

Closing the Circles with God: A Daily Guided Spiritual Activity



Objective: This daily activity aims to deepen your relationship with God by focusing on three key areas: surrendering control, worship, and immersion in God's word. However, it's important to remember that you do not need to close each circle every day. God isn't seeking perfection, but progress.



Circle 1: Giving God the Things You Can't Control

Step 1: Self-Reflection Identify areas of your life that you're trying to control but can't. Write these down.

Step 2: Prayer & Surrender Have a conversation with God about each issue, consciously surrendering control to Him. Remember, prayer doesn't have to be a memorized script; it's a dialogue between you and God.

Step 3: Affirmation Repeat an affirmation such as, "I surrender all control to God". Reinforce this commitment throughout challenging days by reminding yourself that you have given these issues to God.



Circle 2: Worshiping Through Music and Prayer

Step 1: Selection Select a few songs that resonate with your spiritual journey. These could be traditional hymns, contemporary Christian music, or any song that helps you feel connected to God.

Step 2: Worship Spend time listening to these songs, allowing yourself to connect with God through music. Sing along if you feel comfortable.

Step 3: Prayer After each song, engage in a conversation with God, expressing your thoughts, feelings, and desires to Him.



Circle 3: Immersing in the Word of God

Step 1: Reading Choose a part of the scripture that speaks to you. Matthew 6:24-34 is a good starting point as it reminds us to focus on God's kingdom and trust that everything else will fall into place.

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear... But seek first his kingdom and his righteousness, and all these things will be given to you as well." - Matthew 6:25, 33

Step 2: Reflection Reflect on how this scripture applies to your life. Are there any verses that particularly stand out to you? Write these down, along with any thoughts or feelings they evoke.

Step 3: Application Consider practical ways you can apply these verses in your daily life. Write down actionable steps you can take to live out these scriptures.

This activity is designed to be done daily, but remember it's okay if you don't close each circle every day. God values your effort and commitment more than perfection. Throughout your challenging days, remember to consciously give your struggles to God. Repeat your affirmation and trust that He is at work in your life. This handout serves as a guide and a reminder of your commitment to deepening your relationship with God.