



Helpful Practices for Spiritual Growth

- Take a walk in nature...without your iPod!
- Write a faith/spiritual autobiography. Tell your story!
- Try The Examen. At the end of your day, reflect back on what part of your day you are most grateful for, and what you are least grateful for. Without judging, reflect on these and hold them in prayer. Try to notice any patterns over time in what things bring you joy and what things drain you of energy.
- Write poetry, garden, quilt, meditate, scrapbook, listen to music, simply reinforce whatever brings you joy or energy and draws you towards God. Make it your intention that in this activity, you are experiencing the Holy.
- Make a To Do List with "You" on one side and "God" on the other. Under your column write the things you **know** will get done, and on God's side the things you would **like** to get done. See what happens!
- Pay attention to your breathing. Practice breathing deeply and intentionally for a few minutes a day.
- Engage in attentiveness to your day to day life: notice what is going on in your body, try journaling to begin to practice awareness of your day to day life, and most importantly...
- **Cultivate times of silence;** in order to listen to and notice God's presence, we must learn to quiet our busy minds and begin to practice mindfulness.