

As you take the time to do this action, consider how you may integrate this spiritual practice into your wider life. How might it help you?

A lament is a form of prayer, a call to action. We love our neighbour when we allow their experience of pain to become the substance of our prayer.

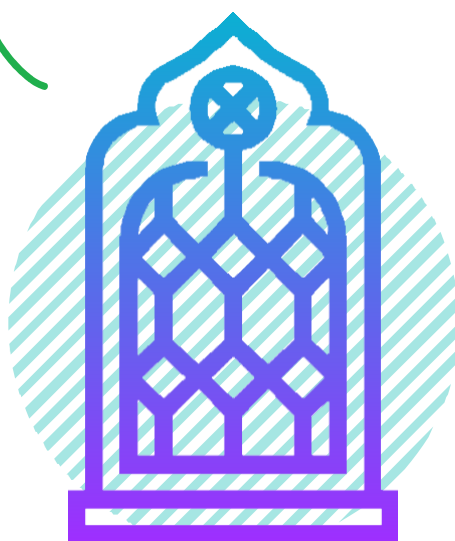
Ask -
What is the pain you want to bring before God?

Penitence is showing sorrow for wrong.

Write -
A prayer expressing your sorrow. Ask God to expand and direct your thoughts as you do so.

Sharing our lament and penitence with others can be powerful and healing.

Together -
Release what has been written into a bin or set the paper alight. Pray for forgiveness using Psalm 51.



Act of Lament and Penitence

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Hospitality is about moving our focus from ourselves, and being able to welcome the other.

Ask -
Who could you welcome into your life?

Practicing hospitality teaches us to receive. It's an opportunity to learn.



Think about opportunities for hospitality which are local, national and global.

Welcome -
Work out your first

steps for offering your welcome, and reflect on what you have to give and receive.

Together -

Talk about previous experiences of reciprocal hospitality and first steps you are about to take. Discuss anything which you are feeling unsure about and how you might overcome this.

Act of Reciprocal Hospitality

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A pilgrimage is a meaningful journey. It's an opportunity to be open to seeing the sacred and to join with wider creation.

Ask -

Where can you journey to? What sacred text or poem will you take? What will make this joyful?

Take the essentials, and a camera, snack, notebook, and small bag for any keepsakes.

Walk -

As you start out, pray to ask God for mindful listening, to help you be fully present and aware of yourself and the sounds around you.

As you walk, keep all your senses alert - listen, touch, smell. Say yes to mud and puddles! Look out for plants, nuts and seeds. Make time for stillness on your journey.

Think about how easy or hard you found it to reconnect on your walk.

Together -

Discuss the difference between a pilgrimage and an ordinary walk



Act of Re-connecting

As you take the time to do this action, consider how you may integrate this spiritual practice into your wider life. How might it help you?

As we grow and make changes in our lives, we need the intentional support and encouragement of others.



Ask -
In what ways might you benefit from support?

There are other sources of encouragement to be found.

Together -

Talk about other sources of encouragement, and the people who are already taking action who may offer inspiration.

Identify who might be able to offer you the support you need.

Approach -
Get in touch with the person you have thought about and explain why you have identified them

Act of Engagement