

DAILY READING PLAN



Week of July 31, 2022

Alive: Spirit of Peace

John 14:25-27

Day #1 – John 14:25-27 | All this I have spoken while still with you. But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

Practice mindful breathing, taking three deep breaths before you read this passage. Through this breath practice and the experience of a peaceful reset of your nervous system, listen and receive how the Spirit of God teaches you through any words, phrases or images from this passage.

Day #2 – John 14:25-27 | All this I have spoken while still with you. But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

Think about a fear you're aware of during this time. Be aware of where you feel it in your body, without judgement or shame. Then be curious and investigate what thoughts inform your fear. Dialogue with someone you trust about whether it's based on truth or is irrational. Make a plan for safety, or rest peacefully if your fear was not based on truth.

Day #3 – John 14:25-27 | All this I have spoken while still with you. But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

What spiritual practices can you be more intentional about incorporating in your life? (for example: prayer, scripture meditation, silence) And/or, go to popmn.org/registration/spiritual-practices/ to register for this fall's Spiritual Practice course at POP beginning Oct. 4.

Day #4 – John 14:25 & 26 | All this I have spoken while still with you. But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.

Times of fear and difficulty are inevitable. Practice being mindful of the presence of the Holy Spirit (which is as close as our breath) so that you can think rationally, and be ready for the Spirit to remind you of the teachings of scripture, especially when fear arises.

Day #5 – John 20:21-22 | Again Jesus said, “Peace be with you! As the Father has sent me, I am sending you.”²² And with that he breathed on them and said, “Receive the Holy Spirit.

Prayerfully read and meditate upon John 20:21-22 (two times) and listen for what words, phrases or images surface. Express gratitude for what you receive from God’s Word today.