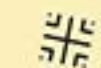


Reconnect with God

One way to reconnect with God is by walking or tracing a labyrinth, which is an ancient form of prayer. A labyrinth is a path, not a maze. You cannot get lost in a labyrinth. Draw your own finger labyrinth or use the one provided.



Draw Your Own Labyrinth:



Start Here



Connect



Keep Connecting



Completed!



Almost There

Rejoice!

On your own or with others, create a psalm of praise using your senses. Listen to your body as you choose the things that bring you joy, inspire awe, or remind you of God's goodness.



Name 5 things you can see.



Name 4 things you can feel or touch.



Name 3 things you can hear.



Name 2 things you can smell.



Name 1 thing you can taste.

Imagine God's Reign

Close your eyes for a minute and consider God's reign using the questions to guide you. When you open your eyes, imagine your vision in the picture frame and describe what you envisioned with others.



HONOR SABBATH

Sabbath Sampler: Try different ways to practice Sabbath.

Rest in God's Promises

Breath prayers come in many forms. Follow the steps for this type of breath prayer using Scripture as a focus.

Step 1: Choose a prayer.

Nothing can separate me / from the love of God in Christ Jesus.

I will be your God / you will be my people.

The Lord is my shepherd / I shall not want.

I can do all things / through Christ who strengthens me.

Be still and know / that I am God.

My help comes from the Lord / the maker of heaven and earth.



Step 2: Inhale and take a deep breath in, silently repeating the first part of the prayer.



Step 3: Hold your breath for three seconds.



Step 4: Exhale and let your breath out slowly, silently repeating the second part of the prayer.



Step 5: Rest for at least three seconds.

Step 6: Repeat. Continue until the slow breathing feels natural and the words feel familiar.

Reconnect in Faith

Find a person close by, choose one of the questions or prompts, and share a quick update with each other.

