

Four Practices

On a Personal Level

1. **Revealing Your Inner Life:** Identify one area or aspect of your inner life you are hiding from God. Submit it to God. Read (or listen to) Romans 8:1-16 and pray the prayer of Ephesians 3:14-21 daily with whatever it is you have identified in mind. Pray Ephesians 3:14-21 two times in a row, once with you in mind (insert your name or replace 'you' with 'me') and once with Williamsburg Christian Church in mind.
2. **Practice the Daily Examen.** We have taught this many times before. You can go here <https://www.ignatianspirituality.com/ignatian-prayer/the-examen/> or download some apps to help you. The app, "Reimagining the Examen" is a great app with lots of options. The app "Examen" is great too. Both are free.

On a Communal Level

1. **Commit to a season of hospitable listening:** when you listen to someone in this Church or read a post they share on social media, especially if you imagine that you share very different stories and lived experience—maybe different race, ethnicity, socio-economic reality or just someone with whom you have little in common or you already know you disagree with—listen deeply to every word they say without allowing yourself to judge it. Don't ask questions. Just listen and receive their stories, testimonies, experiences, or struggles. Then, submit to those to God in prayer and ask God to help you see them with the eyes of Christ, hear them with the ears of Christ, and feel with the heart of Christ.
2. **Commit to faithful presence:** Identify someone with whom you are sure you have little in common or do not know and invite them for a cup of coffee or lunch. Be candid in your invitation ("Hey, Fred encouraged us to invite WCC people out we don't know well. Are you comfortable with meeting me for a cup of coffee or lunch or _____"). Ask them to share their story of faith and what led them to WCC. Listen deeply. Don't try to learn *from* them, learn *about* them. And instead of finding some burning issue to discuss, just get to know each other as family in Christ. Hold all personal judgement and submit it to the Lord in prayer when you return to your car, work, or home. And give thanks to God for the gift of being able to be present with them.