

# Spiritual Engagement Guide



**May 3-9, 2020**

**Read 1 Peter 4 every day.**

**Consider the following questions as you read:**

- What role does imagination have in gathering strength from God?
- How should the things we do reflect God in the world?
- How does suffering enter our lives?
- What can a faithful response to suffering look like?

**Read the following prayer aloud each day:**

**Be our guide, O God, as we seek to do to what you require of us. To do justice, love mercy, and walk humbly alongside you. Amen.**

## **Spiritual Practice: Imagination**

- Imagine that you're literally talking to Jesus sitting next to you this week. When you come up against a problem or a struggle, stop, look at Jesus next to you, and talk to him. Focus on the release of tension, anxiety and fear surrounding your problem.

**Begin and end each day with the breath prayer: "Breath of God, Breathe on me."**