

# Spiritual Practices

**Silence** – Set aside time daily to sit silently in the presence of God. Sit, be silent, and recognize God's presence around you and within you. Simply be present to God's presence.

Set aside a space as holy for this practice. Enter this space prayerfully recognizing that you are going to spend time with God. Set a timer for how long you plan to sit in silence (30sec, 1 min, 3 min). Do this at the same time every day and add one minute each week. Option: Light a candle to represent God's presence.

**Repetitious Reading** – Read all of John 14-16 in one sitting without distraction every day or multiple times a week. Take in the words of Jesus, the promises he offers, and the expected outcome of having God dwell inside of you.

"The Lord is in his holy temple; let all the earth be silent before him." - Hab. 2:20

"Be still and know that I am God." - Ps. 46:10

"The Lord was not in the fire. And after the fire came a gentle whisper. - 1 Kings 19:12



# Holy Spirit Series

May 23 - Poured Out on all People  
Dwelling in the Word - Acts 2:16-22

May 30 - Poured Out for Each Person  
Dwelling in the Word - Eph. 4:23-32

June 6 - Guest Preacher  
Dwelling in the Word - See Email

June 13 - Poured Out for the Church  
Dwelling in the Word - 1 Cor. 12:7-14

June 20 - Poured Out to Guide Us  
Dwelling in the Word - Ex. 33:9-17

June 27 - Guest Preacher  
Dwelling in the Word - See Email

July 4&11 - These two Sundays I want to answer questions you have about living life with the Holy Spirit. Please send your questions to [ryan@nodachurch.com](mailto:ryan@nodachurch.com)