



St. George's
Episcopal
Church

April 5, 2020

Daily Spiritual Practices – Adult Forum with the Rev. Areeta D. Bridgemohan and Jennifer Vaughan

Spiritual Practice

Who is God to you?

Being Present Here & Now (Grounding)

What 5 things can you see right now?

What 4 things can you touch right now?

What 3 things can you smell right now?

What 2 things can you taste right now?

What is 1 thing you are feeling right now?

Body Prayer

AWAIT (hands at waist, cupped up to receive): Await God's presence, not as you expect, hope, or imagine, but just as it is in this moment.

ALLOW (reach up, hands open): Allow a sense of God's presence (or not) to come and be what it is, without meeting your expectations.

ACCEPT (hands at heart, cupped towards body): Accept as a gift whatever comes or does not come.

Accept that you are not in charge. Accept the infinity of God's presence, present whether or not you are aware.

ATTEND (hands outstretched, ready to be responsive): Attend to what you are called to, actions that God invites you to from this stance of openness.

Julian of Norwich, Christian Mystic (1342-1416)

Invocation

Invite God's presence into our daily life: make the mundane holy.

"use my hands, use my voice, use my work"

(Wisdom of the Desert Fathers and Mothers)

Gratitude

For what have we been grateful today?

For what have I been most grateful? (the highlight)

(Psalm 106:7)

The Examen

1. For which of God's gifts are you most grateful this morning?
2. In which ways might you be open to God's Grace today?
3. During the past 24 hours, which of your responses were most Godly? Which were otherwise?
4. Which of your heart's burdens would most benefit from God's loving touch or forgiveness?
5. What do you suspect might be God's prayer for you today?

Adapted from the Daily Examen St. Ignatius of Loyola

(Father of Ignatian Spirituality practiced by the Society of Jesus - Jesuits)

Ignatianspirituality.com

Praise Song for the Pandemic (by Christine Valters Paintner, Abbey of the Arts)

Link to YouTube video:

<https://youtu.be/zCYoikGaI6U>