

## DAILY SPIRITUAL PRACTICE

PUT THIS SOMEWHERE YOU WILL SEE IT EACH MORNING AND EACH EVENING. EACH DAY REVISIT THESE PRACTICES AS YOU HOPE TO SPEND THE WEEK GROWING IN YOUR SPIRITUAL LIFE AND BLESSING OTHERS AROUND YOU.

### MORNING

**PRAY:** ASK GOD TO OPEN YOUR EYES TO WHAT HE WANTS TO DO IN YOUR LIFE TODAY. READ GALATIANS 5:22-23 (BELOW). NOTICE EACH OF THE FRUITS OF THE SPIRIT. THESE ARE CHARACTER TRAITS GOD GROWS IN US AS WE LET HIM WORK IN OUR LIVES.

#### ASK YOURSELF:

1. WHO DO I WANT TO BE TODAY? WHAT TRAIT DO I WANT TO EMBODY?
2. WHAT OPPORTUNITY MIGHT BE AHEAD OF ME TO PRACTICE THIS?
3. HOW WILL I REMIND MYSELF OF MY INTENTION?

**PRAY:** ASK GOD TO HELP YOU BE AWARE OF OPPORTUNITIES TO SHARE THIS TRAIT TODAY.

*SET A TIMER FOR SOMETIME IN YOUR DAY - WHEN THE TIMER REMINDS YOU, STOP AND TAKE A MINUTE TO REMEMBER YOUR DAILY GOAL OR INTENTION, AND ASK GOD FOR HELP TO CONTINUE TO BE AWARE OF THE OPPORTUNITIES HE MAY PUT IN FRONT OF YOU.*

### EVENING

#### ASK YOURSELF:

1. WHAT WAS MY GOAL TODAY? THE KIND OF PERSON I HOPED TO BE?
2. WAS I ABLE TO BE THIS KIND OF PERSON TODAY? WAS I ABLE TO MAKE A DIFFERENCE IN SOMEONE ELSE'S DAY?
3. ACKNOWLEDGE TO YOURSELF YOUR SUCCESSES OR THE CHALLENGES YOU FACED.

**PRAY:** THANK GOD FOR THE OPPORTUNITIES HE GAVE YOU AND THE WAYS HE IS WORKING IN YOU.

**GALATIANS 5:22-23 (NIV)**  
**"BUT THE FRUIT OF THE SPIRIT IS LOVE, JOY, PEACE, PATIENCE, KINDNESS, GOODNESS, FAITHFULNESS, GENTLENESS AND SELF-CONTROL."**