

## *Five Daily Practices for Spiritual Health*

**Worship** – Worship is the act of recognizing God for who he is and giving him his due. This act in turn puts us in our proper place.

- Worship God with dancing – Psalm 149:3
- Worship God with song – Psalm 28:7
- Worship God with uplifted hands – Psalm 63:4
- Worship recognizing God's greatness – Psalm 65

**Meditate** on God's word – The word of God brings life and light.

- A focus on God's word prevents sin - Psalm 119:11
- We are transformed by the renewal of our mind - Romans 12:2
- God's word is seed that is planted and nurtured – Luke 8:11-15
- God's word is a light to our paths – Psalm 119:105
- God's word is a sword to protect and defend – Ephesians 6:17

**Pray** – Prayer is our place of fellowship with God, sharing our concerns but also hearing from him.

- Prayer gives us strength – Mark 14:38
- Prayer helps us hear from God – Psalm 17:6
- Prayer turns our problems to peace – Philippians 4:6-7
- Prayer is a blessing for others – Ephesians 6:18

**Bless** others – Jesus went about doing good. God calls us to be a source of good in the world.

- Blessing is the heart of God – Matthew 5:45
- Return good for evil and blessing for curse – Luke 6:28
- Forgive and be redemptive – Luke 17:4
- Care for the least of these – Matthew 25:40

**Disciple** others – Helping others grow in faith is an essential part of our life in God.

- Bring people to Jesus – John 1:40-42
- Encourage one another – 1 Thessalonians 5:11
- Build up each other in the most holy faith – Jude 1:20-21
- Confess your sins and pray for one another – James 5:16