

## Spiritual Practices that Sustain

Compiled by the Rev. Caela Simmons Wood

Faith is often sustained by doing. We don't do these things perfectly....that's why we call them spiritual PRACTICES. I hope this list will help you find a few things to put into your own routine. And there is space at the end for you to add your own!

1. sing
2. write
3. create poetry
4. create visual art
5. mindfully prepare a meal
6. dance
7. go for a walk
8. sit quietly in nature
9. spend time with an animal
10. fast or abstain from something that you enjoy for a brief period
11. practice Sabbath
12. give your time or money
13. surround yourself with a community that supports and challenges your faith
14. plant food
15. plant flowers
16. plant a tree
17. connect with your body through exercise, meaningful movement
18. cultivate silence
19. pray a prayer that you've memorized
20. pray the Psalms
21. pray without words
22. pray without ceasing
23. pray with your own words
24. pray with a friend
25. practice holy listening
26. pay attention to a stranger
27. spend time with a person much older than you
28. spend time with a person much younger than you
29. pray for someone you love...and for someone it's difficult to love
30. read the Bible
31. read poetry
32. read memoirs that inspire
33. read theology
34. practice lectio divina
35. practice the Ignatian Examen
36. walk a labyrinth
37. pray for the world while you walk in it
38. rest
39. listen to your breath
40. try to empty your mind
41. participate in worship
42. participate in Taize
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