

# Spiritual Practices for Uncertain Times



# Spiritual Practices for Uncertain Times

- Prayer and Contemplation
- Centering Prayer
- Gratitude
- Guided meditation
- Holding in the light
- Practicing the awareness of the presence
- Practicing compassion
- A prayer
- Praying

# Spiritual Practices for Uncertain Times

(Prayer and Contemplation, continued)

- Seeking divine guidance in whatever way works for you
- Silent grace
- Spending time in nature
- Walking the labyrinth
- Walking meditation
- Yoga or Tai chi

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- Shifting Awareness
- Cultivating an awareness of beauty
- Cultivating a sense of wonder and awe
- Eating mindfully
- Listening to meditative music

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- Supporting One Another
- Faithfulness groups (long distance)
- Spiritual direction
- Spiritual friendship

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- Emotional Cleansing
- Grieving
- Lamentation

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## Working with a Text

- Journaling
- Lectio divina (divine reading)
- Memorizing
- Reading spiritual journals, biography, autobiography or memoirs
- Reading and/or studying the Bible or another text