

50 Days of Spiritual Renewal: An Easter Journey

(An Updated 2024 Edition)

Week 1: Resurrection

31

What were signs of resurrection you saw today?

1

Start or continue taking a daily walk or exercise outside. What are the signs of new life you see?

2

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

3

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

4

Take a nap (or rest quietly) to renew.

5

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

6

Resurrect an old chore you've been avoiding.

Week 2: Practicing Mindfulness

7

During worship, be attentive to your prayers.

8

During your walk or exercise outside, be aware of Creation's wonder.

9

Don't be baited into an argument (this includes television, social media, or in person).

10

Get moving! Be attentive to your body movements.

11

Be still and meditate for five minutes.

12

Be mindful of your friends and family.

13

As you go about your chores today, what are items you don't need?

Week 3: Promise Amidst Chaos: Signs of Hope

14

What signs of hope did you witness during worship?

15

Push to walk or move just a little bit more today than you're used to.

16

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

17

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

18

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

19

Do something social with others: in person, virtually, or by phone.

20

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

Week 4: Community, Darkness, and Light

21

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

22

On your walk or exercise, think about who lives in your neighborhood. Smile with your eyes or in your heart!

23

Remember someone you've loved and lost. Honor them by lighting a candle, looking at photos, or saying a thankful prayer.

24

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

25

Who needs some kindness? Can you bring them food or flowers or a kind word?

26

Try a new food or go to a new restaurant. Think gratefully for everyone involved in bringing that food to you.

27

Think about your chores, how can you lighten your load?

Week 5: Thinking About God's Love (I Am)

28

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

29

As you walk or exercise today, consider: I AM thankful for this body of mine.

30

Consider how you may have hurt another. I AM... learning from my past mistakes.

1

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

2

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

3

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

4

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

Week 6: Abiding in the Sacred

5

How does a Mothering God abide with you?

6

Abide in God's amazing creation by walking in or imagining you are in a garden.

7

Who or what is missing in your life? Invite God to abide in that space.

8

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

9

Get comfortable and contemplate how God abides in you.

10

FREE DAY! What will you do?

11

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

Week 7: Prayer Practices

12

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

13

As you walk or exercise, be attentive in prayer.

14

Pray for your enemies and those who hate you.

15

Movement prayer: Pray The Lord's Prayer with your whole body.

16

As you breathe in say, "Presence of God". Breathe out and say, "Abide in me".

17

Sing your favorite hymn or song with gusto and joy!

18

Prayer of gratitude: you did it!

Day of Pentecost (May 19)

19

Don't forget to wear red to church!

We gratefully acknowledge the original work of Rev. Leslie Latham, Rev. Dorothy Burton Pearman, and designer Monika Toney, who prepared the "50 Days of Spiritual Practice" for the Presbytery of Western New York and the Center for Christian Growth of Western New York.

This version has been adapted by the Faith Services program of Community Missions of Niagara Frontier, Inc. We have tried to make it more inclusive of differing circumstances and physical abilities, while maintaining the essence of the original. An inclusive, non-faith-specific version is also available. We appreciate the original creators for granting permission to adapt and distribute this content. As we share this updated guide, we hope to honor their commitment to fostering spiritual well-being in our communities.

