

“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.”

John 15:5, NIV

  
grow  
deeper  
in Christ

## Embodying Our Faith...

EMBODYING OUR FAITH is a practice that encourages an ongoing attentiveness to God in every circumstance of life. Faith is not just a segment of our life—it is our life. Without God there is no life. Giver and sustainer of life, God is always with us and we are always with God. But we are not always attentive to this reality. Though God loves us and is always ready to guide and transform us, we miss experiencing the fullness of God's love and transforming guidance.

Love God above all (Matthew 22:37-38). There is a distinct difference between being in the world for God and being in God for the world. In the first instance we can get so caught up doing what we think God wants of us that we lose sight of God, and become consumed by our own agenda. When we are in God first, our attention is on God, enabling us to embody God's will in the world. Where is my first love? God or world?

### The Practice

Embodying our faith—a practice to help us become attentive and receptive to God's loving presence and transforming activity in all that we do.

*God's Word.* Attentiveness to God when we enter into the Bible will move us from mere fact-finding to a deepening relationship with God. This practice is most effective when experienced with others. Begin the time with a simple prayer, such as: “I love you Lord. There is much I do not understand. Help me to understand and to see what you want me to see. Draw me close to you.” As you read, is there something that jumps out at you? Does the passage leave you with questions? Lift those up to God in prayer. Does it say something about God's character or help you express your love and gratitude to God? Does it motivate you toward some action? If so, pray for God's assurance and direction.

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*Relationships.* Engage in every relationship attentive to God's presence and transforming activity. Visualize God always walking with you, loving and guiding you wherever you go. Notice those around you, remembering that all of us are made by God and loved by God. What good things do you see? What frustrations? Prayerfully lift them up to God. Know that whatever you are feeling, God is with you, loves you and wants the best for you and those you are with.

*Outward Action.* Our life is full of activity. This is probably the most challenging part of the practice. Being attentive to God in the midst of our actions. Begin each day prayerfully asking for God's guidance and direction. Select a word that will remind you of God's presence. As you enter into each activity during the day begin by quietly saying that word or simply taking a deep breath. Remember that it is God who has breathed life into you and each breath is a gift from God and a reminder of God's presence.

*Worship.* Attentiveness to the Spirit illuminates the Word, unites us in relationships, directs our actions and ignites our worship. Begin each day prayerfully recognizing God's abiding presence and love for you. Celebrate this reality no matter what the circumstance of life. Prayers of sorrow and petition, joy and thanksgiving are all part of our recognizing God's fidelity and our continual need for God.

However long or short our time of engaging in these practices, they are moments together with God. Moments in which we embody our faith and allow for the transforming presence of the Holy Spirit to work in us and through us. We must begin where we are, understanding that we will likely fall short at times. Practicing this mindfulness, in God's grace, we will fail less and we will deepen our faith. The key is learning to depend on Christ as the center of all we are, attentive to God's presence and relating to one another.



This Growing Deeper practice is part of a series. To learn more about these resources, or to download this and other practices, visit [CovChurch.org](http://CovChurch.org). To order copies of the Growing Deeper Practices, visit [CovBooks.com](http://CovBooks.com).

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