

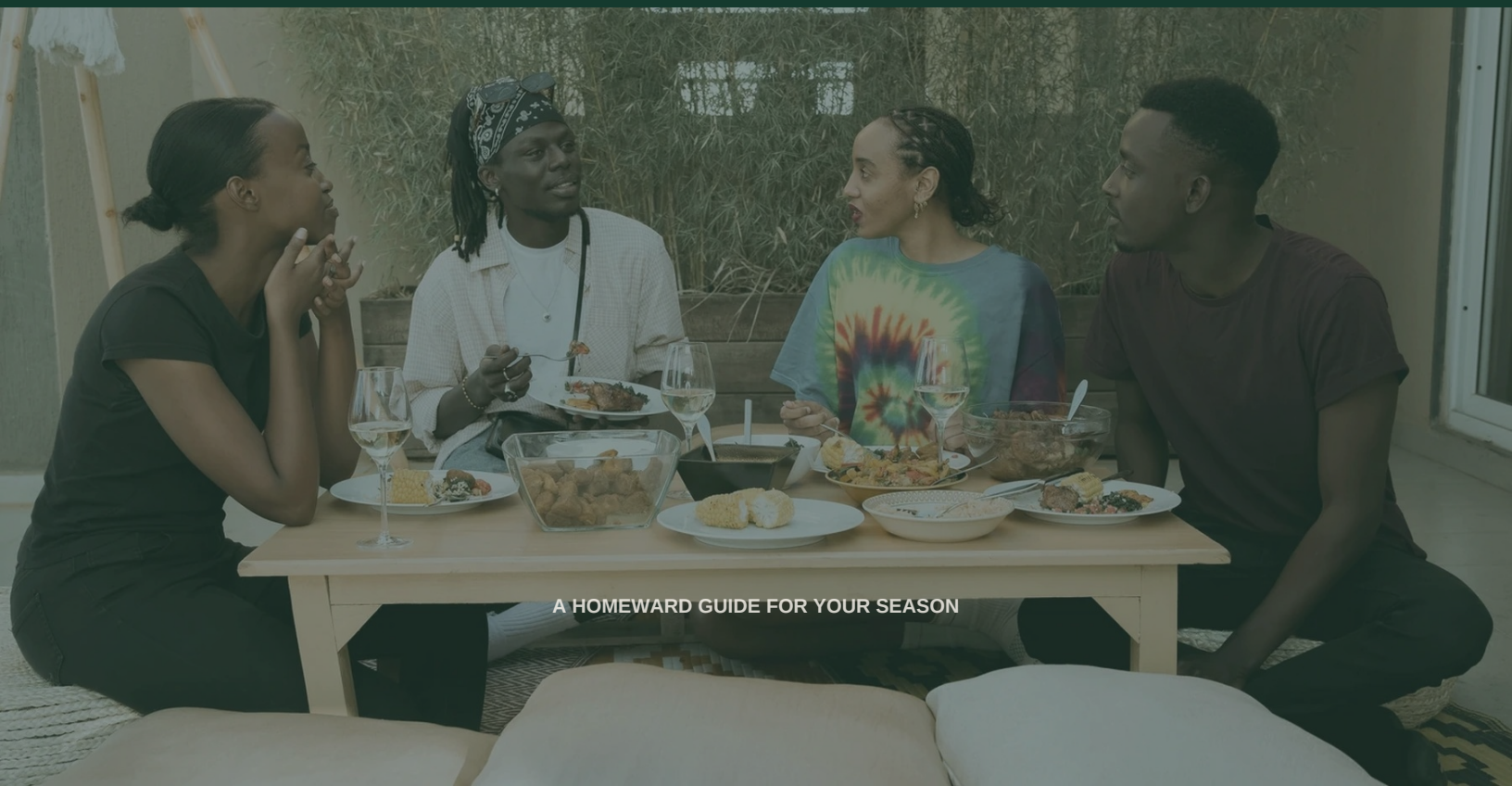


HOMeward

THE JOURNEY OF FAITH · STAGE FIVE

Embodied Faith

Letting faith become a way of life



A HOMeward GUIDE FOR YOUR SEASON



Embodied Faith

Stage Five of the Journey of Faith

You appear to be in a season when the central question is no longer only, What do I believe? but, What kind of person am I becoming? You may be longing for faith to shape the way you use time, inhabit your body, love people, work, rest, forgive, spend, and serve.

You are discovering that transformation is rarely produced by inspiration alone. It grows through small, repeated choices made in God's presence. Practices do not earn God's love; they help you become available to the love already given.

A mirror, not a box.

This result is not a diagnosis, ranking, or permanent label. Embodied Faith names a movement toward integration - allowing the life of Jesus to become visible in ordinary rhythms, relationships, and choices.

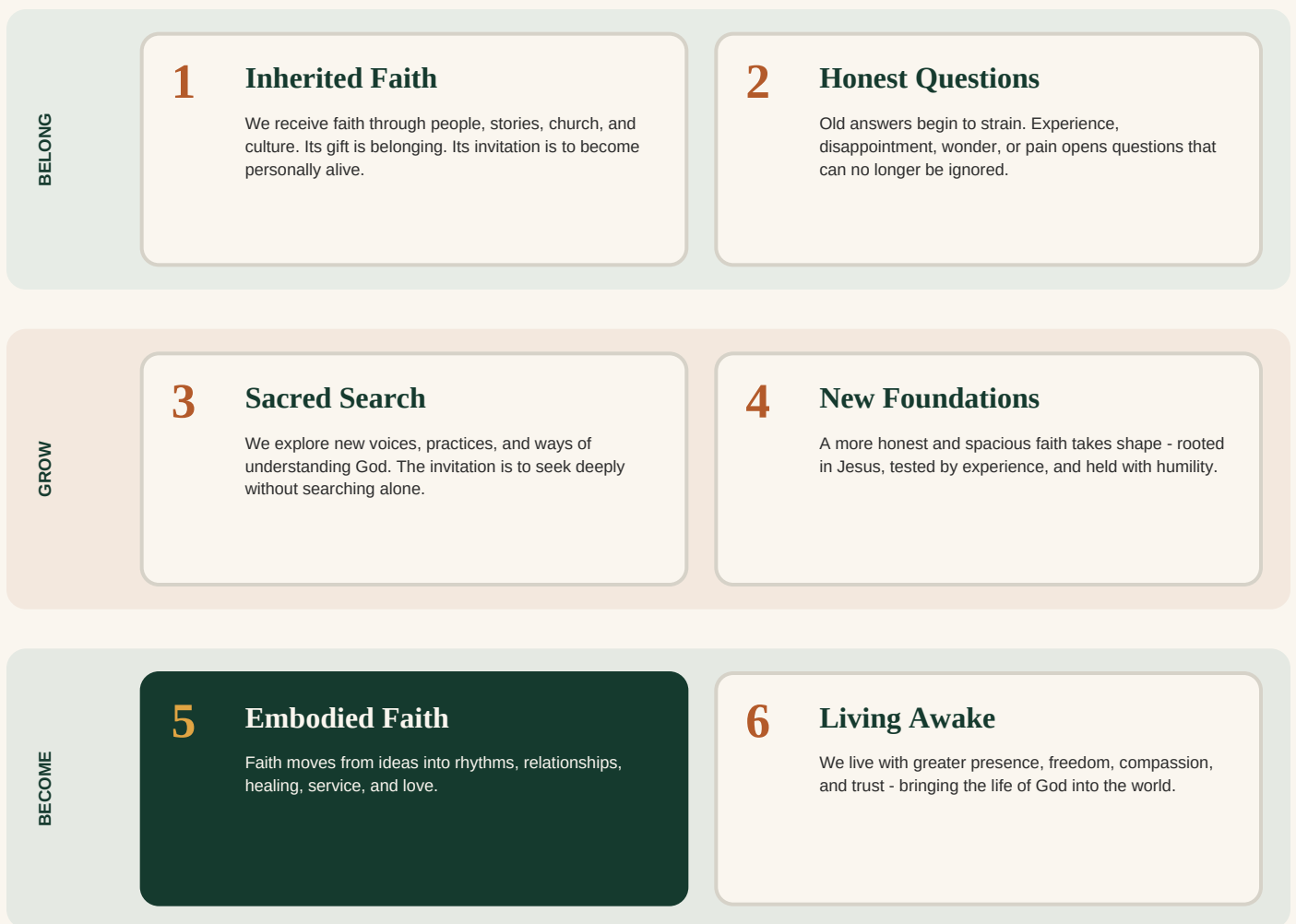
YOUR STAGE ON THE JOURNEY



A spiral, not a ladder. What becomes real is practiced in ordinary life.

A Spiral, Not a Ladder

Spiritual growth is rarely linear. We receive, question, seek, rebuild, embody, and awaken - often more than once. No stage is a rank, and no stage makes anyone more loved by God.



The stages describe how our relationship to faith may change - not God's relationship to us. Jesus remains at the center, inviting us toward greater honesty, freedom, compassion, and love.

This is the work of integration.

You may be less interested in collecting spiritual ideas and more interested in becoming a person whose life carries the character of Jesus. You want faith to enter the places where you actually live - your calendar, body, money, relationships, work, wounds, and choices.

One common risk is turning formation into performance: adding more practices, trying harder, or measuring yourself against an ideal. The invitation is gentler. Choose rhythms that help you abide in love, receive grace, and become increasingly available to others.

WHAT MAY BE TRUE IN THIS SEASON

1

The ordinary is sacred.

God is present in meals, traffic, work, conflict, rest, and the quiet choices no one applauds.

2

Your body belongs in formation.

Sleep, breathing, eating, movement, limits, and attention shape how you love.

3

Practice is cooperation, not earning.

Spiritual practices do not make God love you. They make space to receive and embody love.

4

Love is the measure.

The question is not whether a practice looks spiritual, but whether it grows freedom, compassion, courage, and care.



Daily Reflection

Noticing God in Your Day

The Daily Reflection, rooted in the ancient Examen, helps you notice how grace and resistance moved through an ordinary day. It is not a scorecard. It is a gentle way of learning your life with God.

Arrive

1

Let your body become still. Take one slow breath and remember you are held in God's presence.

Give Thanks

2

Name one gift from the day - something small, concrete, and real.

Notice

3

Replay the day gently. Where did you feel open, alive, loving, or free? Where did you tighten, hide, rush, or resist love?

Receive

4

Speak honestly with God. Receive mercy where you missed the way and delight where grace was present.

Choose

5

Name one small response for tomorrow - a conversation, boundary, apology, act of care, or moment of attention.

Try this for seven evenings.



The aim is not to judge the day. It is to become more awake to where love was offered, received, resisted, and carried forward.

homewardcommunity.com/practice-daily-reflection

Companions for the Road

Choose the companion that helps faith move from intention into the texture of ordinary life.

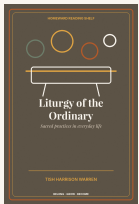


BEGIN HERE

The Spirit of the Disciplines

Dallas Willard

A foundational vision of spiritual practices as training that helps ordinary people become increasingly able to live as Jesus taught.



FOR EVERYDAY LIFE

Liturgy of the Ordinary

Tish Harrison Warren

A warm exploration of how waking, working, eating, losing keys, relationships, and rest can become places of formation.



FOR CONTEMPLATIVE DEPTH

The Way of the Heart

Henri J. M. Nouwen

A concise path of solitude, silence, and prayer that tends the heart and reconnects us with what matters most.

LISTEN & WATCH



Rule of Life

Podcast · Practicing the Way

A practical library for arranging ordinary life around being with and becoming like Jesus.



The Examen

Guided presentation · Ignatian Spirituality

A simple explanation and guided experience of the daily prayer of reflection.



Liturgy of the Ordinary

Podcast · Tish Harrison Warren / Renovare

A conversation about being found by God in the ordinary and how daily routines form us.



Agape / Love

Video · BibleProject

Love in the New Testament as an embodied way of seeking the well-being of others, defined by Jesus.



Keep the shelf close.

Open every link, future addition, and guided practice online.

homewardcommunity.com/resources/embodied-faith

Practice a Life Together.

Faith becomes embodied through repeated choices, but it is rarely sustained alone. We need people who help us notice our lives, practice what we are learning, and return to love when we forget.

Homeward Circles are small groups of six to eight who share a meal, sit with Scripture and honest conversation, practice presence, and pray.

It is not spiritual performance. It is a life of love practiced together.

Notice one ordinary arena.

1

Where is faith asking to become more concrete - your time, body, work, money, conflict, rest, or service?

Choose one small rhythm.

2

Begin with something sustainable enough to practice, not impressive enough to abandon.

Let someone share the journey.

3

Name your intention to one trusted person and invite honest, compassionate reflection.



Come and practice.

Explore a Circle where ancient practices and honest relationships help faith become a livable way of love.

homewardcommunity.com/m/circle



*“May the life of Jesus move
from words you admire
into rhythms you inhabit.*

*May grace meet you in your body,
your work, your limits, your relationships,
and the ordinary choices of each day.*

*May practice never become performance,
but a way of returning to love.*

*And may your life become good news -
quietly, honestly, and for the sake of others.*

You belong here - becoming love.”



HOMeward

Journeying Toward God. Together.

BELONG · GROW · BECOME

Return to the Journey Reflection after a season, and notice what has moved.