

"How is Your Doing?" Part 8: Generative Care Daily Practices for Monday, 2/24 - Sunday, 3/1 (download at montrosechurch.org/daily-practices)

Use these daily practices (provided by Marriage and Family Therapists John & Sunshim Loppnow) to help you draw closer to God and experience His presence.

Monday, February 24 - Mindfulness

- 1. Be Still** Bring your intention to pay attention to your capacity to give and receive care through hospitality.
- 2. Know** Read Henri Nouwen's quote, "Hospitality means primarily the creation of a free space where the stranger can enter and become a friend instead of an enemy. Hospitality is not to change people, but to offer them space where change can take place. It is not to bring men and women over to our side, but to offer freedom not disturbed by dividing lines."
- 3. God is Good** Pause and notice how God creates space for you to be welcomed and free to transform. Ask Jesus to show you someone to whom you can offer space to be welcomed and loved. Picture yourself creating that space.

Tuesday, February 25 - Prayer

- 1. Be Still** Bring your intention to notice your longing for deeper connection with Him.
- 2. Know** We know in our head that God welcomes us always, but do you actually experience God's presence that creates space for **all** of you to belong when you're stuck in big emotions (sadness, shame, anger, fear, disgust, despair)? You can engage in a "welcoming prayer" practice as a way to experience God who welcomes you at this very moment.
 - Step 1: Feel/sink into what you are experiencing in your body in this moment.
 - Step 2: "Welcome" what you are experiencing in your body this moment as an opportunity to consent to the Divine indwelling.
 - Step 3: Let go by saying "I let go of my desire for security, affection, and control, and I embrace this moment as it is."
- 3. God is Good** If you notice any lingering thoughts, longings, challenges, or struggles, enter into a conversation with God, who welcomes you endlessly.

Ash Wednesday, February 26 - The Word

- 1. Be Still** Set your intention to notice how God speaks to you thru His living Word.
- 2. Know** Read Romans 15:7 three times slowly, "Accept one another, then, just as Christ accepted you, in order to bring praise to God."
 - After the 1st reading, notice what word or phrase stands out to you.
 - After the 2nd reading, notice what emotion or longing arises in you.
 - After the 3rd reading, notice what God might invite you to _____.
- 3. God is Good** Pause and let your impression of God's invitation sink in. Notice if Jesus brought to your mind someone who needs your love/acceptance. Pause and ask God what it is like for you to take one step towards revealing the acceptance for this person.

Thursday, February 27 - Journaling

- 1. Be Still** Bring your intention to pay attention to how you desire to grow your capacity to participate in the generative care.
- 2. Know** We have access to an inexhaustible flow of energy via God's love and life within us. Read and meditate on these 2 verses: "On the last and greatest day of the festival, Jesus stood and said in a loud voice, "Let anyone who is thirsty come to me and drink. Whoever believes in me, as Scripture has said, rivers of living

water will flow from within them." John 7:37-38

- 3. God is Good** Take a few deep breaths to quiet yourself, and picture rivers of living water flowing from within you. Share with Jesus where you are thirsty and in need of His living waters. When you are done sharing, pause to notice His response to you. If it flows for you, write that down - and if you are open, read it aloud.

Friday, February 28 - Fasting

- 1. Be Still** Pause and notice if you have an intention to follow Christ's way, by letting your life flow for the sake of others.
- 2. Know** God breathes life into you with every breath. His endless resource is coming into you! When we trust in God's endless life/resource within us, we more readily practice selflessness and embrace the power of sacrifice. Let us fast from engaging ourselves on the phone, games, or media in the name of "winding down" or "resting". Rather, choose to feast on rejuvenation by connecting/spending quality time with those who desire your attention and care and/or by expressing gratitude to someone who God brings to your mind.
- 3. God is Good** Notice how your fasting from winding down by engaging in phone/media impacts your ability to create space for rest and connection to take place.

Saturday, February 29 - Service

- 1. Be Still** Set your intention to pay attention to how God loves you deeply and invites you into the freedom of loving deeply.
- 2. Know** Review these 7 ways of serving/working (fatherwork.byu.edu):
 - Relationship work (working to create a healthy relationship)
 - Stewardship work (providing for the physical needs and safety of others)
 - Development work (changing to meet changing needs)
 - Ethical work (teaching values/helping people to relate with others in moral ways)
 - Spiritual work (working to help others obtain purpose and joy)
 - Recreation work (helping people relax and have fun)
 - Mentoring work (helping others to learn skills to be successful)
- 3. God is Good** Ask Jesus what He wants you to know about these ways of working and serving. Be open to how the Holy Spirit will guide you and form you.

Sunday, March 1 - Worship

- 1. Be Still** Bring your intention to be present to God who gives you the gift and power to be a new creation and ambassador of reconciliation.
- 2. Know** God's goal is relational reconciliation - He is the initiator of this relational web of reconciling ways and attitudes and we are invited to cooperate with Him in the ways of Christ. Remember Pastor Dave's story of the football coach's instruction to punt and how that caused the player to forget the goal of scoring and winning the game. Remember, our goal is to move towards reconciling relationships and generate care within our web of relationships.
- 3. God is Good** Worship God by thanking Him for the way He comes to you to reconcile all people, including you, to Himself. Can you praise God for being the kind of being who seeks to reconcile?