

Lent Season 2022
Soul Rest Spiritual Disciplines

(Adapted from Soul Reset: breakdown, breakthrough, and the journey to wholeness)

Week Five, April 3-9

The Practice of Worship

Day One: Spend time considering the practice of lament.

Day Two: Reflect on your feelings about lament.

Day Three: Choose a worship song or hymn that will be your theme for the day.

Day Four: Adore God today. Speak your praises to God.

Day Five: Practice corporate worship. Anticipate experiencing God with others.

Day Six: Give thanks to God for the passions in your life that bring your joy.

Day Seven: Subscribe to a worship podcast (author, pastor, singer, liturgy)

Prayer¹

Blessed Trinity of Love,

God whose essence is community:

May we begin to grasp

what it means to be grasped by your love

and participate in your life.

In the spirit of Christ we pray. Amen.

Read Ps. 133.

The longer we journey on the road to unity, the more the sense of belonging grows and deepens. The sense is not just one of belonging to a community. It is as sense of belonging to the universe, to the earth, to the air, to the water, to everything that lives, to all humanity.²

Close singing, “We are the Body of Christ” TFWS 2227 or “They’ll Know We are Christians by Our Love” TFWS 2223

¹ Based on **Opening** in *The Way of Prayer Leader’s Guide*, page 78

² Jean Vanier, *Community and Growth: Our Pilgrimage Together* (New York: Paulist Press, 1979), 4.