



*beauty
within*

spiritual practice guide

daily examen



1. enter God's presence: quiet down and think about how God was with you throughout the day
2. list out what happened today and how you felt throughout the day.
3. ask yourself: how was God present with me today? remind yourself that God is there for the joyful moments and the difficult moments
4. pray over your whole day and thank God for being with you and loving you through it all!



body prayer

God, you are above (reach toward the sky),
below (touch your toes),
inside (hands to heart),
and all around (big arm circles).
I worship you (reach toward the sky),
and I love you (hands to heart)
with all that I am (big arm circles).

Breath prayer

A decorative illustration in the top right corner featuring a green palm frond with long, slender leaves. Two thin, light-colored circular lines are overlaid on the frond, one forming a partial circle and the other a horizontal line.

choose two words or phrases to meditate on
inhale: say the first word of phrase
exhale: say the second word or phrase
repeat

example:

inhale - your grace

exhale - is enough for me



lectio divina

*engaging with God
through scripture*

choose a short text from the bible that you would like to read.

1. pause - take a deep breath and settle down
2. read - read or slowly listen to a short text. notice what words, images or phrases catch your attention
3. reflect - what is God saying to you through these words?
4. pray - talk to God about what you heard. what did they make you feel?

visio divina



*engaging with God through
images*

choose a piece of art you've made, a piece someone else has made, a photograph, a sculpture or an everyday object.

1. pause - ask God to speak to you through what you see
2. notice - notice what details, colors, or shapes catch your attention
3. reflect - look at the image with the curiosity God might see. ask what God might want you to see through the image
4. pray - talk to God about what you see. what feelings or memories come to your mind?



Terra Divina

*engaging with God
through nature*

1. nature - ask God to speak to you through his creation
2. observe - notice the world around you: what smells or sensations do you notice?
3. prayer - pray for what you have seen, touched, or heard. talk about how these things made you feel
4. presence - let go and enjoy being alive in the natural world