NOTES



Spiritual Practice - What's Next - Week 1

"A farmer is helpless to grow grain; all he can do is provide the right conditions for the growing of grain. He cultivates the ground, he plants the seed, he waters the plants, and then the natural forces of the earth take over and up comes the grain...This is the way it is with the Spiritual Disciplines - they are a way of sowing to the Spirit... By themselves the Spiritual Disciplines can do nothing; they can only get us to the place where something can be done."

Richard J. Foster, Celebration of Discipline:
The Path to Spiritual Growth

It's easy to get bogged down and not know what to do. I believe this is especially true in our walk with Jesus. In a crock-pot world, we expect microwave results.

As we begin this "What's Next" Series. Our focus for this week is to slow down and allow God to speak to us.

Take a moment and practice one or all of these practices.

Take a prayer walk: Take a few moments to go on a prayer walk. If you are in your neighborhood, notice the houses on your street. If you are walking around your workplace, observe the activity around you. Then, take a moment and lift what you see in prayer.

Read Luke 24:13-35: Spend time looking at the Emmaus story in Luke. Place yourself in the text. Take a moment to journal what it would look like if you realized Jesus is beside you as you travel through your day.

Read Proverbs 3: 5-6: Take a moment and reflect, or maybe journal what you need to turn over to God. Give thanks that God grants you the ability to know that he is with you. Sit with your list for a moment, and the revisit your list to see how God walked with you. You may not get the answer today, but continue to follow back with God and see him walking with you through your life.