



Formative Practice Guide: Receive

Read John 13:1-9

Jesus's grace for us shows us that we do not come to God with our spiritual track record as a means to prove that he should love and accept us. Instead, we get to receive Jesus's saving grace with a grateful heart. We practice receiving from God and others to remind us not only that we are in need, but that we are fully provided for by our generous Father.

Spiritual Exercises:

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

- Make a point to ask for and accept help as often as possible this week — whether it be assistance with a work project or help with a financial need, babysitting, chores, etc. Try to notice the emotions, hesitations, and responses that come up in your heart when you receive the help.
- Every morning this week, take 5 minutes to look over the *In Christ, I Am...* list at the end of this guide. Choose one truth that you specifically need to receive a reminder of that morning. Read the connected Scripture and spend some time asking the Lord to help you receive the truth of that identity afresh today. Consider positioning yourself in a posture that reflects an attitude of receiving (palms up, arms outstretched, on your knees, etc.). Remember that these things are already true of you in Christ!
- Throughout the day, practice “arrow prayers” (as Sally Lloyd-Jones calls them). These are short prayers such as “Lord, help!”, “Thank you, Jesus!”, and “Father, I need you” — no flowery words or intros needed. Even when we have merely a moment to express our need, the Lord delights in providing for us!

Guided Reflection:

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

- At the end of the week, reflect on the first exercise listed above. Was it hard for you to receive help? What emotions came up for you? Ask the Lord what this reveals about your view of yourself, God, and others.
- Are you more likely to ask for help or offer help? Why do you think that is? As you ponder this, look to previous experiences and major relationships in your life for clues. Remember that both giving and receiving are good and important!

- Think of a time that you received something from someone. What physical or tangible need was met? What spiritual or emotional need was met by that same action? Thank the Lord for providing for you through the giver!

Connecting the Practices

While practicing spiritual disciplines, a posture of receiving from God is crucial. Every practice is an opportunity to receive more of the Lord's presence and transformation in our lives — so as you work through these practices, consciously seek to receive more and more of God's love. It can be easy to simply aim to give, serve, and sacrifice constantly, but if we aren't filled up by receiving from God and others, we will quickly run dry. Allow receiving to be part of a broader and deeper cycle of interacting with all the people and circumstances in your life.

In Christ, I Am...

- blessed with every spiritual blessing (*Ephesians 1:3*)
- the salt of the earth (*Matthew 5:13*)
- the light of the world (*Matthew 5:14*)
- a child of God (*John 1:12*)
- a friend of God (*John 15:15*)
- chosen and appointed to bear fruit (*John 15:16*)
- declared righteous (*Romans 5:1*)
- resurrected to new life (*Romans 6:5*)
- no longer a slave to sin (*Romans 6:6*)
- dead to sin and alive to God (*Romans 6:11*)
- a slave of righteousness (*Romans 6:17-18*)
- under no condemnation for my sin (*Romans 8:1*)
- free from the law of sin and death (*Romans 8:2*)
- a joint heir with Christ, sharing his inheritance (*Romans 8:17*)
- the dwelling place of God (*1 Corinthians 6:19*)
- a member of Christ's body (*1 Corinthians 12:27*)
- a new creation (*2 Corinthians 5:17*)
- reconciled to God (*2 Corinthians 5:18-19*)
- entrusted with a message of reconciliation (*2 Corinthians 5:19*)
- the righteousness of God (*2 Corinthians 5:21*)
- holy and blameless (*Ephesians 1:4*)
- adopted into the family of God (*Ephesians 1:5-7*)
- sealed with the Holy Spirit (*Ephesians 1:13*)
- spiritually alive (*Ephesians 2:5*)
- seated with Christ in the heavenly realm (*Ephesians 2:6*)
- God's workmanship, made to do good works (*Ephesians 2:10*)
- righteous and holy (*Ephesians 4:24*)
- a citizen of heaven (*Philippians 3:20*)
- at peace (*Philippians 4:7*)
- a citizen of the kingdom of God (*Colossians 1:13*)
- forgiven of my sins (*Colossians 1:14*)
- set free from the bondage of sin (*Colossians 1:14*)
- chosen of God, holy and beloved (*Colossians 3:12*)
- a child of light and not of darkness (*1 Thessalonians 5:5*)
- an heir to eternal life (*Titus 3:7*)
- a holy partaker of a heavenly calling (*Hebrews 3:1*)
- cleansed of sin (*Hebrews 13:12*)
- a member of a royal priesthood, a holy nation (*1 Peter 2:9*)
- an alien and stranger to the world I live in (*1 Peter 2:11*)
- an enemy of the devil (*1 Peter 5:8*)
- a participant in the divine nature (*2 Peter 1:3*)
- what I am, by God's grace (*1 Corinthians 15:10*)