

BREATHING UNDER WATER: WE JOURNEY TOGETHER

Steps 10 & 11: A Daily Practice of Grace

KEY IDEA: Spiritual growth is practiced, not completed.

As we move deeper into our exploration of “Breathing Under Water: Spirituality and the 12 Steps,” we realize more deeply that transformation is not a single moment. It becomes a way of living. Together, we explore the will of God, move more profoundly into a life of prayer and remember that grace is practiced day by day, breath by breath.

Below are some questions to ponder throughout the week in your journal, with friends, or around your family table.

1. The Holy Spirit is an integral part of our faith journey. What is your understanding of the Holy Spirit? How does the Holy Spirit act in your life as a divine guide and teacher?
2. An important task as we move forward in grace is discerning God's will in our lives. Father Richard Rohr writes, “The heartfelt desire to do the will of God, is, in fact, the truest will of God.” What does it mean to you when you hear people say, “It's God's will”? How can you deepen your understanding of that phrase? What thoughts come to mind when you pause throughout the day to ask, “Is this me, or God in me?”
3. Prayer widens our lenses and makes us co-conspirators with God. Consider your prayer life. As you move through the daily practice of grace, is there one or two things you might revise about how and when you pray? When have you experienced God's presence in prayer?

In the arena of spirituality and transformation, Richard Rohr identifies “the big five” as God, death, suffering, love, and infinity. Looking through a lens of grace, write one or two sentences about what you believe about each of these five. Is there a common theme or guiding thought that arises?

A graphic with a blue wavy background, resembling stylized hills or water. The text "GO DEEPER" is centered in white, bold, sans-serif capital letters.

**GO
DEEPER**

It's been said that “how we pray determines how we live.” Take note of your prayers this week. What one person, situation, or feeling seems prevalent? Commit to taking one tangible, particular action that addresses your prayer concerns.

A graphic with a blue wavy background, resembling stylized hills or water. The text "FAITH IN ACTION" is centered in white, bold, sans-serif capital letters.

**FAITH IN
ACTION**

FROM AGE TO AGE: Sharing Intergenerationally

For United Methodists, grace is an essential part of our faith. When talking with children, it might be helpful to define grace as getting a wonderful gift or a second chance you did not earn or deserve. To illustrate this idea, you might want to compare grace with the sun and rain. Ask them to imagine themselves as flowers. Grace is the sunshine and rain that God sends to help the flowers grow. Or, imagine grace as a delete button that God uses to erase our mistakes so that they're completely gone. How does grace appear in your lives?



This week, you may also wish to explore other big ideas that God “engraves on our hearts.” Talk about, if you had to get a tattoo to describe a way of life and what it means to a Christian, what words or images would you choose?

THROUGH GOD'S EYES

One of the gifts of faith is choosing not to judge (ourselves or others) and instead looking upon the world with the eyes of God and the mind of Christ. This week, adopt an attitude of noticing and awareness. Using a creative expression, like writing, art-making, movement, etc., explore where you see God's presence in the ordinary moments of your life. How does being a beloved child of God help you look honestly at your life? Create something that illustrates what you notice and hope other people might be aware of.

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