

# 5 SOLAS

## PERSONAL JOURNEY

Every week we will provide three days of spiritual practices and disciplines that will help you learn and reflect on who God is, who you are, and what our purpose is. Our goal is to help guide you in a place where you get to experience your heavenly Father in ways that you never have before. Some of these exercises are quick and easy and others might stretch you and make you uncomfortable. We pray that you risk and commit and see what God does in your life.

*Many of these practices are from a book called "Spiritual Disciplines Handbook" by Adele Ahlberg Calhoun.*

## WEEK 4 - SOLI DEO GLORIA

### DAY 1:

"The crux and crisis is that man found it natural to worship; even natural to worship unnatural things....If a man cannot pray, he is gagged; if he cannot kneel, he is in irons." -G.K. Chesterton

We were created to worship and bring GLORY to God. In Luke 19:39 Jesus says that even if his disciples did not praise his name that even the rocks would cry out.

Today is an opportunity to bring Glory and honor to God. Stop and reflect on what has done for you.

**READ** - Psalm 17:7,9,11 and Psalm 139:14

**EXERCISE** - Journal your thoughts

1. What do these verses say about God? How have you neglected to remember these truths? What can you do in this moment to express worship to your Heavenly Father? How can you hold onto these truths as the day goes on?
2. Who do you know that celebrates God regularly? Call, text or email them and ask them what brings them so much joy? What truths do they hold onto to bring Glory to God regularly? Be willing to learn from one another. Praise God today for who He is!

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### DAY 2

God celebrates. He invented delight, joy and celebration. And one way we enter into the divine life of the Trinity is through celebration. Whether solemn or exhilarating, formal or spontaneous, celebration can enlarge our capacity to enjoy and serve God. Celebrating God does not depend on perfect circumstances or happy feelings. Even in prison Paul and Silas found something to sing about (Acts 16).

**REFLECTION** - Journal your thoughts

1. Where are you most prone to celebrate God? Alone? With others? In worship? In music? In nature?

2. What does this tell you about how God made you and how you most naturally meet with him?
3. How is your celebration enhanced by your ability to look in the past, in the moment, and to the future?

### EXERCISE

1. Find a song that brings you complete joy. In that moment of listening praise God for his goodness, faithfulness and never ending love!
  2. In your journal write a "Thankful" list. Write everything down that you are currently thankful for. God gives gifts freely just like he gave us grace. Pray through each item on your list and Thank God today. Worship him! Give him all Glory!
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### DAY 3

#### REFLECT

Attend "Broken" The Good Friday Experience at theWELL Bethel Campus on Friday.

The doors will be open from 12PM - 2PM and again from 6PM - 8PM.

Enter in and reflect on what Jesus did for us on the cross. Take a journal with you and stay as long as you want.

Before arriving take a few minutes and pray for preparation. Allow God to fully consume you during this time and give him Glory in the midst of remembering his pain! Jesus' body was broken for you and me but through that brokenness we were made whole. To God be the Glory! - **SDG**