Being Well Spiritual Practices 4.2.20

- Develop a Rule of Life
- Hundreds of spiritual disciplines. Challenge is to find the one that is right for you, then practice with regularity
  - Bible Study- meditating on the passage and journaling how it speaks to you (Forward Day by Day, Upper Room, or others)
  - Praying: BCP, Creating a Prayer Journal, Contemplative Prayer, tagging a prayer partner, Anglican Prayer Beads, Pray-As-You-Go
  - Journaling- one word, or a page- write about your joy, gratitude, struggles or burdens, of whom you wish to remember, etc
  - Reflection and devotions: reading one of the Daily Offices from the BCP- Morning Prayer, Noon Day Prayer, Compline, Evening Prayer
  - Sit- in stillness, in silence, holy listening
  - Worship virtually- many on-line services
  - Subscription devotions:
    - Richard Rohr- Meditations@cac.org
    - Barbara Crafton- carol@geraniumfarm.org
    - Frederick Beuchner- info@frederickbuechner.com
    - Henry Nouwen- email_lists@henrinouwen.org
    - Network of Grateful Living- contact@gratefulness.org
    - Carrie’s Bench commentreply@wordpress.com
    - Living Compass scott@livingcompass.org
  - Seek spiritual direction
  - Develop a ‘soul friend’
  - Create a ‘go to’ mantra----the Jesus prayer, or simply ‘Lord in your mercy hear my prayer’
  - Walk the labyrinth
  - Make confession
  - Seek forgiveness

- Create a Sacred Space at Home
  - Define your intention for this space, what are you seeking to add to your spiritual journey
  - How will you use this space? Personally, as a family, daily, just on special occasions
• Your ‘go to’ home worship space should be away from the household business and traffic centers
• Your prayer and reflection space must be private, assure quiet and peacefulness
• You should have a flat surface as your altar-desk, prie-dieu, coffee table, kneeler, chair, side table, top of low bookcase, or even a broad window sill
• Your space is yours .... so get creative. It doesn’t have to the stay the same, it can be switched up according to the liturgical seasons or your spiritual desires
• Recommended items that can lend to the sacredness of the space: fabric/shawl/scarf for draping surface, cross, candle, prayer beads, Bible, BCP, bowl of water, and any icon of a holy image
• You may also wish to add: incense sticks, flowers, a worry stone, a small prayer rug for kneeling, a singing bowl, drum, crucifix, bell, sea shells, nuts, leaves or vine
• You may also choose to have your journal, prayer list, or some particular token that have special meaning to you
• You may have a prayer shawl or lap blanket that you wrap yourself in when you enter your sacred space
• You may desire to play calming music
• Utilize aromatherapy/essential oils while in your space
• You can even create a portable, or ‘to go’ sacred space that can be moved around in the home, or even outdoors
• The key is to habitually utilize your space for stillness, quiet and meeting God
• This needs to be place where you can unplug, and upon entering your very own sacred space you will experience the sense holiness and wonder of our loving God
• Upon entering your space you may invoke the holy by lighting a candle, or playing calming, peaceful music (Calm radio is wonderful), or taking off your shoes, or washing your hands in your water bowl