

50 Days of Spiritual Renewal: A Journey of Connection with the Divine and Each Other

(A New Interfaith Edition - 2024)

Week 1: Transformation and Renewal

31

What signs of transformation or new beginnings did you notice 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

Tackle a task you've been avoiding.

Week 2: Practicing Mindfulness

7

During a spiritual practice or gathering, be attentive to your prayers or intentions.

8

During your walk or exercise outside, be aware of the wonder of creation.

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 items you don't need?

Week 3: Promise Amidst Chaos: Signs of Hope

14

What signs of hope did you witness during a spiritual gathering or personal practice?

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 spiritual community, 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 Divine Love (I Am)

28

During a spiritual gathering or personal practice, I AM... grateful? Bored? A child of the Divine!

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 Divine Love?

3

I AM... ?? How will you spread Divine Love today?

4

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

Week 6: Abiding in the Sacred

5

How does the Divine abide within and around you? When? Where?

6

Experience the sacredness of nature by walking in or imagining you are in a garden.

7

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

8

Abide in sacred peace as you breathe slowly and stretch deeply.

9

Get comfortable and contemplate how the Divine abides with or in you.

10

FREE DAY! What will you do?

11

How can you make your home a symbolic space for abiding with the Divine?

Week 7: Spiritual Practices

12

Recite a sacred mantra or affirmation that is meaningful to you.

13

As you walk or exercise, be attentive in prayer or meditation.

14

Offer a prayer or intention for those who have wronged you.

15

Movement prayer: Pray or meditate with your whole body.

16

As you breathe in say, "Presence of the Divine". Breathe out and say, "Dwell in me".

17

Sing a favorite sacred song or chant with gusto and joy!

18

A prayer or moment of gratitude: you did it!

Day of Celebration (May 19)

19

Wear a color that represents joy and renewal to you!

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 new and alternate version (2024 Interfaith 50 Days) has been created by the Faith Services program of Community Missions of Niagara Frontier, Inc. We have tried to make it appealing and useful to an Interfaith audience, as well as inclusive of differing circumstances and physical abilities-- while maintaining the essence of the original. A updated Easter focused Chirstian version (20240 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.

