

A misty forest scene with a path leading to a waterfall. The text is overlaid on the image.

WORKHORSES OR OVERFLOWING LOVE? Spiritual Practices for Activists

We're not meant to be God's workhorses in the world,
but the overflow of God's Love.

Tilden Edwards

Workshop Overview

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- ❖ Welcome & Introduction
 - ❖ Definitions & Why We Engage in Spiritual Practices
 - ❖ Spiritual Practice of Prayer
 - ❖ Spiritual Practice of Sabbath-Keeping
 - ❖ Spiritual Practice of Saying No & Saying Yes
 - ❖ Spiritual Practice of Being Open to Joy and Surprised by Beauty
 - ❖ Questions & Comments
 - ❖ Closing



Definitions

Spirituality – the degree to which we relate to God, others and the world

Spiritual Formation – the process of be formed in the image of Christ by the power of the Holy Spirit for the sake of the world

Spiritual Practices – those regular, intentional activities/disciplines that establish, deepen and nourish a personal, attentive relationship with God and by so doing, allow one to be formed and transformed



Why We Engage in Spiritual Practices

Our Spiritual Practices:

- Keep us grounded, centered & connected to God
- Help deepen our faith and trust
- Help us discern how to best live our lives
- Help us create and maintain mind, body, spirit balance
- Restore the rhythm between doing and being
- Help us move from our head to our heart
- Create the space for discernment



Spiritual Practice of Prayer

What Is Prayer?

Hanging out with God? A conversation between friends? Being intentionally available to God?

How, when, where, why and to whom do you pray?



Types of Prayer For Activists

- The Examen – The examination of conscience
- The Examen – The examination of consciousness
- Meditation
- Faith Imagination
- Body Prayer



Spiritual Practice of Sabbath-Keeping

We cease our work so that God may do God's work in us.

John Calvin

By separating and hallowing one day in seven, God invites us to **play**, to **rejoice**, to **worship**, to **sing**, to **love**, to **gather at The Table** and our tables, to **pray** and to **rest**.



The Spiritual Practice of Saying No & Saying Yes

- We say “no” in order to make room for saying “yes.”
- We say “no” to all the crowds God out, and “yes” to that which creates space for God.
- What are the motivations behind our yesses and no’s?
- Discerning what is in our basket to carry



Opening Ourselves to Joy & Beauty

Pay attention to what brings
you joy and where you see
beauty every day!



Recommended Reading in no particular order of importance

Soul Feast by Marjorie Thompson

Sabbath by Wayne Muller

A New Harmony by John Phillip Newell

Praying with the Earth by John Phillip Newell

Reforesting Faith by Matthew Sleeth, MD

Inhabiting Eden by Patricia K. Tull

Materiality as Resistance by Walter

Brueggemann

An Altar in the World by Barbara Brown Taylor

Earth Prayers from Around the World edited

by Elizabeth Roberts and Elias Amidon

The Blue Sapphire of the Mind by Douglas

Christie

Practicing Our Faith edited by Dorothy C. Bass

Earth Gospel by Sam Hamilton Poore

