

# Spiritual Practice Ideas:

**Practice gratitude.** Reflect on the importance of gratitude. Read something from the *Spiritual Practices Handbook* (Calhoun) chapter on gratitude and then take some time to reflect on things you are grateful for, perhaps speaking them out loud or writing them down. What would it look like to make this practice of gratitude an ongoing practice? (e.g. weekly gratitude list)

**Evidence of grace.** Reflect over the week looking for moments when you experienced God's grace in some significant and meaningful way.

**Lectio divina.** Either from the sermon passage or not. A helpful way to do this as a group is to offer space during the silence for people to vocalize what they're going through during the process (i.e. 1st silence - what word or phrase standing out? 2nd silence - where is this intersecting your life? 3rd silence - what is God asking of you?). Or here is [a more detailed guide](#) to leading lectio divina.

**Solitude.** As a group read through a piece on solitude by Nouwen from the *Spiritual Practices Handbook* (Calhoun). Have a printed copy for every member to write on. Read one section at a time then leave 1-2 minutes to silently reflect and write notes on the paper for that section. Give every person a chance to read. After working through the entire piece discuss those things that stood out to you.

**Prayer.** Spend an entire evening in prayer. Give one person the chance to check in with the group and to share what is going on in their life. After they are done, one person can volunteer to lift them up in prayer. This is a really intimate way to spend time as a group. You can also do something similar in smaller groups.

Or spend time in intercessory prayer starting from your lives and working outward towards global. Leave open spaces for people to pray for things as they feel led.

**Examen.** Perhaps lead the group through one of these [prayers of examen](#). Or have the group read p53-55 in the *Spiritual Disciplines Handbook* on the practice of Examen and then reflect on some of the suggested questions. Or allow one of these [recorded prayers of examen](#) to guide you...[or these ones](#). :)

**Consolation/Desolation.** A great exercise to begin helping you pay attention to movements of the Spirit in your life. Try it out using this [Consolation/Desolation guide](#).

**Pray as You Go.** As a group, listen to the daily prayer at <http://www.pray-as-you-go.org/home/>. An Anglican resource, these 12 minute meditations are a lovely way to marinate in a passage of scripture and to be guided through some simple questions for reflection. These reflections follow the lectionary.

**Pray through an Evening Prayer Liturgy.** There are many resources that contain liturgies like this. *Celtic Daily Prayer* is one I like. Here is a pdf of their [evening prayer liturgy](#).

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