

Making It Stick

Don't Do It Alone

Text **Commit** to **970-00** to receive reminders, encouragement, tips and tricks by text message throughout the challenge.

Remember The Why

Remind yourself of the reasons you decided to say yes. Write your reason here: _____.

Start Small

Remember five minutes of prayer bead practice is better than no minutes.

Buddy Up

Ask a friend to be an accountability buddy. Text each other each day and ask how it's going? Pick the same day to fast so you can feel their solidarity.

Keep Track of Your Success

Circle fast days on the calendar and keep track of the days that you completed your practice:

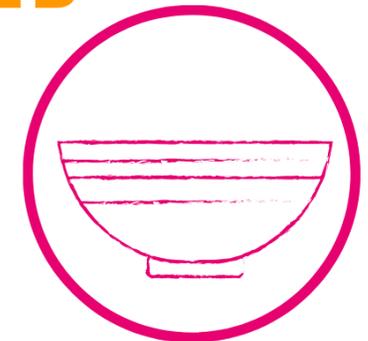
2019 NOVEMBER						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

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DISCIPLINED

practice guide



Freedom Takes Discipline

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3 Weekly Food or Tech Fast

Fasting is an ancient practice of abstaining from consumption, making more room within ourselves for what is most worthy and important. It's too easy to become filled up with food, or glued to our screens. Fasting brings a deeper awareness to our actions, thoughts and feelings. It reveals with clarity what controls us, what often is covered up or pushed to the side.

Because fasting involves deprivation, it is important to select a fast that is challenging but do-able. If any medical condition (physical or mental) would make fasting from food inadvisable, do not attempt.

Select a Fast:

Option One: Fast from Food

Connect back with your body with an intentional fast from food. One day each week, abstain from eating any food, drinking only water & tea.

Option Two: Fast from Technology

Get out of the internet vortex, unplug and connect back to what brings you real joy. For a period of 24 hours where you will refrain from using any technology with screens (smart-phones, computers, tablets and television).

Once you have selected a fast, pick the day of the week (or time during the day) to fast. Keep it the same each week. Don't forget to mark it on your calendar so you don't forget.

2 Table Blessing

Every time we eat, we are sustained by the abundance of our planet and the work of hundreds of people we never will know. Offering words of blessing before is a small but meaningful gesture to express our gratefulness — for the food, for the chance to share a meal with family and friends. Even when we are eating alone or on the go, pausing for a short blessing invites us to eat more intentionally.

Option One: Say this Blessing Aloud Before You Eat

For the Earth for providing us this food
For the Sun & Rain for helping it to grow
For the Wind and Birds for carrying its seed
We are grateful.
For the hands that grew and harvested the food
For the hands that prepared this meal
We are grateful.
May this meal bring us strength and health
That we may be a blessing to the world.

Option Two: Family Table Blessing and Ritual

1. Light a Chalice or Candle. Lighting a candle provides a warm glow. Lighting the chalice brings our faith into our daily lives.
2. Bless the food:

Earth, air, water, fire and space combine to make this meal.
Many beings gave their lives and many hands worked
so that we may eat.
May we be nourished, so we may nourish life.
3. Share joys, sorrows, gratitudes. Take turns sharing the highlights of our day. This gives us the chance to connect.
4. Blow out the flame and ask to be excused from the table. This defines the natural end to the meal and lets us practice good manners.

Introduction

Why are you reading this? You should probably quit while you're ahead. Within these pages is a challenge. No sugar coating it, it's a hard one and will take up your already-scarce time.

But the payoffs are huge: greater intentionality, awareness, patience and compassion.

And the best part is, if you commit, you won't be doing it alone. Our whole Foothills community is taking part.

So... what's the challenge?

For the next four weeks commit to:

- 1 A Daily Prayer Bead Practice
- 2 Pausing for a Table Blessing before each meal
- 3 A weekly fast from food or technology

Are you in? If so, keep reading. This guide will ...guide... you through each of the practices. And yes, you have to do all three!

Starting a new habit is never easy. Meaningful change inherently disrupts our life from just chugging along as usual. But it's worth it.

1 Daily Prayer Beads

Each bead offers an invitation. Follow the invitations of each of the beads. Then, embody this act by sliding the bead towards the heart charm, and move on to the next bead. Pick a consistent time of the day to complete your practice.

Preparation

As prayer is a journey into the heart, prepare your beads by sliding them to the side opposite the heart charm.

Red: Approaching the Threshold

Our first bead invites grounding into this time, and carving a space within yourself. Hold the bead between your fingers and breathe gently. Notice the sensations of your body and the environment around you. Set an intention.

Blue: Breath

Each blue bead is an invitation to pause, breathe and say (or sing) 2 or 3 times:

When I breathe in, I breathe in peace
When I breathe out, I breathe out love.

This phrase stays the same for all the blue beads, as there is power in repetition.

Green: Naming

The green bead invites the naming of the holy, and offering gratitude. Bring to your awareness moments from your day where you witnessed connection, joy, or love. Consider:

How has love, mystery, spirit revealed itself today?
When did I experience my heart opening wide today?
Have I been a good memory in anyone's life today?

Gold: Knowing

The gold bead invites us to give voice to the broken, wounded, worried places within. It is the chance to take a "fearless moral inventory." It calls on us to be authentic and acknowledge

places where we or others have fallen short, or where there is pain. Consider:

What / who weighs on my heart?
Have I honoured the inherent worth and dignity
in each person I encountered today?
Is there anyone, including myself, whom I need to forgive?

Purple: Listening

The purple bead invites us to listen. Prayer is like a conversation where we make room to listen as well as speak. Pause and invite time of silent reflection. Open yourself to receive wisdom from within, wisdom of your thoughts, sensations, or feelings.

Silver: Loving

The silver bead invites into our prayers the concerns we hold for family, friends, communities, our earth. It moves us outward into our lives, and beyond those concerns focused just on ourselves. Consider:

Who is in need of love, care and connection?
What hopes do I hold for the people I care about?
What do I feel called to do or be?
What do I yearn to change in Colorado?
Our Nation? Our World?

Heart: Closing

At the end of the practice, we arrive more connected to our heart. Take a few moments of breath in this space, before closing.

This practice is adapted from Rev. Erik Walker Wikstrum.

