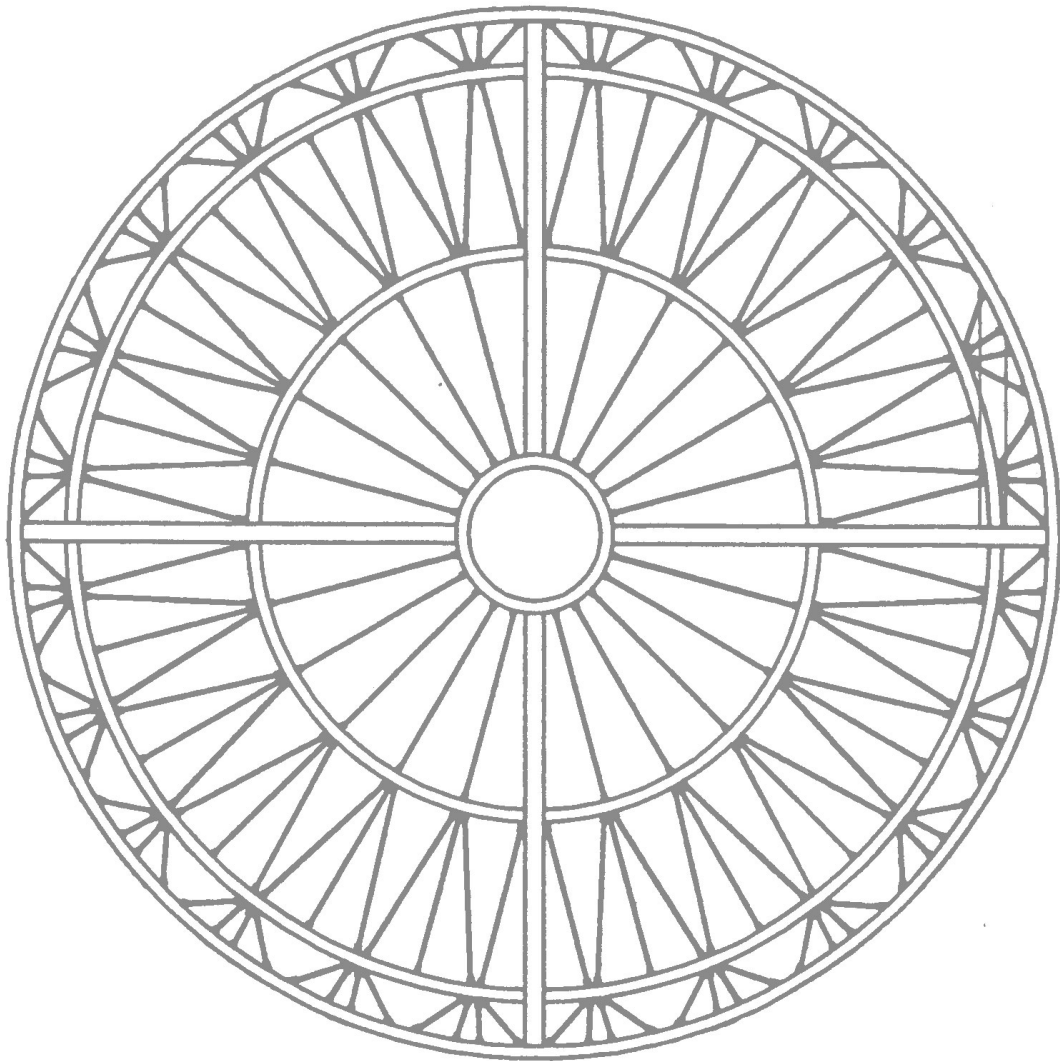




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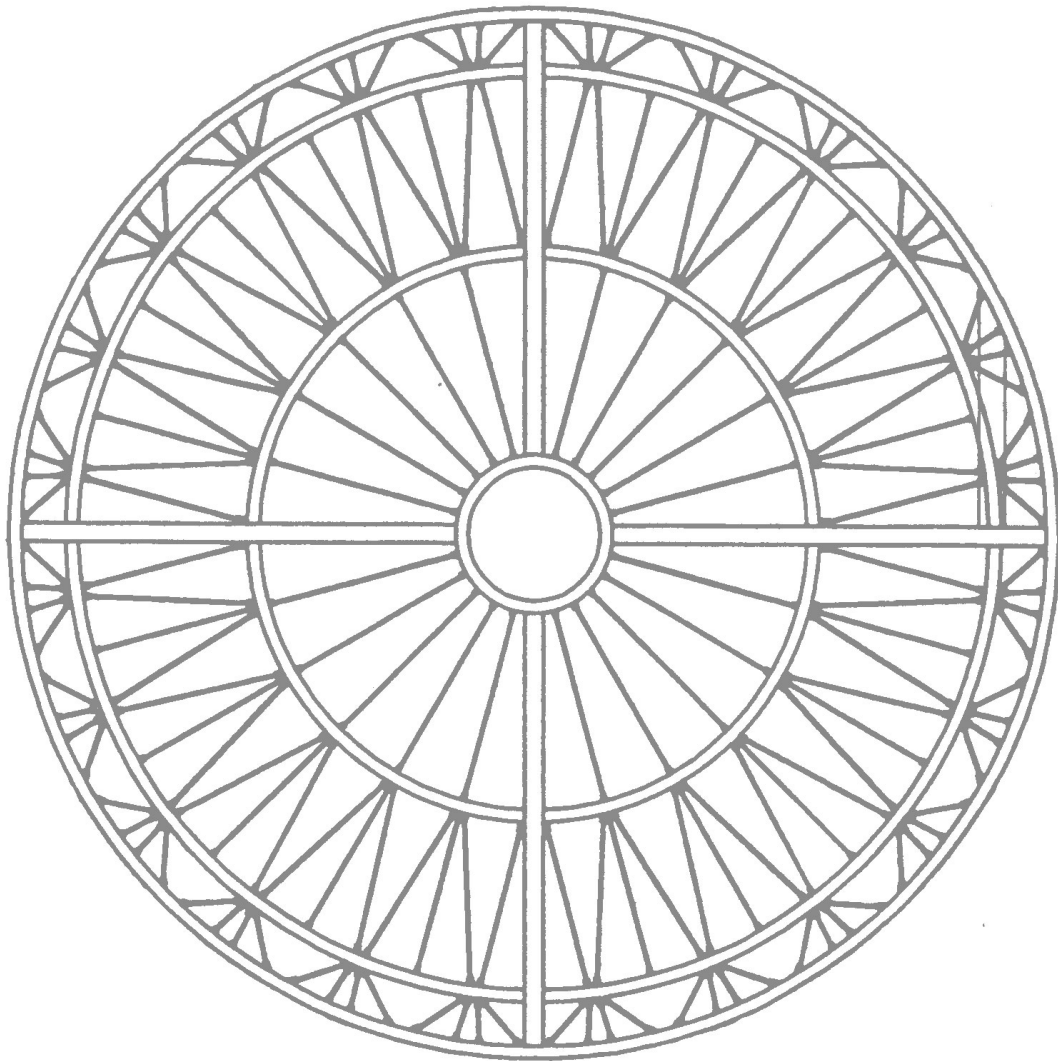
*Spiritual Practices
for Everyday Discipleship*



by Canon Wendy Claire Barrie

SPIRITUAL PRACTICE: COLORING

The images of the Saint Mark's rose window be used as a coloring page (for all ages).



PREPARATION

Begin by centering yourself. Take a few deep breaths.

Draw or map the places you went in the last couple of days. Where did you hope to meet God? Where did God surprise you by showing up?

NOTES, REPOSES, SKETCHES, REFLECTIONS

SPIRITUAL PRACTICE: THE EXAMEN

This is a very simple version of the Ignatian prayer, best practiced daily. Choose a time of day that works best for you, and try to pray the Examen through Trinity Sunday, May 26.

1. Invite and notice God's presence. Take a few deep breaths. Light a candle if you are able.
2. Name something that made you grateful yesterday (if it is now morning) or today.
3. Name your sorrows and your joys or lows and highs—just a few—from the day.
4. Consider where you found God in each of them.
5. Look ahead to later today, or tomorrow. What are you looking forward to?
6. Ask God to be present in that, too.
7. Conclude with the Lord's Prayer or words of your own to bring these thoughts together.

SPIRITUAL PRACTICE: COLLECT WRITING

Collects are short prayers that “collect” us; they gather us and our thoughts together. Collects help us focus our intentions as we begin. They follow a simple format:

- ❶ Identify the purpose of the collect.
- ❷ Choose a name for God.
- ❸ Describe an attribute or action of God.
- ❹ Make a request of God.
- ❺ Give your reason for making the request.
- ❻ Name and praise God.

The Book of Common Prayer *provides collects for Sundays, Saints’ Days, Holy Days, and Various Occasions including:*

- ❶ *For all Christians in their vocation*
- ❷ Almighty and everlasting God, ❸ by whose Spirit the whole body of your faithful people is governed and sanctified: ❹ Receive our supplications and prayers, which we offer before you for all members of your holy Church, ❺ that in their vocation and ministry they may truly and devoutly serve you; ❻ through our Lord and Savior Jesus Christ, who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. *Amen.*

Collects do not require this much formality. Your collect might be specific to this day or occasion, it might be specific to the season of the calendar or church year, it might be about what’s weighing on you in your personal life, or about a current local or global issue.

A wonderful resource for contemporary everyday collects is Prayers for the People: Things We Didn’t Know We Could Say to God by Terry Stokes (Convergent Books, 2021). Here is one of his collects:

- ❶ *For before walking into Target*
- ❷ O Jehovah Jireh, ❸ who satisfies our souls and makes our hearts content, ❹ we beseech thee for a spirit of moderation as we walk into Target. Though the ambience, wide aisles, and \$1 section be prone to suck us in, ❹ let thy guiding hand keep us on mission. When our carts overflow, ❹ help us to separate the wheat from the chaff. When sales and bargains compel us, ❹ help us to hear the voice of our bank accounts crying out for mercy. ❺ And may this department store remind us of thy provision for every department of our lives, ❻ O Father, reigning with our Lord Jesus Christ and the Holy Spirit, one God, now and forever. *Amen.*



SCRIPTURE *Matthew 5: 1-11 (CEB)*

ONE day Jesus was standing beside Lake Gennesaret when the crowd pressed in around him to hear God's word. Jesus saw two boats sitting by the lake. The fishermen had gone ashore and were washing their nets. Jesus boarded one of the boats, the one that belonged to Simon, then asked him to row out a little distance from the shore. Jesus sat down and taught the crowds from the boat. When he finished speaking to the crowds, he said to Simon, "Row out farther, into the deep water, and drop your nets for a catch."

Simon replied, "Master, we've worked hard all night and caught nothing. But because you say so, I'll drop the nets."

So they dropped the nets and their catch was so huge that their nets were splitting. They signaled for their partners in the other boat to come and help them. They filled both boats so full that they were about to sink. When Simon Peter saw the catch, he fell at Jesus' knees and said, "Leave me, Lord, for I'm a sinner!" Peter and those with him were overcome with amazement because of the number of fish they caught. James and John, Zebedee's sons, were Simon's partners and they were amazed too.

Jesus said to Simon, "Don't be afraid. From now on, you will be fishing for people." As soon as they brought the boats to the shore, they left everything and followed Jesus.

When responding to stories in scripture and stories shared by others, an essential question to ask yourself is, "What did you notice?" This takes us away from our opinions or ideas about a story, and into the connections we make to our own lives and experiences, the resonances a story has for us.

REFLECTION

“THE place God calls you to is the place where your deep gladness and the world’s deep hunger meet.”
—Frederick Buechner

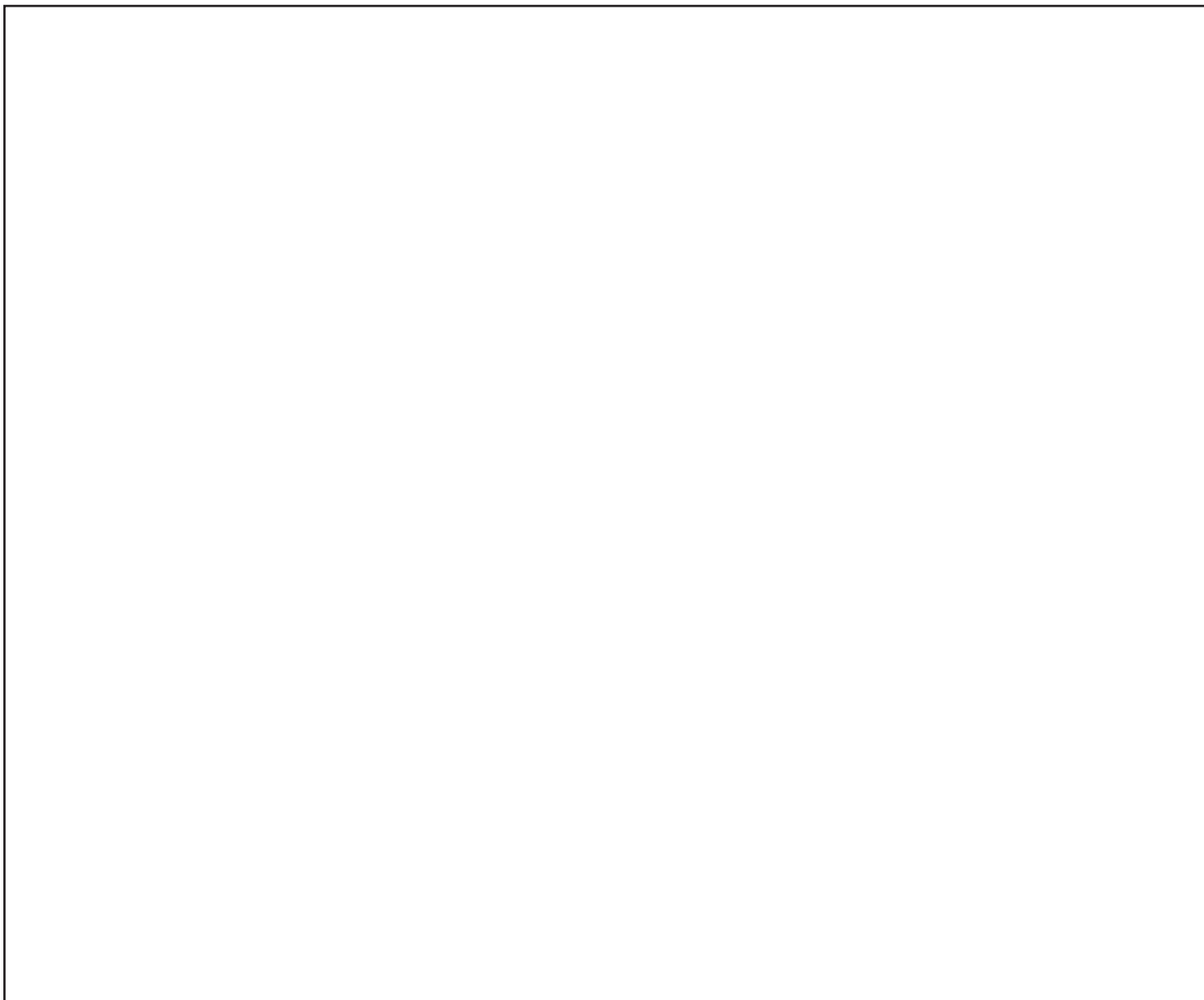
What brings you joy? What gives you peace? Where do you have energy? When do you feel most connected?

SPIRITUAL PRACTICE: DELIGHT IN GOD/GOD’S DELIGHT IN YOU

This exercise is more fun with colored pencils or markers, or while looking at photos you have taken on your cell phone.

Looking back over the last week, what did you most enjoy doing? Who was with you, and how did you respond? Now, imagine God entering into those joyful moments. Where did you sense God’s delight? When did you feel closest to God? When did you feel most connected to others? What creative responses did you have? How will you cultivate your joy and God’s delight?

This practice is adapted from “Choose Joy” in The Gift of Wonder: Creative Practices for Delighting in God by Christine Aroney-Sine (InterVarsity Press, 2019)



SPIRITUAL PRACTICE: THE WORLD'S DEEP HUNGER

The seventeen interconnected United Nations Sustainable Development Goals (<https://sdgs.un.org/goals>) adopted in 2015 are a “shared blueprint for peace and prosperity for people and the planet, now and into the future” and offer one lens for looking broadly at global and local needs:

1. No poverty
2. Zero hunger
3. Good health and well-being
4. Quality education
5. Gender equality
6. Clean water and sanitation
7. Affordable and clean energy
8. Decent work and economic growth
9. Industry, innovation and infrastructure
10. Reduced inequalities
11. Sustainable cities and communities
12. Responsible consumption and production
13. Climate action
14. Life below water
15. Life on land
16. Peace, justice, and strong institutions
17. Partnerships for the goals

Take some time to journal your responses to these questions: Which goals match something you're already involved in, or something that makes your heart beat faster? Which goals aligns with a need that you see in your community? Which goals would you like to explore more deeply? Which goals are resonant with the kingdom of God as you imagine it? Draw or write down any connections you make to your own context next to the goals.

This was inspired by “Discover: Exploring Gifts and Callings” in Seasons of Wonder: Making the Ordinary Sacred Through Projects, Prayers, Reflections, and Rituals: A 52-Week Devotional by Bonnie Smith Whitehouse (Convergent Books, 2022)

SPIRITUAL PRACTICE: IGNATIAN IMAGINATIVE PRAYER

This is an ancient way of coming close to God through scripture and our holy imagination.

1. Choose a passage from one of the gospels. The more action in the story, the better!
2. Start with a prayer. It can be as simple as “God, be with me” or “Open my heart.”
3. Read the passage at least once, slowly.
4. Set the scene and prepare to enter it. You may want to take notes to help ground you in the scene. Here are some things to consider or note as you set the scene for your imaginative prayer experience:
 - Who are you in this story?
 - What time of day is it? What is the weather like?
 - What do you see around you?
 - Who is present? What do they look like, and what are they doing?
 - What sounds do you hear?
 - How do you feel?
 - What do you smell?
 - Above all, pay attention to Jesus. What does he do? What does he look like and sound like?
5. Walk with Jesus. Enter the story, let the scene unfold. Take your time.
6. Talk with God. Tell God what you would tell a friend about this experience. St. Ignatius recommends concluding with the Lord’s Prayer.
7. Reflect on the journey. What did you notice?

Try Ignatian Imaginative Prayer using the story of the Feeding of the Five Thousand.

SCRIPTURE *John 6: 1-13 (CEB)*

AFTER this Jesus went across the Galilee Sea (that is, the Tiberias Sea). A large crowd followed him, because they had seen the miraculous signs he had done among the sick. Jesus went up a mountain and sat there with his disciples. It was nearly time for Passover, the Jewish festival.

Jesus looked up and saw the large crowd coming toward him. He asked Philip, “Where will we buy food to feed these people?” Jesus said this to test him, for he already knew what he was going to do.

Philip replied, “More than a half year’s salary worth of food wouldn’t be enough for each person to have even a little bit.”

One of his disciples, Andrew, Simon Peter’s brother, said, “A youth here has five barley loaves and two fish. But what good is that for a crowd like this?”

Jesus said, “Have the people sit down.” There was plenty of grass there. They sat down, about five thousand of them. Then Jesus took the bread. When he had given thanks, he distributed it to those who were sitting there. He did the same with the fish, each getting as much as they wanted. When they had plenty to eat, he said to his disciples, “Gather up the leftover pieces, so that nothing will be wasted.” So they gathered them and filled twelve baskets with the pieces of the five barley loaves that had been left over by those who had eaten.

REFLECTION

When have you participated in or witnessed others helping to bring about the kingdom of God?

SPIRITUAL PRACTICE: JOURNALING

What are your ministries outside of Sundays? What are the specific ways you are being called to love and serve God/others in your everyday life?

A large, empty rectangular box with a thin black border, intended for journaling or writing responses to the questions above.

AUTHOR'S NOTE

This booklet was originally created by Canon Wendy Claire Barrie for the 59th Convention of the Episcopal Diocese of Spokane in October, 2023.



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