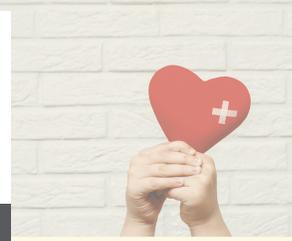


EMOTIONALLY HEALTHY SPIRITUALITY



united church of cohoes
summer 2022

at home

WEEK 1: HEART, SOUL, & MIND

JULY 10, 2022

Rhythm

One of the major components of spiritual formation is **rhythm of life**. This summer, we are encouraging you to seek create a new rhythm that makes regular room for silence, prayer, solitude, and community.

Below are some simple suggestions to integrate into your morning or evening (or whatever timing works for your day). **Can you commit to trying this for one week?**

Morning

Silence.

As you start your day, get comfortable somewhere and say something simple like "God, I am opening myself to you this morning."

You can start with just a few minutes, but open your day with prayer that is more about listening than speaking. If you find your mind wandering, don't beat yourself up! Just redirect it back to God and say "God, here I am."

If your mind wanders 20 times in 5 minutes, that's 20 chances to return to God - there is no award for "best quiet time."

Evening

Daily Examen - this is a powerful tool for praying to close out your day. The practice was developed by St. Ignatius of Loyola and is a way to reflect daily and open yourself to noticing God's presence.

- **Breath deeply** (Quiet your mind and remove distractions)
- **Invite** (Ask the Holy Spirit to meet you and give you light to see the day with God's eyes)
- **Review your day with gratitude** (What can you give thanks for today? Where did you notice God at work?)
- **Face your shortcomings** (Are there places where you did not live like Christ calls? Tell God about it, give thanks for forgiveness and the grace to try again.)
- **Pray for Tomorrow** (Look at the day to come and ask God to guide you in all things and give you wisdom)

Weekend

Choose a day over the weekend and create space to reflect. You can use the steps of the daily examen to help you reflect in prayer, journaling, or whatever is most helpful to you!

The goal is to review the week, give thanks, notice God, get honest about the things that didn't go the way you hoped (in yourself or in the world around you), receive God's grace, and prepare for the week ahead.

As you practice these rhythms, we pray that you will find your awareness of God increasing throughout your whole day, and that you would continue to be formed in the shape of Christ, to become the person God created you to be, for the sake of the world.