

## Daily Spiritual Practices for a Soul Reset

### Daily Spiritual Practice for a Soul Reset: Week 1

This week, you are invited to close each day with the practice of examen. Find a quiet place and turn off your phone and any other distractions. Light a candle and invite God to be present with you. Begin each practice by reviewing the day in your mind, paying attention to moments of joy, confusion, sadness, and peace. Daily prompts for each day are listed below.

**Day 1:** What brought you the most joy today? Give thanks to God. When did you feel most connected to God? Give thanks to God. Did you feel sad today? Share your raw and unabridged feelings with God. Then, sit in silence and listen for God's voice reminding you that you are loved and held in grace.

**Day 2:** If you could relive a moment from today, which would it be? Where was God in this wonderful moment? What did you experience or discover about the love and grace of God today?

**Day 3:** Jesus invites us to live lightly and freely with him each day. Did you feel light and free today? If yes, what was it like to walk unburdened through the day? If no, what is needed to accept Jesus' invitation to a light and free kind of living? Listen to God in the silence of your heart about what is keeping you from freedom.

**Day 4:** Reflect on your ability to give and receive love today. Was love easy or difficult to give away? Was love easy or difficult to receive? Look for God in these moments of giving and receiving love today and ask God to teach you more about God's generous ways of loving.

**Day 5:** Rehearse the day in your mind, pausing at each moment of gratitude to give thanks. Invite God to reset your heart, to clear away the clutter of guilt, harsh words, words left unsaid, actions taken or left undone. Let God's grace wash over the desolation and guide you to a place of consolation where you can always begin again.

**Day 6:** How is it with your soul? Listen to your body, to your feelings, and to your thoughts. Share with God how your soul is doing today? Then, listen for God's voice to speak to your heart.

**Day 7:** Reflect on the idea of wholeness. What images come to your mind? Do you feel whole? If not, what is keeping you from wholeness? If yes, how did you come to be whole, and what does it feel like? Give thanks for where you are right now on the journey and invite God to speak to your heart in the quiet.

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### Daily Spiritual Practice for a Soul Reset: Week 2

This week, you will be invited into various forms of prayer, with the simple task of sitting with God. Set aside a period of time each day and designate a place that will be devoted to your prayer practice. Make this an intentional, set-apart time just for you and God to spend time together in conversation.

**Day 1:** Settle into a quiet space and turn off your phone. Sit for a moment in silence and center your thoughts and your heart on drawing near to God. Once you are settled, set an intention of simply sitting in the presence of God. When tasks or worries or even fears come into your mind, acknowledge them before God, and ask God to hold them in God's hands. Pay attention to what messages God might have for you—words to bring you comfort or encouragement or maybe even just a feeling of peace or mercy. This practice of prayer requires no words or striving; this is simply a time for you to sit with God and to let your thoughts and feelings come and go. When you are ready, end your prayer time by praying The Lord's Prayer.

**Day 2:** For your prayer practice today, you are invited to write a letter to God. Consider that God invites us into friendship. Friends have regular conversations, sharing hopes and fears, dreams and trials. Sit down with a piece of paper and a pen today, and write a letter to God, your friend. Share all that is going on in your life right now, what is on your mind, what is going on with your family, what you are struggling with, what you are grateful for—everything that you would share with your very best friend.

**Day 3:** Today, you are invited to make silence your friend. Set aside some time to block out any noise and create an opportunity to listen for the still, small voice of a loving God. Let your thoughts float away like clouds, and let the silence clear your heart and mind. Don't strive or try to achieve in these moments. Simply sit in God's presence and be still.

**Day 4:** Sometimes life comes at us, and before we know it, our hearts are overcome with worry, fear, and anxious thoughts. Trials and suffering can make us feel like there is nothing good about our lives or that we'll never experience joy again. The Psalms teach us how to praise God, even in our suffering. David lays out all his feelings before God—anger, uncertainty, fear, defeat, sadness, depression—but he circles back to his love for God and finds a way to “yet praise,” even when he faces trials. Name before God your fears and worries, your trials and anxious thoughts. Then, close your prayer with words of praise, and set your heart to praise.

**Day 5:** Practice prayer today by looking for God everywhere. Keep your eyes and ears open to notice the beauty of creation, encouraging words from a friend, the wind

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blowing across your face. Notice the goodness of God all around you and get caught up in it. Set your heart on seeking God, on looking for God's movement and listening for God's voice all day long.

**Day 6:** Today, align your prayer with your breath by practicing a breath prayer. Throughout the day, as often as you can, let your heart whisper as you inhale, "Lord Jesus Christ"; and as you exhale, "have mercy on me, a sinner."

**Day 7:** How is it with your soul right now? Ask God to reveal the places in your life that are thriving, and then ask God to show you the places that need new life. Pray for a clean heart and a renewed spirit.

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### Daily Spiritual Practice for a Soul Reset: Week 3

Fasting can be difficult to understand and to practice. Sometimes it can get misconstrued and confused with dieting, but it has nothing to do with weight loss. Fasting is about self-denial, about saying yes to God by saying no to some other competing desire. This week, you'll do a daily fast from various things that compete for space in your heart and mind, reminding you of your true desire to give God your whole heart.

**Day 1:** Fast from social media for twenty-four hours. Turn these apps off on your phone, and do your best not to go there on your computer. Notice any impulses you have to check your phone or the way you get on your computer and begin to type "Facebook" before you even realize it. As you sense those impulses, ask God to be the Lord of your life. Ask God for help to make social media a fun, "extra" thing in your life and not a distraction that keeps you from being fully present with God and with your friends and family.

**Day 2:** Fast from food from sundown to sundown, unless a health condition prevents you from this practice. During your last meal, ask God to be your strength as you sleep and go about your day, relying only on God. Be sure to drink plenty of water. Throughout your fasting day, notice your cravings, your stamina, and your clarity. Lean on God's strength, and ask God to help you depend on God each and every day. When you sit down to eat again, give thanks to God for God's strength in you and God's presence with you always. Note: An alternative to fasting for twenty-four hours, could be fasting from one meal and snacking or eating minimal plain food (i.e. crackers and peanut butter).

**Day 3:** Fast from words. As much as possible, refrain from speaking for a period of time. You may need to share your practice with family or coworkers ahead of time. This is a practice of being slow to speak and quick to listen. Pay attention to what you hear when you're not forming your own responses constantly.

**Day 4:** Fast from using plastic. As best as you can, refrain from using any quick-and-easy, throwaway products. Notice the extra efforts of washing a glass or carrying around a reusable water bottle. Pay attention to what you throw away in a day, and consider how you could cut back on waste by making a few intentional choices.

**Day 5:** Fast from excess. Super-sizing and going back for second helpings, retail therapy, and stockpiling can be second nature for many of us. Spend twenty-four hours practicing simplicity and moderation. Avoid second helpings. Don't buy anything that you don't need. Spend some time in your closet, purging unnecessary items and

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donating them to a thrift store. Spend this day taking only what you need from it and nothing more. Notice how it feels to deny yourself something that you want. Ask God to teach you to live simply and to depend on God.

**Day 6:** Fast from complaining and criticism. Take on a spirit of gentleness and encouragement for a day. What happens to your mood? To your countenance?

**Day 7:** Fast from technology. Go for a walk, take a nap, write letters, cook a great meal. Let your eyes look at real things right in front of you, and be present where you are.

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### Daily Spiritual Practice for a Soul Reset: Week 4

Sometimes we think of our spiritual practices and life with God as separate from how we treat our bodies. But we are whole persons, created by God—body, mind, and spirit. God's desire for our wholeness is not only about our hearts but also about our whole selves. This week, we will see calmness by taking care of our bodies.

**Day 1:** Sleep eight hours. Look at your schedule for the week and make a plan to get eight full hours of sleep each night this week. As you go to sleep each night, ask God to bring you rest. Pay attention to the way your rested body serves you throughout the day. How does rest equip you for the challenge of each day? How does rest allow for deeper connections with God?

**Day 2:** Drink plenty of water. Over the course of the day, be intentional about drinking eight large glasses of water. With each glass, reflect on Jesus as the source of Living Water that's sustains you for a life with God. Notice how hydrating makes you feel—are you more energized? Are you more confident, knowing you are making good choices for your health?

**Day 3:** Go for a long walk if you are able, soaking up the sun and taking deep breaths. Let endorphins kick in, and feel the strength of your legs to carry you. Feel your back straighten as you take long strides. With every breath, breathe in the grace of God; as you exhale, breathe out your praise to God.

**Day 4:** Fast from sugar. Most of us have no idea how much sugar we take in each day. Spend the day taking care of your body by relentlessly avoiding sugar. Say no to the sugary coffee creamer or the honey in your tea. Say no to the office snack drawer or the plate of cupcakes that showed up without warning. Say no to the soda that you thought you had to have at 3:00 p.m. every day. Notice how many ways sugar infiltrates your day without you even knowing it. After today, determine which forms of sugar you could permanently cut from your routine to take better care of your body.

**Day 5:** Today, write a letter thanking your body for what it does for you. God made our bodies in such an awesome way and for incredible things. Consider all that your body does for you. Give thanks for it, and consider how you might take better of your body as an act of worship to God who created you.

**Day 6:** Find a workout buddy. Who will be your accountability partner as you set out to take good care of your body? Make that your number-one task today.

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**Day 7:** Cook your favorite healthy meal, and have dinner with your friends and family. Fuel your body with healthy food, and fuel your spirit with intentional time with loved ones, gathered at the table. Pray a blessing over your meal and over your friends.

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### Daily Spiritual Practice for a Soul Reset: Week 5

Worship is more than simply a one-hour experience, one day a week. Worship is a lifestyle. Worship is acknowledging that God is God and you are not. We worship because God is holy. We worship because God's faithfulness demands a response. We worship because spending time with God makes us whole. Worship can mean everything from lament to adoration, and we can be sure that God can handle however we come to worship.

**Day 1:** Before you get to worship this week, spend time considering the practice of lament. Lament is a biblical and holy practice of grieving before God, telling God exactly how we feel about what is happening in our lives, and then pleading with God to come near. The Psalms show us this pattern over and over. Psalmists write in their despair, naming their true feelings to God but always circling back to a word of worship or invitation for God to come near. Read Psalm 22, and note the words of lament and the words of worship. Rewrite the psalm in your own words. What in your own life or in the world right now causes you to lament?

**Day 2:** Reflect on your feelings about lament. Are you free to bring all your thoughts and feelings to God, no matter what they are? Do you trust that God loves you, regardless of your raw emotions? Write a psalm of lament over a source of grief or despair in your own life. Trust that God can handle your deepest feelings.

**Day 3:** Choose a worship song or hymn that will be your theme for the day. Listen to the song over and over throughout the day, lifting your heart to God in worship each time you hear it. Reflect on the ways in which having an attitude of worship affects your day.

**Day 4:** Adore God today. Look for God's majesty all around you, in creation and in others. Speak your praises to God audibly or in your heart as they rise up within you. Thank God for all that God has brought you through. At the end of the day, review all the ways you noticed God, and give thanks.

**Day 5:** What do you love to do—like, really, really love to do? Play an instrument? Sing? Play a sport? Balance spreadsheets? Paint or take photos? Give thanks to God for that passion, and spend some time with God as you practice or perform your hobby. Let a spirit of worship rise up within you as you do the thing you love to do and give glory to God.

**Day 6:** Practice corporate worship. Be intentional as you prepare for church this week. Walk in to worship with an attitude of expectation to encounter the living God. Let your praises rise to God, and expect that God's Spirit will inhabit the praises of God's people.



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**Day 7:** Subscribe to a worship podcast—your favorite Christian author, pastor, singer, or a podcast of a liturgy. Make a point to listen to the podcast on one of your car trips during the day, and let worship be part of your everyday activity.

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## Daily Spiritual Practice for a Soul Reset: Week 6

A key element of the journey to wholeness is authenticity or vulnerability. When we are seeking wholeness, we drop any pretense and take the brave, vulnerable step toward authenticity. The practice we'll focus on this week is confession. Instead of different daily exercises, you're invited to write a prayer of confession at the end of each day this week. Be vulnerable with God about when you lost your temper or were impatient with someone that day. Note when you felt yourself hiding behind a shinier version of yourself instead of letting your true self show through, and confess that too. The practice of being honest with ourselves and honest with God propels us on our soul reset journey.

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### Day 2

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### Day 3

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## Day 4

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## Day 5

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## Day 6

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### Day 7

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