

Formative Practice Guide: Wait

Read Psalm 62:5-8

Throughout our life, we wait. Whether we're in a long line or waiting for a season to be over, every time we wait is an opportunity to be drawn into expectation of our Savior who is making all things new. Let us wait with expectant and active hearts, knowing that God is actively investing in us..

Spiritual Exercises *Plan time in your upcoming schedule to include the following exercises in your routine.*

Make a recipe that includes 30+ minutes of baking/simmering time. Turn off all distractions, tasks, conversations. Simply wait for it to finish. As you wait, be aware of the thoughts, emotions, concerns, and hopes that arise in you. Consider how these emotions point to your deeper hopes, emotions, etc. Take these to the Lord in prayer. Then, when the food is done: CELEBRATE and eat with a joyful heart! Take joy that waiting ultimately culminates in delight. You can do this by yourself or with your family/roommate(s).

Throughout the day, when you wish the current meeting/activity/season would be over, pause. Entrust that frustration to the Lord, and ask him to help you to see the hope that he provides in that moment—that it is not time wasted.

Read Psalm 27, a psalm filled with the practice and posture of waiting. Ask the Lord to help you wait. Take at least 15 minutes to wait in silence listening to the Lord. Write down the eternal perspective of things you are waiting on.

Guided Reflection *Reflect on these concepts throughout your day. Feel free to also set aside some distraction-free time for more intentional reflection.*

When was a time that you had to wait on the Lord? How did he grow you? How are you different now than you were before that experience?

What is something you are waiting for right now? Acknowledge your emotions, actions, and desires that come up as you are waiting. While you surrender to God the desired outcome, also think about what godly character traits you would want for God to grow in you as you wait. How would you like to be different in this process of waiting?

Connecting the Practices

Waiting is not only a practice, but a perspective. Consider this mindset as you work through other Formative Practices - everything we do in a day is an opportunity to wait actively or passively for the return of Jesus. As you pray and worship and grieve and give thanks and more, bear eternity in mind!