

"How is Your Doing?" Part 4: Trust Daily Practices for Monday, 1/27 - Sunday, 2/2 (download at montrosechurch.org/daily-practices)

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

Monday, January 27 - Mindfulness

- 1. Be Still** Set your intention to pay attention to your interior world and that of your loved one(s).
- 2. Know** In relationships, trust is built through small (to big) interactions as the message of "you matter to me" is given and received. Pause and examine how you have participated in growing your capacity for trust this past week.
 - How did God build trust by conveying, "you matter to me"?
 - How did you build trust by conveying to others, "you matter to me"?
- 3. You Matter to God** Thank God for the small ways He has built trust with you, and celebrate the small ways you have built trust with your loved ones.

Tuesday, January 28 - Prayer

- 1. Be Still** Set your intention to pay attention to your longing for intimacy with God.
- 2. Know** We tend to view prayer as something that WE initiate with God. What if prayer is something that God initiates within US, and our part is to respond to His initiation and stay engaged in the conversation? The Jewish tradition is to breath the name of God, "Yahweh" - inhaling "YAH" and exhaling "WEH". In each breath you take, God has made it possible for you to say His name!
- 3. You Matter to God** For five breaths, practice breath prayer using "Yahweh" as a way to grow your capacity for trust in God who is always looking out for you.
 - Breathe in and notice that God helps you to call His name: "YAH"
 - Breathe out and notice that God helps you to call His name: "WEH"

Wednesday, January 29 - The Word

- 1. Be Still** Bring your intention to pay attention to how God speaks to you through His living Word.
- 2. Know** Listen to the sound of birds outside. Hear Jesus say, "Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?" (Matthew 6:26) Slowly read the verse three times with an intention to memorize it.
- 3. You Matter to God** Hear God speak directly to you in this verse. "[My child] Look at the birds of the air; they do not sow or reap or store away in barns and yet I feed them. Are you not much more valuable than they?" Notice the impact of hearing these words spoken to you.

Thursday, January 30 - Journaling

- 1. Be Still** Bring your intention to pay attention to how you desire to grow your capacity for trust.
- 2. Know** Dr. Dan Siegel explains how one can change the brain, "Where attention goes, neural firing flows, and neural connection grows." This is a simple explanation of the brain's ability to adapt, called neuroplasticity. Let your neural firing flow and your neural connection grow as you pay attention to God's character revealed in Matthew 7:9-12: "Who among you will give your children a stone when they ask for bread? Or give them a snake when they ask for fish? If you who are evil know how to give good gifts to your children, how much more will your heavenly Father give good things to those who ask him?"

- 3. You Matter to God** Take a moment to journal about what arises in you as you listen to Jesus speak to you through Matthew 7:9-12, using a tool called SIFTing: S (Sensation), I (Image), F (Feeling), T (Thought). Pause and be curious of how Jesus would respond to your journaling.

Friday, January 31 - Fasting

- 1. Be Still** Set your intention to pay attention to how long you can sustain the joy of trusting God.
- 2. Know** Your capacity for trust in God grows when you repeatedly experience the joy that comes from His goodness. Savor the joy long enough for it to become integrated into your capacity for trust, rather than allowing hurry and worry to steal it away. Consider how you can fast from hurry and/or worry. Examples:
 - Not using/checking your phone while driving
 - Not having to get in the fastest lane on the freeway or the grocery store
 - Not checking how many social media likes you get
- 3. You Matter to God** Feast on the joy that comes from noticing the life that surrounds you.
 - While driving, notice the beauty of the sky, mountains, trees, birds.
 - While staying in the slowest line in the grocery store, notice the life in people - what joy, sorrow, or longing they might have. Offer your wonderings as a prayer of blessing for them.
 - While fasting from social media, offer your smiles to people you meet.

Saturday, February 1 - Service

- 1. Be Still** Set your intention to pay attention to how God is inviting you to serve someone by being a trustworthy, sharing, and welcoming person.
- 2. Know** Meditate on Romans 12:13 today, "Share with the Lord's people who are in need. Practice hospitality. Bless those who persecute you." Ask Christ Jesus, "What is it that you want me to see in this passage?"
- 3. You Matter to God** Ask the Holy Spirit to bring someone to your attention in this church community who is in need of hospitality. Ask yourself:
 - Who in our church family is in need? How can I meet that need?
 - Who needs to feel a sense of belonging? How can I offer that? (Write a note, make cookies, invite for coffee, etc.)

Sunday, February 2 - Worship

- 1. Be Still** Bring your full attention to God who is present to you in a faithful manner, here and now by pausing, breathing, slowly walking, quietly sitting, etc.
- 2. Know** According to Dr. John Gottman, "Trust in a relationship translates in this simple question - 'Are you there for me?'" Share with God that it is your heart's desire to know that He is there for you.
- 3. You Matter to God** Pray this prayer three times, "Abba, I surrender my will and my life to you without any reservation and with boundless confidence, for you are my loving Father," (Brennan Manning). Pause after each of the three prayers and notice where your trust in God's goodness is strong, as well as the areas where you might be lacking in trust. Ask God to help you grow in those areas.