

Naturalist

Things to try...

- Take a walk in nature, canoe, ski, run, sit outside.
- Read passages in Scripture that describe nature.
- Look through pictures of places in nature that you have visited. Journal your memories about how you felt and what you thought of what you saw.
- Read books by other christian Naturalists: St. Francis, Dr. Pamela Reeve, John Muir.
- Watch nature videos and documentaries.
- Try Imaginative Prayer (a practice from Ignatian spirituality) where you pray as you read a passage and image yourself in the story. What do you see? How do you feel? Best for stories from the Gospels: Jesus in the Storm, Jesus Cooking Breakfast, Jesus in the Garden of Gethsemane, etc.

Other resources...

“The Boy and the Ocean” by Max Lucado

<https://www.youtube.com/watch?v=xv9LIvVq6T4>

Video of John Muir's writings “John Muir: The Wild Gospel of Nature”

<https://www.youtube.com/watch?v=Ygw1cmEYIHg>

Guided Imaginative Prayer (Ignatian Contemplation) of Psalm 23

https://www.youtube.com/watch?v=_YlgiATwwbs

Scriptures to ponder...

Psalms 29, 23, 84

Mark 6:31-32

Isaiah 41:17-19

John 4:35

Sensate

Things to try...

- Imaginative Prayer, Coloring with Prayer, Soul Collage
- Pray in different postures: stand, sit, kneel, head lowered, head raised to the sky.
- Light a candle or incense while spending time with God.
- Go to a museum or virtual museum.
- Use a “pocket piece”...an object as a symbol to remind you to pray. For example, a nail to remind you of Jesus' sacrifice, a smooth stone to feel when you are worried and need to pray.
- Visio Divina ("sacred seeing")...an ancient form of Christian prayer in which we allow our hearts and imaginations to enter into a sacred image, in silence, to see what God might have to say to us.

Other resources...

Soul Collage instructions

<https://beingbenedictine.com/how-to-soulcollage/>

Coloring with Prayer

<https://prayingincolor.com/>

A guided visio divina of the artwork, “Morning in the Great Mountains” by Casper David Friedrich

<https://www.pathwaystogod.org/resources/morning-great-mountains-casper-david-friedrich>

Scriptures to ponder...

Revelation 8:24

Deuteronomy 6:5

Ezra 1:1-3; 1:26,27; 3:12,13; 43:3

Psalm 45:1

Malachi 1:11

Luke 7:36-38

Revelation 1:10,13-17

Revelation 4

Taste: Psalm 34:8; I Peter 2:3

Touch: I Samuel 10:26; Matthew 14:36; Luke 5:12-13; 24:39

Look: Luke 24:39; John 1:36; 4:35; 19:37; Revelation 5:6; I Samuel 16:7

Hear: Deuteronomy 30:20; Psalms 96, 147, 140, 150; Isaiah 3:9;

John 10:27; James 1:19

Smell: Psalm 141:2; 2 Corinthians 2:16; Ephesians 5:2

Speak: Psalms 34:1; 119:171; Isaiah 6:15

Traditionalist

Things to try...

- Liturgy (which means “work of the people”) is the official prayers, ceremonies and rituals from traditional churches.
- Practice of reading prayers in “The Book of Common Prayer” or “Seeking God's Face”.
- Visit an older church building or view an online tour of cathedrals around the world.
- Sacrifices like fasting and Lent.
- Listen to worship music from history: hymns, Celtic, Black Spirituals, etc.
- Listen to “traditional” music from whatever Christian faith you connect with.
- Read books about historical Christian leaders and their prayers.

Other resources...

The Book of Common Prayer: If you need help understanding how to use this for the Daily Offices (times of prayer)

<https://www.youtube.com/watch?v=WR-O07pjIRE>

Aubrey Assad singing tradition hymn “Abide With Me”

[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=84YASWe3_2Q&list=RD84YASWe3_2Q&start_radio=1&t=14)

[v=84YASWe3_2Q&list=RD84YASWe3_2Q&start_radio=1&t=14](https://www.youtube.com/watch?v=84YASWe3_2Q&list=RD84YASWe3_2Q&start_radio=1&t=14)

DEM singing Black Spiritual “Hold On”

[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=TfvLZjofEXA&list=RDTfvLZjofEXA&index=1)

[v=TfvLZjofEXA&list=RDTfvLZjofEXA&index=1](https://www.youtube.com/watch?v=TfvLZjofEXA&list=RDTfvLZjofEXA&index=1)

Scriptures to ponder...

Genesis 12:7,8

Leviticus 10:8-11

Joshua 1:8

Ezra 8:32, 35

Jeremiah 7:4-7

Matthew 23:27

Acts 3:1; 10; 16:13; 21:26

Colossians 2:16-17

Exodus 25:40; 40:12-15

Numbers 15:37-40; 21:4-9

2 Kings 18:4

Nehemiah 8:3

Amos 5:21-24

Luke 4:16

Romans 3:25; 8:3

I Timothy 4:1-5

Ascetics

Things to try...

- Silence...try to remove internal sound; remove all forms of media for a set time.
- Solitude...be alone, go for a walk, pray, journal. Remove yourself from others.
- Simplicity...eat simple meals like soup and bread or fast completely. Choose simple clothing. Enjoy simple pleasures that don't require money.
- Night Watch...the monastic practice of waiting and watching for the sun to rise. Sitting in silent prayer as the sky transitions from darkness to light. Read and meditate on Scripture that talks about light and waiting.
- Spiritual Pilgrimages...physical journeys or treks to visit sacred spaces. The most well-known pilgrimage is the Camino de Santiago in Spain that is 500 miles through the Pyrenees Mountains, shown in the movie "The Way".

Other resources...

Monastic Practice of the Night Watch: a Monk describing his experience
<https://monksmusings.com/2017/07/07/monastic-practices-watching/>

Here is a post about one woman's participation in a Jesuit led 13.5 mile pilgrimage through Manhattan.

<https://catholicmoraltheology.com/pilgrimage-of-new-york-exploring-my-city-my-church/>

Scriptures to ponder...

Numbers 6

Daniel 9:3

Zechariah 7:1-10

Mark 1:35; 6:30-32; 14:32-36

Matthew 4:1; 6:5-6, 16-17; 14:13, 22-23; 26:36-39

Isaiah 64:6

Joel 1:13-14; 2:12

Luke 22:39-46

John 17

Activist

Things to try...

- Prayer walks in your community, including justice prayer walks.
- Praying through the newspaper.
- Read the Prophets in the Old Testament and Lamentations.
- Use written lament prayers as a guide to prayer.
- Read books or listen to Christian activist writers and speakers: Soong-Chan Rah, Walter Brueggeman, Michael Emerson, Dominique Gilliard, Lisa Sharon Harper, Dr. John Perkins.
- Attend protests and community meetings.
- Listen to and sing worship that speaks of justice and lament.

Other resources...

Inwood Prayer Walk <http://everydaycc.com/wp-content/uploads/2020/10/Justice-Prayer-Walk.pdf>

Soong-Chan Rah's talk on Prophetic Lament: A Call for Justice, Love, and Humility <https://www.youtube.com/watch?v=2P0WHPWwiR4>

Walter Brueggeman and Kyong-Jin Lee's call to neighborly love. <https://www.youtube.com/watch?v=0IrihqY7qTQ>

Dr. Michael Emerson's talk on American Inequality: An American Apartheid? <https://www.youtube.com/watch?v=oAaLbLEwEC>

Dominique DuBois Gilliard's talk on Mass Incarceration https://www.youtube.com/watch?v=U8fHT1WaA_s

Lisa Sharon Harper's talk on Shalom is the “Very Good” in the Gospel <https://www.youtube.com/watch?v=6yqsHViZUI>

“Redemption”: a documentary about pastor and civil rights leader Dr. John Perkins https://www.youtube.com/watch?v=scRpgoR_qyo

Listen to various, diverse worship artists collaborative new albums about justice and lament. <https://www.theportersgate.com/>

Scriptures to ponder...

Psalms 7, 10, 68
Ezekiel 33:1-20

Proverbs 24:11-12

Caregiver

Things to try...

- Mentor a student: <https://www.vivauptown.org/pathways-mentoring>
- Assist a prison ministry.
- Make meals for neighbors, new moms, etc.
- Send cards with words of encouragement.
- Call and talk to an elderly person in your family or community.
- Practice hospitality.
- Read Bible stories that talk about mercy and acts of service: Jesus Washing Disciples Feet, Woman Anointing Jesus' Feet, the book of James.
- Read books by Caregivers:
 - Mother Theresa...Where There Is Love, There Is God
 - Pope Francis...The Name of God Is Mercy
 - Henri Nouwen...Can You Drink The Cup
 - Susanne West...Soul Care for Caregivers

Other resources...

Quotes by Mother Teresa

“Not all of us can do great things. But we can do small things with great love.”

“Little Things With Great Love” worship song by Porter's Gate

<https://www.youtube.com/watch?v=pm5VQAxdMrc&list=RDpm5VQAxdMrc&index=1>

Quote by Saint Teresa

“Yours are the hands through which he blesses all the world. Yours are the hands, yours are the feet, yours are the eyes, you are his body. Christ has no body now on earth but yours.”

“Christ Has No Body” by Josh Garrells

<https://www.youtube.com/watch?v=w7ymxW3rndk&list=RDpm5VQAxdMrc&index=16>

Scriptures to ponder...

Esther. 2:11; 4:1; 4:13-14; 8:7-8

Luke 10:25-37

Philippians 2:4

James 1:27

Matthew 25:35-36

Ezekiel 16:49

I John 3:14,17

Hebrews 6:10

I Peter 4:9-10

Enthusiast

Things to try...

- Use a gratitude journal.
- Host celebratory meals and parties.
- Attend or host celebratory worship services.
- Listen to worship music that praises God for his strength, provision and love.
- Track your dreams and prayers.
- Share personal stories with others about how God has shown up in your life.
- Listen to preachers/speakers who have “enthusiastic” styles: Gail Song Bantum, Miles McPherson, Albert Tate.

Other resources...

Preachers to Watch:

Albert Tate - <https://madeforfellowship.com/sermons/>

Miles McPherson - <https://milesmcpherson.com/>

Gail Song Bantum - <http://seattlequest.org/messages/>

Spotify Worship Playlist

<https://open.spotify.com/playlist/3ILDR8BcmSsbVPhKSk0pj9?si=2pG8GYgcRc-YRjbiQk4skg&nd=1>

Worship Youtube Playlist of Spanish/English Songs

https://www.youtube.com/playlist?list=PLbF3MqBFeV7aZK0bu-zZBX4eXXWGRf7Jn&jct=FRNkheV38n226NhaxMnz8qluA1LM_g

Scriptures to ponder...

I Chronicles 13:8; 15:16; 16

Luke 19:37-40

Ephesians 5:18- 19

I Corinthians 14:40

II Chronicles 29:26

Acts 16:25

Acts 3:7

Acts 8:9-24

Contemplative

Things to try...

- Breath prayer
- Lectio divina
- Daily Examen
- Prayer of Indifference...“Lord, help me be indifferent to anything but your will”
- Centering prayer
- Silence
- Read Contemplatives: Thomas Merton, Richard Rohr, Christine Sine, Phileena Heurertz, Barbara A. Holmes (Joy Unspeakable: Contemplative Practices of the Black Church).

Other resources...

Centering Prayer

<https://www.youtube.com/watch?v=brwjIipNSug>

The Examen

<https://www.ignatianspirituality.com/ignatian-prayer/the-examen/>

Breath Prayer

<https://www.soulshepherding.org/breath-prayers/>

Lectio Divina Instructions

<http://everydaycc.com/wp-content/uploads/2021/02/Lectio-Divina-instructions.pdf>

Scriptures to ponder...

Psalm 63; 116; 73

Isaiah 41; 49; 59; 61

Matthew 26: 6-13

John 14-17

Song of Songs

Jeremiah 2:2

Luke 10:38-42

Intellects

Things to try...

- Read through the Chronological Bible.
- Read Scripture passages in multiple translation and versions, especially if you are bilingual.
- Work on memorizing Scripture.
- Bibleproject.com – Videos, podcasts and bible studies on word studies, themes and books of the Bible.
- Study apologetics...the study of defending Christian teachings and traditions.
- Read books by Biblical scholars: CS Lewis, NT Wright, Walter Brueggeman, Peter Enns, Scot McKnight, Eugene Peterson, Justo L.Gonzalez, Carolyn Curtis James.

Other resources...

Scot McKnight speaks on “Friendships of Paul”

<https://www.youtube.com/watch?v=AGicuEHxnmA&list=PLNSZmGK9vPsuna03epZmcWGaKxoXGxldu&index=14>

Peter Enns interviews NT Wright on his book, “After You Believe”

https://www.youtube.com/watch?v=vRA_t954tqA

Justo L. Gonzalez, interview on Making Christian History Come Alive

<https://www.youtube.com/watch?v=QHdu4-LStCs>

Carolyn Curtis James talk on her book, “The Gospel of Ruth”

<https://www.youtube.com/watch?v=fNjeJP1n5D4>

Peter Enns' YouTube channel

<https://www.youtube.com/channel/UCrLeEfeGaJakbVMj8e6NKWQ>

Scriptures to ponder...

Deuteronomy 33:10

Psalms 49

Matthew 22:37

I Timothy 1:3-7; 6:4,5

Titus 3:9-11

I Kings 4:29-34

Proverbs 1:5-7; 2:3-4; 4:7

I Corinthians 13: 2-3

II Timothy 2:23-25

Luke 2: 46-47, 52