

**SPIRITUAL PRACTICES WEEK 1**  
**Powerlessness, Presence, Peace**

Objective - Grow in allowing God’s presence and power to invade our human experiences of powerlessness

**PRAYER AND PRESENCE**

**Read Mark 4:35-41**

Goal: Learning to allow God’s Presence and Power to invade our human experiences of powerlessness

**MORNING PRACTICE - POWERLESSNESS**

**Getting in the boat with Jesus**

Before you even get out of bed, practice a prayer of powerlessness. Imagine yourself getting out of your bed and stepping into a boat with Jesus.

Examples:

God, I am powerless over this virus, over this quarantine, over the economy, over my fears, my worries, my frustrations. Help me know that where my power ends, your power begins

Where I am weak, you are strong

Or write your own prayer of powerlessness here:

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**PRACTICE of PRESENCE THROUGHOUT THE DAY**  
**SAILING WITH JESUS ALL DAY**

Rationale:

All the tasks, challenges, chores and ordinary things you have to do today are things that you can do with an awareness of Christ’s presence and partnership with you. Or, they are things you can try to do of your own power, skill and expertise.

This practice is one that invites us to not do anything of our own power alone but rather to seek the awareness of Christ’s presence and partnership with us in all that we do each day.

The things that are easy for us throughout our day will be like smooth sailing; when it is easy to think we can do it all, all by ourselves.

The things that are hard, frustrating, fear producing are like the storm that comes upon the boat; we can wring our hands in desperation waiting for Jesus to wake up OR we can actively seek God’s help by asking Jesus to help us in those moments and situations.

This practice is simple, but it is not easy. Do your best and know that the reason we call it a practice, is because it takes practice to do :)

**THE PRACTICE**

Throughout your day, practice stopping - stop moving, stop thinking, stop talking. When you go from one task to another, stop and practice being aware that you don’t do anything on your own. Jesus is present with you. In your stopping, you can make yourself mindful and present to Him.

Try this when going from one task to another. Give yourself permission to be still and silent for at least 10 seconds, take a deep breath and pray... “Jesus I know you are with me. Help me in what I have to do **next**

## **A PRACTICE OF PRESENCE AND POWERLESSNESS FOR THE END OF THE DAY**

### **Going to sleep with Jesus in the boat**

Practice presence through prayers of gratitude - Thank God for 3 beautiful things that you saw or experienced today that you had nothing to do with.

Practice powerlessness by asking God for help with three things that you will encounter or experience tomorrow.

Example: God thank you for your presence today that I experienced in the smile of a child, the gentleness of a breeze, the call from a friend....

God I need your help tomorrow in that zoom meeting I have, in being patient with my child/spouse/parent, in calming my anxiety.

## **FAMILY SPIRITUAL PRACTICE FOR PRESENCE AND POWERLESSNESS: Creating a family palm branch**

Trace each members' hand ("palm") on a piece of green paper or paper that you can color green. Cut out one "palm" for each day of this week for each family member.

At some family time each day, have each family member write a prayer of thanksgiving on one side of the "palm" and a prayer for God's help on the other side of the "palm"

At the end of the week, take all the "palms" and glue them to a stick, a tongue depressor, a wooden spoon handle (or whatever you can make work) You will have a family "palm" branch of prayer to wave on Palm Sunday.

See example at:

<http://lovenloot.blogspot.com/2014/03/the-triumphal-entry-palm-sunday-lesson.html?m=1>