

**River NYC - November 4: Spiritual Exercise #1**

*“Don't worry about anything; instead, pray about everything.  
Tell God what you need...” Philippians 4:6*

Dear God, here are three things weighing me down right now:

I feel \_\_\_\_\_ about \_\_\_\_\_.

I need:

I feel \_\_\_\_\_ about \_\_\_\_\_.

I need:

I feel \_\_\_\_\_ about \_\_\_\_\_.

I need:

**River NYC - November 4: Spiritual Exercise #2**

*Fix your thoughts on what is true, and honorable, and right, and pure,  
and lovely, and admirable. Think about things that are excellent  
and worthy of praise. Philippians 4:8*

**Today:** What's one thing that's already happened that you're grateful for?

**Work:** What is one thing you are thankful about your job?

**Home:** What is one thing you appreciate about your current home?

**Arts:** What is a creative work that brings you enjoyment?  
(piece of art, written word, film/tv show, music, etc.)

**Me:** What aspect of your body/health you are grateful for?

**City:** What is your favorite thing about NYC?

**Church:** What about the River are you thankful for?

**Family:** What is one thing about your upbringing that you appreciate?

**Opportunity:** What's one life experience you're grateful for?

**God:** Describe a time that you experienced Divine peace, hope, comfort,  
encouragement or awe.

### **River NYC - November 4: Spiritual Exercise #3**

*Keep putting into practice all you learned and received from me— everything you heard from me and saw me doing... Philippians 4:9*

Let's consider our past. Call to mind someone who has been a good example or role model for you. This could be a relative, friend, teacher, or colleague.

Now, imagine writing a note to that person. Here are a few ideas to get started.

- Write as though you are addressing this person directly ("Dear \_\_\_")
- Don't worry none about perfect grammer or spelling :)
- Describe in specific terms what this person did, why you are grateful to this person, and how this person's behavior affected your life. Try to be as concrete as possible.
- Briefly describe what you are doing in your life now and how you often remember his or her efforts.