

RECOMMENDATIONS FOR SPIRITUAL GROUNDEDNESS

From Carrie Bare

Three steps to get started

1. Acknowledge the pain of our current situation. These days are rough.
2. Remember who you are. You belong to God and you bear God's image.
3. Find some space — however imperfect — in the day to be quiet and reflect. Work as hard to find this time as you do to make sure there is toilet paper and shampoo in the house.

Practical suggestions for grounding yourself

- Limit the input from the news and the world.
- Cultivate a shalom-focused way of thinking about the world.
 - What do I know from the teachings of Jesus that is true about this thing that is upsetting me?
 - Where would I like to see God's shalom break in here?
 - What is God's way of treating people?
- Take Scripture in bite-sized chunks. Psalm 1 is an easy place to begin.
- If you are stuck, try a prayer of helplessness: "God, nothing is happening here. You're going to have to come for me. I need help."
- Express gratitude. Write at least five gratitudes a day; on a bad day, write ten.
- The prayer of Teresa of Avila.

*Let nothing disturb you,
Let nothing frighten you,
All things are passing;
God never changes.
Patience obtains all things
Whoever has God lacks nothing;
God is enough.*

- Find a breath prayer that you can recite throughout the day. A few to consider:

<i>God is enough.</i>	<i>Please help me today.</i>
<i>With God, I lack nothing.</i>	<i>Please sustain me.</i>
<i>I know I'm loved.</i>	<i>Please calm me today.</i>

- Turning back to God again and again in the day is the way to live the spiritual life. Cultivate a habit of being attentive to the Holy Spirit's persistent knocking on the doorway of our being.
- Consider the prayer of examen. Think through your day. Where did you notice the presence of Jesus? Where did you miss seeing his presence? Notice what patterns you see in your life. [Here is an article](#) to get you started.