

HVY Spiritual Praxis



What does “Spiritual Praxis” Mean?

SPIRITUAL = God’s Spirit shaping who you are on the inside. Growing a real relationship with God that shapes who you are and how you live.

PRAXIS = The process of using a theory or something that you have learned in a practical way. It means living out what you say you believe.

Read

Spend time reading a portion of scripture. Use one from your daily reading plan or choose one of these passages.

Psalms 16 – Psalms 19 – Matthew 7 – Luke 4 – 1 John 4

Meditation

Engage in a 3 minute “Prayer Pause” meditation from the app or slowly read through the meditation provided on the back page.

Pray (Use these ideas or use your own prayer list!)

God, help me with what feels heavy right now.

God, what’s something I need to let go of and trust You with?

Father, show me one way I can love others better this week.

Silence

Sit in silence for 5 minutes. Listen for the voice of God. Listen for things of faith, hope and love to pop up in your thoughts.

*“And now these three remain: faith, hope and love.
But the greatest of these is love.” - 1 Corinthians 13:13*

Pray Three Times

Jesus, I exalt you as the one who has overcome the world, and I take heart in you today. May your perfect peace carry me through this day’s troubles. In the name of Jesus the conquering King I pray. Amen

A prayer based on John 16:33

- 3 MINUTE PAUSE -

BREATH

Take three deep breaths

"Give all your worries and cares to God,
For he cares about you."
1 Peter 5:7

Jesus - I give everyone and everything to you.
I give everyone and everything to you, God.

What do you need to let go of?

"I have given them the glory that you gave me,
that they may be as we are one—
I in them and you in me."
John 17:22-23

Father, Jesus, Holy Spirit -
heal my union with you

I love you. I Believe you. I worship you.
Restore my union, Lord.
Heal and restore our union.

"That you may be filled to the measure
of all the fullness of God."
Ephesians 3:19

I pray for more of you, God.
Fill us with more of you.

I pray the River of Life would fill me,
Restore me, renew me, surround me.

I need more of you, God.
Saturate me with your love.
Saturate me with your life.

That's good. That's enough for now