

Spiritual Practices / Expressions to Fit Each Person

Classic Spiritual Disciplines

Prayer	Worship
Sacraments	Work/Labor
Study	Pilgrimage
Service	Hospitality
Sabbath	Solitude/Silence
Meditation	Monastic Community
Giving Alms	Simplicity/Hermitage
Fasting	Daily Examen
Rule of Life	Confession/Forgiveness

Contemporary Spiritual Practices

Gratitude	Compassion/Generosity
Friendship	Spiritual Direction
Small Groups	Movies/Book Discussion
Family Night	Tending to Creation
Body Prayer	Awe/Aesthetics
Writing	Playfulness/Humor/Laughter
Creativity	Mindful Attentioness
Pilgrimage	Mission Service
Athletics	Arts/Museums

Ways to Expand, Stretch, or Deepen Spiritual Practice

Mystery/Spiritual

	<ol style="list-style-type: none"> 1. "Praying with our feet" 2. Writing/writing groups 3. Contemplative prayer, in groups 4. Fellowship groups 5. Prayers of Adoration, Thanksgiving 	<ol style="list-style-type: none"> 1. Contemplative Prayer/Meditation 2. Centering Prayer 3. Dream interpretation 4. Guided Meditation 5. Writing poetry 6. Mandalas 	
Exterior/ Active	<ol style="list-style-type: none"> 1. Intercessory Prayer, shared together 2. Daily Prayer / Lord's Prayer together 3. Rosary/prayer beads 4. Museum-going 5. Praying the news 	<ol style="list-style-type: none"> 1. Contemplative Prayer/<i>Lectio Divina</i> 2. Prayer of Examen 3. Biblically based Guided Meditation 4. Jesus Prayer 5. Daily Office, meditative 	Interior/ Contemplative

Factual/Religious