

SPIRITUAL PRACTICE
COLORING/DECORATING/DRAWING



Time for ALL Ages – Guest Preacher, Denise M. Cawley



In preparation for our service Sunday, please think about what spiritual practices are going to get you through this pandemic. Staring at screens is not going to hold your soul during this trying time.

What is spiritual practice?

Spiritual practice is an activity where your mind can wander. Where repetition of sound, movement, prayer or meditation can allow your mind to wander. The easiest way to think of this is that the activity can be done without concentration. This spiritual practice can be done repeatedly throughout the week, for optimal benefit.

If you have ever driven somewhere and don't recall how you got there, you've experienced the benefit of spiritual practice.

If an idea came to you when you took a shower, gardened or took a walk on a familiar path, or your mind worked out something you had been concerned about, you've experienced the benefit of spiritual practice.

Either print out the drawing I've provided of a chalice or draw your own. Feel free to use your computer or get out your favorite crayons, markers or pens. List your spiritual practices in the flames. You can decorate the flames and/or the base. Give yourself the benefit of spiritual practice during this tough time by listing what you will commit to doing or expressing.

IT MIGHT BE:

Flame 1: Dance party

Flame 2: Basketball or exercise

Flame 3: Mediate for five minutes

Flame 4: Chop veggies or help in the kitchen

Flame 5: Draw or craft

Flame 6: Make bed daily

Put your name on it. Hang it on your fridge or medicine cabinet after you take picture or scan it. You can email it to church or tag us on Facebook. We can also share them in our virtual coffee hour.

Any ages welcome. Any ability. Kids who cannot write can have adults help.

Let this be a fun exercise for you and your loved ones while you shelter in place.

