



Discussion Guide for “Spiritual Practices”

Deep Breath Week 6

How do we prepare for the work God calls us to? Spiritual practices create space for the Holy Spirit to work in us. They are not self-care, but joining with God for healing and restoration!

Scriptures for Further Reading

Jeremiah 17:5-10; Psalm 1; Luke 6:17-26; 1 Corinthians 15:12-20

[Click here](#) to read all scriptures

Passage for Sacred Reading:

Sacred Reading is a way of reading Scripture with an eye toward transformation, not just information. Get a [step-by-step guide here](#). The passage for this week’s sacred reading is [1 Corinthians 15:12-20](#).

Questions for Discussion

1. What do you think of when you hear ‘spiritual practices’?
2. Review the word ‘contemplation’. How did Tim define that word? How does his definition change your perspective?
3. Why are spiritual practices essential for our faith-filled work? How are they *not* self-care?
4. Do you use the Prayer of Examen outside of our worship space?
5. What does contemplation look like for you in this week ahead?