

Spiritual Practice

A Guide for the Season of Lent

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Spiritual Practice

Friend,

I am so happy you are here! I am proud of you for taking this step in your faith journey, and investing in your relationship with God.

I created this guide for the season of Lent so you can align your daily actions with your faith.

As a Christian, I know it is difficult to find time to keep a commitment during Lent. Heck, why can't we just give up chocolate like we did when we were six and call it a day?

But, we both know why you are in this study. To transform your spiritual life and grow closer to God.

You are in the right place. I have also struggled with keeping a Lenten practice: *what do I do, what if I forget one week, who is going to keep me accountable?*

You are not alone.

This Lent, let's commit together to starting and sustaining a Spiritual Practice.

My prayer for you is the sixth chapter of the Gospel of Matthew. You will find verses throughout this guide, pointing you towards Spiritual Practice in the Bible and what that could look like in your life.

God knows your heart. God loves and accepts all of you. God is with you on this journey.

Will you pray those words with me right now? *God knows my heart. God loves and accepts all of me. God is with me on this journey.*

I invite you to lean into these truths as you develop your Spiritual Practice.

Let's get started!

Blessings + Peace,



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“Beware of practicing your piety before others to attract their attention; if you do this, you will have no reward from your Abba God in heaven. When you do acts of charity, for example, don’t have it trumpeted before you; that is what hypocrites do in the synagogues and the streets, that they may be praised by others. The truth is, they’ve already received their reward in full. But when you do acts of charity, don’t let your left hand know what your right hand is doing; your good deeds must be done in secret, and your Abba God — who sees all that is done in secret — will repay you.” Matthew 6:1-4

#1: Figuring Out Your Current Spiritual Practice

Having a Spiritual Practice can sound daunting. How can I know if what I am doing is *actually* a Spiritual Practice? It might seem like something only “real” Christians do, or a discipline that takes years to develop.

In reality, you are already engaging in a Spiritual Practice every day. Every time you pray, every time you support a friend going through a tough time, every time you donate to your favorite nonprofit, that is a Spiritual Practice.

To figure out your current Spiritual Practice, I invite you to ask yourself:

When do I feel closest to God?

In these moments, what am I doing, who am I with, where am I?

What is most powerful about these moments?

For example, I feel closest to God when I am in nature. I am still, I am alone, I am praying or setting my intentions for the day. I find power in the quiet, the solitude, and the knowledge that God is with me and listening to my prayer.

Remember, there is no "official" Spiritual Practice. No right or wrong answer. Use the space on the following page to answer these questions, and start thinking about your relationship with God.

My Current Spiritual Practice



“And when you pray, don’t behave like the hypocrites; they love to pray standing up in the synagogues and on street corners for people to see them. The truth is, they have received their reward in full. But when you pray, go to your room, shut the door, and pray to God who is in that secret place, and your Abba God — who sees all that is done in secret — will reward you.” Matthew 6:5-6

#2: Taking the Next Step

Developing your Spiritual Practice for Lent should be challenging. Be careful not to create a practice out of comfort or accessibility. Unless the practice forces you to dig deep into your relationship with God, it will not transform your spiritual life.

I invite you to step out of your comfort zone. Look at your responses from the previous page:

What practice are you already engaging in and how can you take it one step further?

Now is the time to take the big leap, to trust in God, and to challenge yourself. Then you will create lasting faith-inspired change.

Start by listing the following:

Three Areas of Spiritual Growth

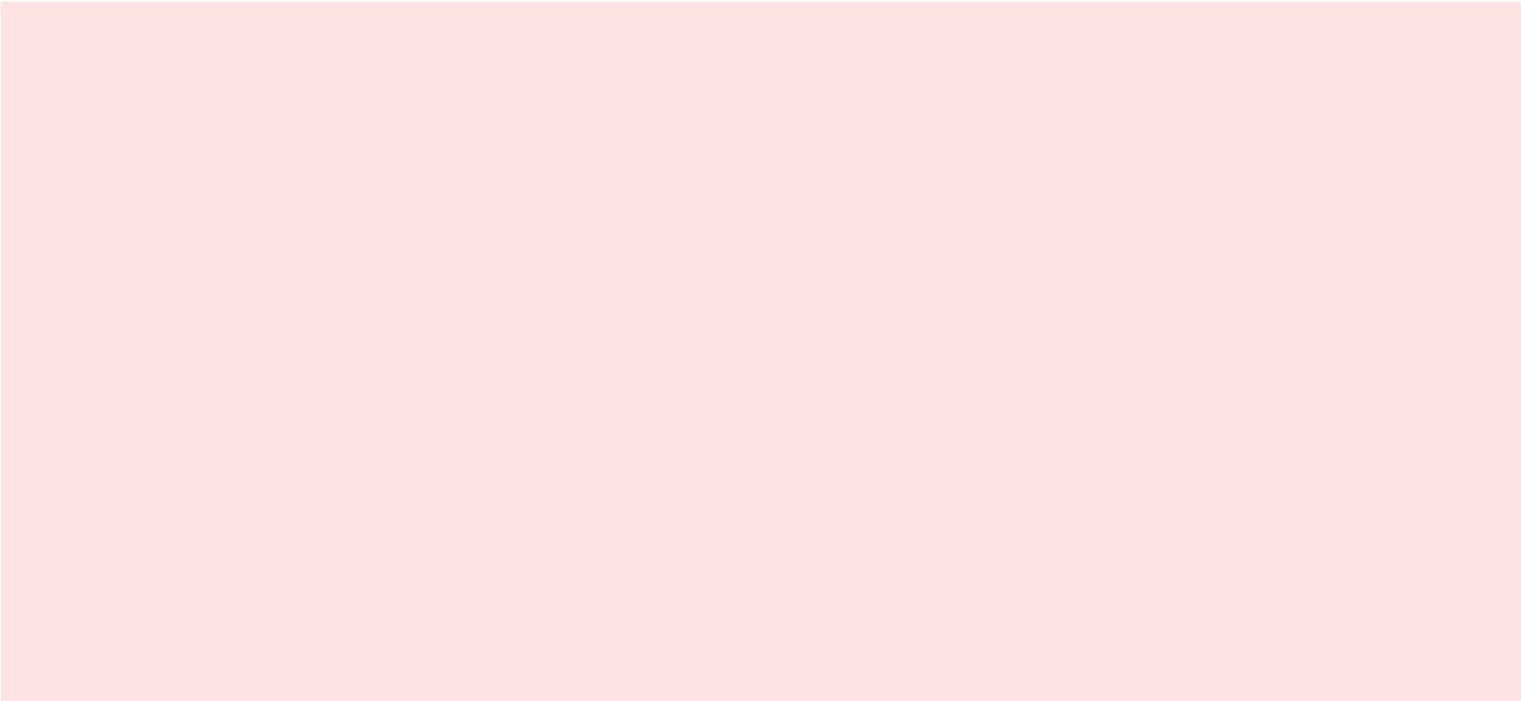


Now, pick one area of spiritual growth to focus on as your Spiritual Practice during Lent. This can be tied your original Spiritual Practice from page 3, or it can be completely new.

For example, I want to grow in my understanding of Scripture. The Bible can seem overwhelming, and used as a tool for hate and division. For my Spiritual Practice during Lent, I want to dig into the Word with my faith community so I can better understand the heart of God and become a stronger disciple of Christ.

Your turn! What will be your Spiritual Practice for Lent?

My Spiritual Practice for Lent



*“And when you fast, don’t look depressed like the hypocrites. They deliberately neglect their appearance to let everyone know that they are fasting. The truth is, they have already received their reward. But when you fast, brush your hair and wash your face. Don’t let anyone know you’re fasting except your Abba God, who sees all that is done in secret. And Abba God — who sees everything that is done in secret — will reward you.”
Matthew 6:16-18*

#3: Starting Your Lenten Practice

Friend, I am so proud of you! You have chosen your Spiritual Practice and are ready for Lent.

This 6-week journey has the potential to transform your faith and your relationship with God if you commit to showing-up and doing the work.

Before the first week of Lent starts, I want you to ask yourself:

What will my Spiritual Practice look like on day one?

Now is not the time to worry about the big picture, but to focus on the first step. Create a small action or habit that you can start on day one, and make it happen.

For example, I will study one Scripture reading from my church’s lectionary. Keep it small, and keep it simple.

Use the space on the following page to think about what your Spiritual Practice will look like on day one, and create an action plan to hold yourself accountable.

It is my honor to walk alongside you on your Lenten journey. Keep an eye out next Sunday for an email with new resources and Scripture to guide you.

I am so excited to see what God does through you during this season of reflection and hope.

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My Spiritual Practice on Day One



About SommerAnn



Hi Friend!

My name is SommerAnn, and I am a feminist follower of Christ.

I am passionate about spreading the radical Gospel of Jesus Christ, and encouraging women to live out their faith in their daily actions.

Thank you for showing-up and committing to grow in your relationship with God.

I create resources and curriculum to help you discern how you can align God's purpose with your everyday life.

If you have ideas, questions, or feedback, please reach-out and let me know. I value your thoughts, and know that together we can encourage each other to be stronger disciples.

Blessings + Peace,

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