

# DEEPER GRACE: EXERCISE ONE

*Spiritual exercises are not what we do to win God's approval. We already have God's approval, his love, and his blessing. Spiritual exercises are about positioning ourselves to see God's work and hear God's voice in new ways.*

## Stillness & Prayer



*Be still*

*Invite the Holy Spirit*

*Breathe*

Don't hurry: Wait until you're confident the Spirit is poised to help you in this exercise.

PRAY: "Spirit of God, please open my eyes and heart to recognize your grace at work in my life."

If you've asked the Holy Spirit to help, he is faithful. Jesus called the Holy Spirit "The Helper." Jesus also told us that if we ask the Father for Bread, he will not give us a stone.

## Listen & Remember

*This is not a talking prayer, it's a listening prayer.*

After you've prayed the brief opening prayer, sit quietly, listening.

You may think your mind is wandering; or perhaps the Lord is bringing things to your attention. Take note of the memories and thoughts that come to mind.

This part of the exercise is not about analysis or understanding. Let God surprise you with the places, people, and events that come to your mind. Don't try to figure things out: just be present in the moment.



## Consider and Write



*Ask Yourself:*

What did I discover about God through this exercise?  
What did I discover about myself?

Write down a few notes about the things that came to mind. Has God prompted you toward a larger understanding of his grace in your life?

**WHAT IF:** *What if you tried this ten-minute exercise once a week, for ten weeks? Keep a record of what comes to mind. This exercise is not about getting things "right." It's about opening our eyes, ears, and hearts to the deeper grace God has in store.*