

Daily Spiritual Practice for a Soul Reset: Week 4 – March 22-28

Sometimes we think of our spiritual practices and life with God as separate from how we treat our bodies. But we are whole persons, created by God—body, mind, and spirit. God's desire for our wholeness is not only about our hearts but also about our whole selves. This week, we will see calmness by taking care of our bodies.

Day 1: Sleep eight hours. Look at your schedule for the week and make a plan to get eight full hours of sleep each night this week. As you go to sleep each night, ask God to bring you rest. Pay attention to the way your rested body serves you throughout the day. How does rest equip you for the challenge of each day? How does rest allow for deeper connections with God?

Day 2: Drink plenty of water. Over the course of the day, be intentional about drinking eight large glasses of water. With each glass, reflect on Jesus as the source of Living Water that's sustains you for a life with God. Notice how hydrating makes you feel—are you more energized? Are you more confident, knowing you are making good choices for your health?

Day 3: Go for a long walk if you are able, soaking up the sun and taking deep breaths. Let endorphins kick in, and feel the strength of your legs to carry you. Feel your back straighten as you take long strides. With every breath, breathe in the grace of God; as you exhale, breathe out your praise to God.

Day 4: Fast from sugar. Most of us have no idea how much sugar we take in each day. Spend the day taking care of your body by relentlessly avoiding sugar. Say no to the sugary coffee creamer or the honey in your tea. Say no to the office snack drawer or the plate of cupcakes that showed up without warning. Say no to the soda that you thought you had to have at 3:00 p.m. every day. Notice how many ways sugar infiltrates your day without you even knowing it. After today, determine which forms of sugar you could permanently cut from your routine to take better care of your body.

Day 5: Today, write a letter thanking your body for what it does for you. God made our bodies in such an awesome way and for incredible things. Consider all that your body does for you. Give thanks for it, and consider how you might take better of your body as an act of worship to God who created you.

Day 6: Find a workout buddy. Who will be your accountability partner as you set out to take good care of your body? Make that your number-one task today.

Day 7: Cook your favorite healthy meal, and have dinner with your friends and family. Fuel your body with healthy food, and fuel your spirit with intentional time with loved ones, gathered at the table. Pray a blessing over your meal and over your friends.

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