Week / Lesson 7 · Roots of Spiritual Practice

Zaburi / Psalm 1:1-6

Name (optional): _____ Date: _____

Build a modest rhythm of Scripture, prayer, and rest; review the first half of the journey.

1 · See and listen

Read the whole passage and core article through the lesson link. Record God’s action or a key word in context.

2 · Understand

How can practices receive grace without attempting to purchase God’s love? Grace precedes discipline; living roots grow through ordinary faithfulness.

3 · Discuss

How would a gracious discipline differ from a schedule measuring a believer’s worth?

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4 · Examine honestly

Which practice during six weeks has made room for truth and love? Which routine needs simplifying or adjusting?

5 · Practice one step

After waking on four days, allow ten minutes: read Psalm 1, reflect, pray, and choose an act of love. Set aside feasible Sabbath time for worship, rest, or mercy. At the weekend, complete the midpoint review in the worksheet.

6 · Midpoint review

Review weeks 1-6: truth understood; practice attempted; obstacle; needed support; one rhythm to continue through week 14.

Prayer: God of life, let Scripture, prayer, and rest deepen roots of love and faithfulness within Christ’s grace. Amen.