



Wholehearted

PRACTICES FOR A LIFE IN BLOOM

LOVING GOD WITH ALL YOUR HEART, SOUL, MIND
AND STRENGTH IS A BIG AND BEAUTIFUL CALLING!
THIS SET OF MICRO-PRACTICES - *SIMPLE, REPEATABLE*
ACTIVITIES - IS DESIGNED TO HELP US ENGAGE OUR
WHOLE SELVES AS OUR FAITH INTERSECTS WITH
EVERYDAY LIFE. MAY THESE PROMPTS ENCOURAGE
MANY MORE IDEAS AND HELP US TO
LIVE AND LOVE WHOLEHEARTEDLY.



Listening

READY TO HEAR,
CREATING SPACE TO LISTEN.



MIND

Create space for quiet; turn off your music/radio/podcast in the car or go phone-free for the first hour of your day.



STRENGTH

Go on a walk (or drive) around your home/school/workplace and observe; Who do you encounter and what are they doing? What makes you feel unsettled or unsure? Where are the signs of hope? *Where do you discern God's activity? What do you think God is saying to you?*



Learning

OPENNESS TO DISCOVERY
AND REVELATION



MIND

Educate yourself about the history
of the land you're living on at:
www.native-land.ca



STRENGTH

Try something new to you; pick up a hobby you've wanted to try, take a different route, eat with your non-dominant hand.

Notice what it feels like to grow your skill or knowledge.

I looked again. I saw a huge crowd, too huge to count. Everyone was there—all nations and tribes, all races and languages. And they were standing, dressed in white robes and waving palm branches, standing before the Throne and the Lamb and heartily singing:

*Salvation to our God on his Throne!
Salvation to the Lamb!*

All who were standing around the Throne—Angels, Elders, Animals—fell on their faces before the Throne and worshiped God, singing:

*Oh, Yes! The blessing and glory and wisdom and thanksgiving,
The honor and power and strength,
To our God forever and ever and ever! Oh, Yes!*

Revelation 7:9-12 (The Message)

*How does different phrasing shift your perspective?
And how does that affect your interactions with God?*

After this I looked and a vast host appeared which no one could count, *[gathered out]* of every nation, from all tribes and peoples and languages. These stood before the throne and before the Lamb; they were attired in white robes, with palm branches in their hands.

In loud voice they cried, saying, *[Our]* salvation is due to our God, Who is seated on the throne, and to the Lamb *[to Them we owe our deliverance]*!

And all the angels were standing round the throne and round the elders *[[b]of the heavenly Sanhedrin]* and the four living creatures, and they fell prostrate before the throne and worshiped God.

Amen! *(So be it!)* they cried. Blessing and glory and majesty and splendor and wisdom and thanks and honor and power and might *[be ascribed]* to our God to the ages and ages *(forever and ever, throughout the eternities of the eternities)*! Amen! *(So be it!)*

Revelation 7:9-12 (Amplified Bible)

How does different phrasing shift your perspective?
And how does that affect your interactions with God?

"After this I saw a great crowd of people, too many to count, from every nation, tribe, clan, and language. They were standing before the seat of honor and before the Lamb, dressed in pure white regalia, holding palm tree branches in their hands. They lifted their voices and shouted, "The power to set us free and make us whole belongs to the Great Spirit who sits upon the seat of honor, and to the Lamb!" All the spirit-messengers who encircled the seat of honor, along with the elders and the four living spirit animals, humbled themselves and fell face down on the ground before the Great Spirit to give him the honor that he deserves. "Aho! It is so!" they said with one voice. "Praise and honor and wisdom and respect and power and strength belong to the Great Spirit to the time beyond the end of all days! Aho! It is so!""

Book of the Great Revealing 7:9-12 (First Nations Version)

How does different phrasing shift your perspective?
And how does that affect your interactions with God?



Inclusion

HUMBLE HEART,
MAKING ROOM AT THE TABLE



HEART/SOUL

When you pray, use a name for God that is meaningful to the context of your prayer.

*No fancy title required, choose something about God that you know to be true:
for example, "Friend".*



MIND

Take inventory of the content you consume –
news, podcasts, books, digital media –
what voices are represented?
What voices might be missing?



STRENGTH

Visit a place that represents a different ethnic background, tradition or lifestyle than yours; restaurant or grocery store, community or recreation center, church, etc.

What did this experience offer you?

Deep Connection

GROWING DEEP ROOTS
: WHERE YOU ARE





HEART/SOUL

Reflect on your 'top 5 people' - *who you call if you need help or want to share good news*
- name them and pray for each of them.
Thank God for the gift of community.



MIND

Reflect on your orbit of connections – *work, school, neighbourhood, church* – is there someone(s) with whom you regularly cross paths without any meaningful interaction?

Name and pray for them.



STRENGTH

Let someone on your *'Heart/Soul'* list know you're praying for them.

Look for opportunities to connect (maybe a simple *'hello'* to start) with someone on your *'Mind'* list.



FLEXIBLE
AND RESPONSIVE



MIND

For one day, try saying 'yes' to (safe) opportunities, invitations or conversations you might say 'no' to otherwise.



STRENGTH

Make a neighbourhood map – draw it, or picture it in your mind. Name your neighbours, label schools and businesses, etc. *Notice what you've identified and what is missing.*