

# 5 WAYS TO NOURISH YOUR FAITH

1

## Try a different form of prayer.

Expand your experiences of the many ways you can connect with God and deepen your relationship. Some ideas that you can easily Google for “how to” include:

- a. Praying with Nature (Franciscan)
- b. Praying with Scripture: Lectio Divina or Ignatian Contemplation (Ignatian)
- c. Praying with Tradition and Devotion: The Rosary, the Act of Contrition, the Prayer of St. Francis, St. Patrick’s Breastplate, a novena, the Stations of the Cross
- d. Praying Contemplatively: Meditation, using a mantra (a repeated word or phrase of faith), “Give up. Lay down before God and cry out” (The Cloud of Unknowing), using a labyrinth
- e. Praying with Ritual: A blessing prayer using holy water; using candles and flame, prayer stones, venerating the cross, creating a prayer table or space and using those items to help you pray
- f. Praying with Art: Use iconography or artwork based on faith
- g. Praying through the Sacraments: daily Mass, Reconciliation, Anointing of the Sick (when appropriate), participating at a Baptism and reflecting on how you live out your Baptismal call, recalling your Confirmation and the gifts of the Spirit that have and continue to support and empower you in your life.



2

### **Do some spiritual reading**

Pick up a book about faith or join, or form, a spiritual reading book club.

3

### **Participate in faith sharing**

Many parishes offer different types of small group faith sharing programs, especially during the liturgical seasons, or gather a group to share faith for a designated timeframe, using an appropriate aid. And, if you can't gather, Zoom!

4

### **Commit to making a spiritual retreat, whether at a local retreat center, one that is away, or online.**

5

### **Participate in your parish!**

Get involved in the liturgical ministries, serve on a committee, offer to help at the parish fair or supper, become a catechist or help with Vacation Bible School, participate in a parish mission or adult faith formation offerings, offer to reach out to other parishioners during social distancing with a phone call or gather a group over a video call once-a-week—consider your own gifts/talents/skills and plug in or share your idea of something new with the parish staff!

### **BONUS STEP: Intentionally accompany another in their faith journey.**

Mentor a young person or accompany another family. Invite, invite, invite to engage others in their faith and within the faith community.



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