

PRACTISES

Three Biblical disciplines by our friend Shane Willard.



1. BIBLICAL MEDITATION

Meditating on or resting with scripture stops us looking left or right, but rather centres us to look in and up.

Build this into your weekly rhythm and see that it not only helps you to resist the urge to compare (a horrible byproduct of this age) but it realigns you with God's vast love.

2. GRATEFULNESS

Ten times a day, for ten seconds express outward gratitude.

Hear yourself call out the good things that are in your present moment - not the past, not the future, but in your now. Take an audit of your life right now and become aware of God's goodness in your life.

3. INTENTIONAL REST

At creation there is chaos. We see God engage the chaos, not to condemn or destroy it, but to bring life. And then God rests.

From the beginning, intentional rest has been a foundation in life and much like the Sabbath, intentional rest fuels the practice of a "rhythm reset" to our everyday hustle.

Imagine if your favourite song had no rest, the instruments all played at once and the lyrics were sung without taking a breath - it would be chaotic noise! Just as music needs space in the song to be appreciated, intentional rest allows our bodies and minds to be renewed.