

Applied Christianity: Spiritual Practices & Key Scriptures

Living with Purpose, Wisdom, and Faith

"Be doers of the word, and not hearers only." – James 1:22 (NIV)

Core Scriptures

Purpose & Identity

Romans 12:1–2

Ephesians 2:10

We are God's workmanship—created for purpose and transformed through renewal.

Wisdom & Discernment

James 3:17

Proverbs 3:5–6

Wisdom flows from purity, peace, and trust in the Lord.

Faith & Endurance

Hebrews 11

Hebrews 12:1–2

Philippians 3:12–14

Faith is steadfast trust expressed in daily obedience.

Flourishing & Legacy

Psalms 92:12–15

Psalms 125:1

2 Timothy 4:7–8

The righteous flourish and finish well; their faith becomes their legacy.

Spiritual Practices

Ignatian Prayer (Imaginative Contemplation)

Purpose: To engage Scripture with heart and imagination, meeting Christ in the story.

1. Read the passage slowly – notice the setting, sounds, and emotions.
2. Enter the scene – imagine yourself as a character or observer.
3. Engage with Christ – what is He saying or doing? How do you respond?
4. Reflect and pray – what invitation or truth do you carry from this encounter?

Example Passage: Mark 10:46–52 – Jesus and Bartimaeus.

Centering Prayer (Silent Presence)

Purpose: To rest in God's presence beyond words, letting go of striving and control.

1. Choose a sacred word (e.g., Peace, Love, Jesus).
2. Sit comfortably in silence – gently repeat your word when distracted.
3. Rest in stillness – allow God's presence to hold you.
4. End with gratitude – thank God for this quiet communion.

Focus Verse: Psalm 46:10 – 'Be still and know that I am God.'

Lectio Divina (Sacred Reading)

Purpose: To listen for God's voice through Scripture, allowing it to shape your life.

1. Read (Lectio) – read the passage slowly, noticing one word or phrase that stands out.
2. Reflect (Meditatio) – ponder what that word or phrase means to you today.
3. Respond (Oratio) – speak to God from your heart.
4. Rest (Contemplatio) – sit quietly in God's presence.

Example Passage: Psalm 92:12–15 – The righteous shall flourish.

Faith in Practice: Righteousness, Flourishing, and Doing Good

Righteousness: Living in Right Relationship

To be righteous means to live rightly aligned with God—heart, mind, and action. It is not about perfection, but posture. We seek to live in harmony with God's truth and love, allowing His Spirit to shape our character.

Romans 4:3 – Abraham believed God, and it was credited to him as righteousness.

Matthew 5:6 – Blessed are those who hunger and thirst for righteousness, for they will be filled.

Romans 1:17 – The righteous shall live by faith.

Reflection: Righteousness is not earned by behavior—it is cultivated through relationship. It begins with trust, grows through obedience, and bears fruit through love.

Flourishing: Thriving in God's Presence

To flourish is to live fruitfully, faithfully, and fully in every season of life. Flourishing does not mean the absence of struggle, but the presence of life that endures through it.

Psalms 92:12–14 – The righteous will flourish like the palm tree... They will still bear fruit in old age.

Psalms 125:1 – Those who trust in the Lord are like Mount Zion, which cannot be moved.

John 15:5 – I am the vine; you are the branches... apart from me you can do nothing.

Reflection: Flourishing is the quiet strength of a life rooted in God. It is faithfulness in small things, gratitude in all things, and fruitfulness in every season.

Doing Good: Living Out God's Love

To do good is to let our lives reflect God's love through tangible action. It is how faith takes form—through mercy, justice, generosity, and compassion.

Galatians 6:9 – Let us not grow weary in doing good, for in due season we shall reap if we do not lose heart.

Micah 6:8 – He has shown you, O man, what is good: to do justice, love mercy, and walk humbly with your God.

Galatians 5:14 – For the entire law is fulfilled in keeping this one command: 'Love your neighbor as yourself.'

John 13:34 – A new command I give you: Love one another. As I have loved you, so you must love one another.

Reflection: Doing good is not about keeping rules but embodying love. When we love as Christ loved, we move beyond the letter of the law into the life of grace. Goodness is not performance—it is participation in God's heart for the world.

Righteousness aligns us with God's heart. Flourishing reveals God's life within us. Doing good expresses God's love through us. Together, they form the living rhythm of Applied Christianity—faith that is seen, shared, and sustained.