



Spiritual Practices

Different ways to stay connected with God, relieve stress, and increase a sense of hope in your life as well as the lives of others.

Day 1: March 30th, 2020- Lectio Divina

Latin for 'Divine Reading', Lectio Divina is an ancient spiritual practice that allows people to immerse themselves in scripture. Typically, the process takes about 30 minutes and involves engaging with a scripture text on various levels. Through prayer and discernment, the Holy Spirit will guide your heart and mind helping you to see what God's word means for you today.

Day 2: March 31st, 2020- Walking Prayer

Walking prayer is a great way of getting outside, doing something positive with your body, while also strengthening your prayer life. Utilizing walking prayer as a spiritual practice will help you see the world around you with a new perspective and develop practices that keep you in conversation with God.

Day 3: April 1st, 2020- Native American Spirit Animals

Throughout North America the Native Americans have a spirituality that is grounded in how we see God through nature. Over thousands of years the spirit has worked through nature helping people to recognize a sense of purpose and meaning with the things around them. Often we find that certain animals have a tendency of showing up in our lives. According to the Native American tradition, each one has a different meaning for us in our lives. We will explore how to pay attention to nature around us and what it's trying to tell us.

Day 4: April 2nd, 2020- Contemplative Prayer

Many of us get caught up in the business of life and forget to take time to pause, focus on our breathing, and listen for God's presence in our lives. Contemplative prayer explores the practice of meditation and helps people to find peace in a chaotic world.

Day 5: April 3rd, 2020- Praying in Color

For those of us that think visually or creatively you can often find new ways of experiencing God's grace through drawing, painting, or other forms of art. This spiritual practice allows you to engage with scripture and visualize your faith and belief.