

Formative Practice Guide: Boast

Read *Galatians 6:14*

Boasting in the Lord involves both a shift in perspective and action. In addition to outwardly rejoicing in what God has done, we can boast in God by examining our strengths and weaknesses and training our mind to see how he uses both to make his name known.

Spiritual Exercises:

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

Journal about something you did well this week. Next, take some time to recognize the Lord as the source of this action or success. Rewrite the story from the perspective of how God used you in the situation, making sure to give credit to his power rather than your own. Repeat the process with a shortcoming or sin from this week. As you rewrite, be reminded of the grace and mercy of our Savior and boast in his kindness to you!

Ask the Lord to cultivate in you a habit of boasting in the “little ways” he works in your daily life. Throughout the day, even in mundane activities, ask yourself “How was God glorified in what I just did?” Instead of giving yourself an internal lecture or pat on the back, say a brief thanks to God for his grace that either helped you obey him or that covers your mistakes and helps you grow from them. When possible, share with someone when you notice a way God is intimately involved in your day.

Guided Reflection:

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

Go before the Lord and think about some things you are good at, proud of, etc. In prayer, boast in the Lord as the source of everything good in you.

Take some time to worship through the song *Amazing Grace* (full text below). Read through the hymn, and make some notes about different ways the lyrics apply to your life. Then use the hymn as a starting point for a time of prayer, boasting in God, his character, and what he’s done for you. Finally, sing the hymn out loud, and as you sing, be reminded of the truths and how they connect to your story.

Connecting the Practices

Boasting in the Lord is a beautiful way to witness to others—it allows us to get out of the way and put the spotlight on God. We can boast in prayer and boasting leads to rejoicing! In almost all other formative practices, there is opportunity to boast, since all our good is from the Lord!

Amazing Grace by John Newton

*Amazing grace! How sweet the sound
That saved a wretch like me!
I once was lost, but now am found;
Was blind, but now I see.*

*'Twas grace that taught my heart to fear,
And grace my fears relieved;
How precious did that grace appear
The hour I first believed.*

*Through many dangers, toils, and snares,
I have already come;
'Tis grace hath brought me safe thus far,
And grace will lead me home.*

*The Lord has promised good to me,
His Word my hope secures;
He will my shield and portion be,
As long as life endures.*

*Yea, when this flesh and heart shall fail,
And mortal life shall cease,
I shall possess, within the veil,
A life of joy and peace.*

*The earth shall soon dissolve like snow,
The sun forbear to shine;
But God, who called me here below,
Will be forever mine.*

*When we've been there ten thousand years,
Bright shining as the sun,
We've no less days to sing God's praise
Than when we'd first begun.*