



## SPIRITUAL RHYTHMS from *The Garden*

March 2020

### LIGHT A CANDLE

In order to stay aware of the Holy Spirit, light a candle and invite the Holy Spirit into your midst. Allow the movement of the flame to remind you that the Holy Spirit is moving and active in the room. When you get distracted, let the light help you refocus on the Spirit.

### EXAMEN

**1. Pray.** Ask "Holy Spirit please guide me."

**2. Review your day in thanksgiving.** Think about your day. For what moment today am I most grateful? For what moment today I am least grateful? When during the day did you have the deepest sense of connection with God, with others and with yourself. Consider when you had the least sense of connection today.

**3. Take note of how you are feeling.** Notice different emotions that pop up through the course of the review of your day. Don't judge what feelings surface, good or bad. Hold things you notice loosely. Take a moment and ask God...."what was that about?"

**4. Thoughtfully consider what you are feeling.** Choose 1-2 of the emotions you sensed and hold them before God and listen. Am I nervous about something? Am I overwhelmed? Am I anxious about something? Ask "God what do you want to say to me? Stop and listen. God is always speaking. Create space to listen and journal your thoughts.

**5. Look forward to the future in hope.** Ask "What did I learn from today that can help me walk with God tomorrow?" Take a moment to journal or make a mental note of any observations you have.

### FINGER LABYRINTH

**1. Remember** (before you begin) — Count your blessings. All that we have, all that we are is a gift, a blessing from God.

**2. Releasing** (moving towards center) — Invite the Holy Spirit to open your heart and mind, think of letting go of worries and emptying or shedding of things that feel like they are weighing you down.

**3. Receiving.** (at center) — Having released or emptied, there is spaciousness within to receive from God. Receiving guidance, interior silence, a creative idea, a sense of peace are just a few experiences you may find at the center of your walk. It is different for everyone. You can sit, stand, and stay in the center as long as you want.

**4. Resolving** (moving away from center) — There are many aspects to resolution...resolve to take a next step in your life or come to a resolution about something bothering you. Rejuvenation often occurs or a feeling of renewing begins. On your way out, reclaim the responsibilities you set down on your way in, but you may have new strength to carry them. Often a feeling of strengthening and integration occurs. Consider leaving the center in gratitude or praise.



**THE GARDEN at ADVENT**