

April 50 Days of Spiritual Practices: Easter Themes

Week 1 Resurrection

4 What were signs of resurrection you saw today?

5 On your Monday walk, what are the signs of new life you see?

6 Send a card or note to someone who needs a little cheer

7 Get moving! Move more than you're used to

8 Take a nap (or rest quietly) to renew

9 Renew a friendship—by phone, email, or even Zoom!

10 Resurrect an old chore you've been avoiding

Week 2 Practicing Mindfulness

11 During worship, be attentive to your prayers

12 On your walk, be aware of Creation's wonder

13 Don't be baited by an argument (this includes television)

14 Get moving! Be attentive to your body movements

15 Be still and meditate for five minutes

16 Be mindful of your friends and family

17 As you go about your chores today, think about what you can get rid of

Week 3 Promise Amidst Chaos: Signs of Hope

18 What signs of hope did you witness during worship?

19 Push to move a bit more than you're used to today

20 What has made you angry recently? What can you do about it?

21 Get moving! Watch a video on chair yoga and join in

22 Reach out to someone in a spirit of reconciliation (IF IT'S SAFE)

23 Have a Pandemic social hour: in person, virtually, or by phone

24 Clean out the junk drawer—or a whole closet. Eliminate chaos!

Week 4 Community, Darkness, and Light

25 Appreciate your community of faith, and your part in it

26 As you walk, think about who lives in your neighborhood. Smile with your eyes!

27 Light a candle in memory of someone you've loved and lost

28 Observe today how light and dark interact (such as sunrise or sunset)

29 Who needs a respite? Can you bring them food or flowers?

30 Order food from a restaurant you've never patronized. Think about those who serve you

1 Thinking about your chores, how can you lighten your load?

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Week 5 Thinking About God's Love (I AM...)

2 During worship, *I AM* grateful? Bored? A child of God!

3 As I walk today, consider: *I AM* thankful for this body of mine.

4 Consider how you may have hurt another. *I AM*...

5 Get moving! *I AM* strong. How do you experience your strength?

6 *I AM* tired. How will you rest in God's love?

7 *I AM*... ?? How will you spread God's love today?

8 *I AM* blessed with stuff. How can my (good) stuff bless another?

Week 6 Abide

9 How does a Mothering God abide with you?

10 Abide in God's amazing creation by walking in a garden

11 Who or what is missing in your life?

12 Abide in God's peace as you breathe slowly and stretch deeply

13 Get comfortable and contemplate how God abides in you

14 FREE DAY! What will you do?

15 How can you make your home a symbolic temple to God?

Week 7 Prayer Practices

16 Recite the Jesus prayer: *"Jesus, remember me as you come into your kingdom"*

17 As you walk, be in attentive prayer

18 Pray for your enemies and those who hate you

19 Movement prayer: pray The Lord's Prayer with your whole body

20 As you breathe in say, *"Presence of God"* breathe out: *"abide in me"*

21 Sing your favorite hymn with gusto and joy!

22 Prayer of gratitude: you did it!

Day of Pentecost May 23

23 Don't forget to wear red to church!

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