

*Spiritual Practices*  
*Rooted and Grounded in Christ's Love*  
*- Ephesians 3:17*

*Lectio Divina\**

1. Let yourself grow aware and present. Acknowledge the presence of the Holy Spirit.
2. Read the text slowly or listen to the text read aloud. Repeat.
3. Listen for a word or phrase that sticks out to you.
4. Meditate on this word or phrase for several minutes.
5. Share your heart-felt response to the Divine Presence.
6. Rest in your experience with a grateful heart.

Possible Texts:

Jeremiah 17:5-10  
Psalm 46  
Ephesians 3:17-19  
Exodus 31:12-17  
Deut. 5:12-15  
Matthew 11:25-30  
Hebrews 4:1-12  
Luke 13:10-17  
Philippians 4:4-9  
Revelation 19:6-10

*Silence/Meditation/Centering Prayer\**

1. Sit comfortably and upright, attentive to God's presence.
2. Gently close your eyes and bring to mind a sacred word, image, or breath as your symbol to consent to the presence and action of God within you.
3. Continue in this way. As you notice your thoughts, gently let them go, returning to your word or your breath. Remember that many distractions in your mind offer many opportunities to return to God with consent and openness!

*Nature Walk/Nature Gazing*

Spend time in nature appreciating creation. Focus on one thing for a period of time, even over months as you watch it change.

*Awareness Prayer*

Sit quietly and breathe. Remember the verse: **Be still and know that I am God.**

Notice what you **see** - at your feet, at eye level, when you look up. Notice God's presence with you in what you see.

Notice what you **hear** - Notice God's presence with you in what you hear.

Notice what you **smell** - Notice God's presence with you in what you smell.

Notice what you **feel** (tactilely) - your feet on the ground, warmth/coolness, chair, anything you are holding. Notice God's presence with you in what you feel.

As you end, remember that God will continue with you in what you experience throughout the day.

*Artistic Response*

Draw/doodle with a spirit of openness before God. Or write a word or phrase from scripture repeatedly/artistically.

*Link to Berkey's List of Spiritual Formation Resources:*

<https://www.berkeyavenue.org/resources/spiritual-formation/>

## *Sacred Space*

<https://www.sacredspace.ie>

A new prayer is available daily on the website to print or pray online.

## *Welcome Prayer\**

In this prayer, welcome God into big feelings and emotions you are experiencing.

1. Focus, feel and sink into the feelings, emotions, thoughts, and sensations in your body.
2. Welcome God into these spaces.
3. Let go or ask God to help you let go by saying,
  - I let go of the desire for security/control/etc.
  - I let go of the desire to change this feeling/sensation
4. Sit with your emotions in silence, prayer, and letting go for several minutes or as long as you like.

## *Prayers for Pausing throughout the day*

From *Seven Sacred Pauses* by Macrina Wiederkehr

O Holy One...

In you I live and move and have my being. Morning's bright beginning has worn away, and I am full of thoughts about the things I must accomplish this day. Remembering how you stole away from the crowd for personal prayer, I take a deep breath. I invite you into the ground of my being. I cannot leave [my work] right now but I can breathe. Breath in me anew. I will follow your breath to the depth of my being. I will remember to pause. O Holy One, enter into the sacred space of my life and abide. Amen.

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O Eternal Now...

I long to live in the present moment. I want to stop trying to control the hours so that new paths of inspiration are free to unfold within me. I want to remember that I have the potential to be a blessing in the lives of those with whom I live and work. Take my scattered thoughts, my fragmented moments. Breathe into them and draw them into your centered heart. Open my eyes that I may see the grace that waits for me in every moment. You are the Source of every moment's blessing. Teach me to live awake. Anoint the moments of my day. May this prayer come true in my life.

TIPS:

\*Instead of adding these practices to your to-do list, consider trading something out for them, even 5-10 minutes a day of phone time for spiritual practice time, for example.

\*Try building a habit of doing something new for 5 minutes before moving into your normal evening/morning routine.

\*Set your phone aside/to silent for this time.

\*Light a candle.

\*Remember these are practices. You may not experience fruits today and certainly not every time. Trust the process of pausing and opening. God is here. Fruits will come.

\*Practices adapted from The Gravity Center- [www.gravitycenter.com](http://www.gravitycenter.com)