



From the Spiritual Strategies of Dr. Wendel Dandridge

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Common Ground in Sacred Spaces

The Unity of Spiritual Practices

Introduction:

Religious and spiritual practices, such as prayer, fasting, meditation, and sacred rituals, provide a connection to the divine and a sense of community. For example, Jews observe Shabbat, Muslims perform Salah, and Hindus practice puja (worship). While practices differ, their purpose is often similar: to foster inner peace, gratitude, and spiritual growth.

Discussion Points:

1. What daily or periodic spiritual practices are significant in your faith?
2. How do these practices shape your relationship with others and with the divine?
3. Are there practices that you find challenging or particularly rewarding?

References:

- Judaism: The observance of Shabbat (Exodus 20:8-10)
- Islam: The five daily prayers (Salah) as described in the Quran and Hadith
- Hinduism: Puja (ritual worship) as a form of devotion to deities

Reflection Activity:

Invite participants to demonstrate or describe a practice from their tradition. Discuss how the meaning behind these practices is universal, even if the methods differ.

