



SUMMER SPIRITUALITY, PART II

The Rev. Jennifer King Daugherty
St. Stephen's Episcopal Church
August 11, 2024

Opening Prayer



O Thou, who art the Perfection
of Love, Harmony, and Beauty,
The Lord of heaven and earth,
Open our hearts,
that we may hear Thy voice,
which constantly comes from within.

Disclose to us Thy Divine Light,
which is hidden in our souls,
that we may know and
understand life better.

Amen.

~Hazrat Inayat Khan





A Way of Life

Meaning,
purpose,
connection

Seeks transformation,
movement to
authenticity



A Journey

Prayer and
practice

Study, reflection,
worship, life in
community



Found in Daily Life

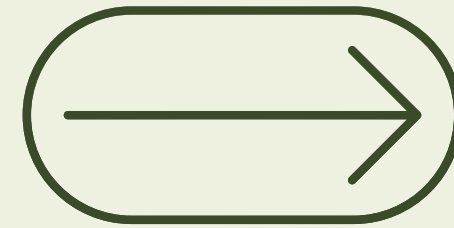
Work, relationships,
lifestyle, how we treat
others, our bodies and
creation

Recap: What is Spirituality?

...recovery of “imago dei”



The Spiritual Journey



Becoming conscious, waking up to the presence of the divine

Come home to truest self, which exists in God

Move toward cosmic "oneness"



Love God



Let Go



Love the World



Pay
Attention

Notice

Wonder

Gratitude

Walking
Meditation

Breathe

Walk

Listen

Prayer of
Lovingkindness

*May ___ be filled with
lovingkindness*

May ___ be well

May ___ be peaceful

And may ___ be happy

Sabbath

Intentional Rest

Stillness

Gratitude

Spiritual practices

Sharing

My soul longs
for
you, ☉ God

- *Which of the practices did you try?*
- *What did you notice?*
- *What feelings or thoughts came up?*

Christian Spiritualities

Common Journey

Way of
Discipline

Contemplative,
Mystical
Way

Way of
Practical
Action

Way of
Beauty

Prophetic
Way

Where do we go from here?

Noticing is a spiritual practice ...

- *When/how do you feel a sense of authenticity or your true self?*
- *When/how do you feel a sense of flow?*
- *When/where do you feel connection to others, the universe, the Holy?*

These are clues for how/where your spirit is growing,
you are open to God's presence ...



The background is a light green color with decorative elements. In the top corners, there are silhouettes of birds in flight. On the left and right sides, there are stylized green leaves and flowers. The title 'CLOSING PRAYER' is centered at the top in a large, dark green, serif font. The word 'CLOSING' has a small cross symbol inside the letter 'O'.

CLOSING PRAYER

**Most Merciful and Compassionate God,
give us Thy great Goodness,
Teach us Thy loving Forgiveness,
Raise us above the distinctions and differences
which divide us,
Send us the Peace of Thy Divine Spirit,
And unite us all in Thy Perfect Being.
Amen.**

~ Hazrat Inayat Khan

BIBLIOGRAPHY

Alexandra Kovats, *Contemporary Christian Spirituality*

Barbara Fiand, *Prayer and the Quest for Healing*

Bill Countryman, *Critical Faithfulness: Toward a Spirituality of Reading Scripture*

Olivier Clement, *The Roots of Christian Mysticism*

Philip Sheldrake, *Images of Holiness*

Philip Sheldrake, *The Spiritual Way*

The background features a light green color palette with decorative elements. At the top, there are silhouettes of birds in flight. On the left and right sides, there are stylized green flowers and leaves. The title 'PAYING ATTENTION' is centered at the top in a dark green, serif font, with a small cross symbol inside the letter 'O'.

PAYING ATTENTION+

Pay attention to the world around you and your body's experiences,

- Not a devoted time but just throughout the day
- Notice, express wonder and gratitude
- Name this as prayer -- it is glorious!
- Glory = the presence of God
- Could much of your daily noticing be seen as prayer?
- Prayer = the expression and source of spirituality

The background features a light green color palette with decorative elements. At the top, several birds are shown in flight, scattered across the width. On the left and right sides, there are stylized green flowers and leaves. At the bottom, there are decorative, swirling green lines. The title 'WALKING MEDITATION' is centered at the top in a dark green, serif font, with a small cross symbol inside the letter 'O'.

WALKING MEDITATION

·Embodied prayer

- Listen to your body. Begin standing still.
- Center your awareness on your breath. Breathe slowly, in, and then out. God's presence is in every breath.
- Walk, noticing your feet on the ground of Mother Earth all the way to the top of your head where your energy merges with the energy of the air, the Cosmos.
- Pay attention to your senses and the world around you.
- Unfocus your eyes. What sounds and smells do you notice?
- No need to analyze -- just notice, wonder, and be grateful!

The background is a light green color with decorative elements. At the top, there are two groups of birds in flight, one on the left and one on the right. At the bottom, there are stylized green leaves and vines. The title is centered at the top in a large, dark green, serif font.

PRAAYER OF LOVINGKINDNESS

This prayer is said multiple times for self, a good friend, an acquaintance, a difficult person, all beings

- May [I, another, all things] be filled with lovingkindness
- May [I, another, all things] be well
- May [I, another, all things] be peaceful
- And may [I, another, all things] be happy