

Grow Together: Get Ready to Be Ready

Life Steps | September 19 & 20, 2015

Day 1: **Joshua 1:8; Galatians 5:22-23; Discipline: Meditation**

As you enter the week spiritually disciplined, consider what you will meditate on this week. Take time to consider things that align with the fruits of the spirit as put forth in this Galatians text. Meditate on this scripture alone today.

Day 2: **Matthew 6:7; Discipline: Prayer**

Often our first instinct when we pray is to come up with words to say. Today, begin a discipline of silence when first starting to pray. Allow yourself to get attuned to the presence of God, and allow your senses to be ready to receive. Our first work in prayer is to listen. Be silent to just beyond the point of comfort.

Day 3: **Romans 8:26-27; Discipline: Prayer**

Select someone in your life who you know (or know about) who is going through a difficult time. After praying silently and posturing yourself in a way as to receive, imagine what that person's life might positively look like once they're on the other side of the difficulty. Using words or not, create a detailed picture of that in your mind and offer that as your prayer to God.

Day 4: **Matthew 6:16-18; Discipline: Fasting**

Choose something in your life that has a strong grip on you: shopping, television, internet, social media, phone, etc... Experiment with refraining from it for a period of time that would be manageable, but not typical for you. Afterward, reflect on how you felt and what your next fast will be.

Day 5: **Luke 4:1-4; Discipline: Fasting**

If you are physically healthy and able, skip your evening meal today. Drink only water until breakfast the next day. Pray for those who suffer from hunger around the world. If you cannot be without food today, schedule a day when you can, and refrain from something else this evening (perhaps screens).

Day 6: **Romans 12:2; Philemon; Discipline: Study (Verbal)**

Read Paul's letter to Philemon in one sitting today. As you read, have some paper next to you and write down every question you can think of about the reading. Consider when you might carve out time to read another book of the Bible in one sitting. When you have time, consult outside sources to answer the questions you raised.

Day 7: **Isaiah 55:12-13; Discipline: Study (Nonverbal)**

Find a spot outdoors that is pleasant to you. Focus in on some part of creation that captures your attention: a tree, a plant, a bug, an animal, the sky, a cloud, etc... look at it and study it in a way you never have before, until you know it as well as you can. As you do, consider the love God has for it, as he has for all of creation.