down anything that comes to mind.



ONE PERSON CONSIDERS ONE DAY MORE SACRED THAN ANOTHER, ANOTHER CONSIDERS EVERY DAY ALIKE. EACH OF THEM SHOULD BE FULLY CONVINCED IN THEIR OWN MIND. WHOEVER REGARDS ONE DAY AS SPECIAL DOES SO TO THE LORD. WHOEVER EATS MEAT DOES SO TO THE LORD, FOR THEY GIVE THANKS TO GOD; AND WHOEVER ABSTAINS DOES SO TO THE LORD AND GIVES THANKS TO GOD. FOR NONE OF US LIVES FOR OURSELVES ALONE, AND NONE OF US DIES FOR OURSELVES ALONE. IF WE LIVE, WE LIVE FOR THE LORD; AND IF WE DIE, WE DIE FOR THE LORD. SO, WHETHER WE LIVE OR DIE, WE BELONG TO THE LORD. FOR THIS VERY REASON, CHRIST DIED AND RETURNED TO LIFE SO THAT HE MIGHT BE THE LORD OF BOTH THE DEAD AND THE LIVING.



ROMANS 14:5-9
