

Journey from Easter to Pentecost with fifty days of spiritual practice.

Each week takes you through a different theme to deepen your faith. Do all the activities or pick and choose as your schedule allows. This is a "perpetual calendar" designed to be used every year.

Match up the weeks with your calendar and pencil them in!

Week 1: Exploring Faith Practices

Week 2: **Practicing Mindfulness**

Week 3: Conversation Starters Using "I Wonder" Statements

Week 4: Exploring Nature

Week 5: Thinking About God's Love

Week 6: Sharing God's Love

Week 7: Prayer Practices

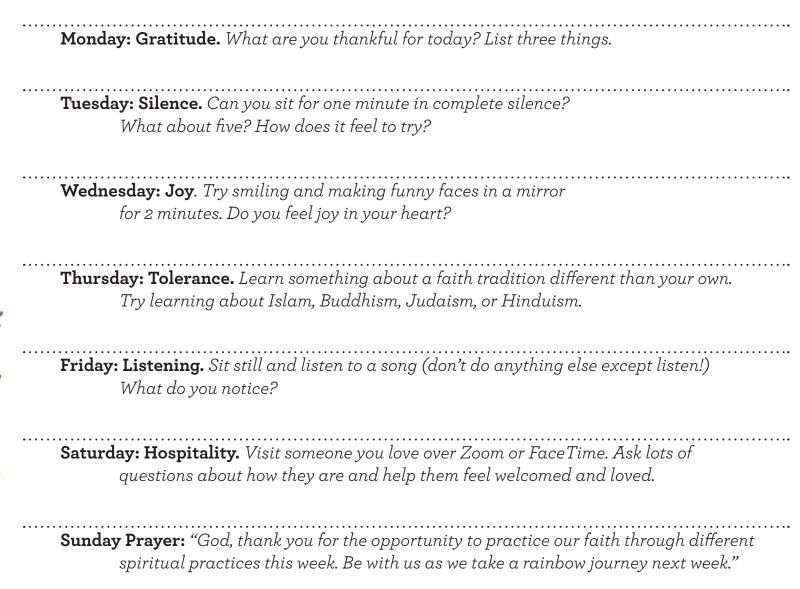
Starting Out: Easter Sunday

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Easter Sunday Prayer:

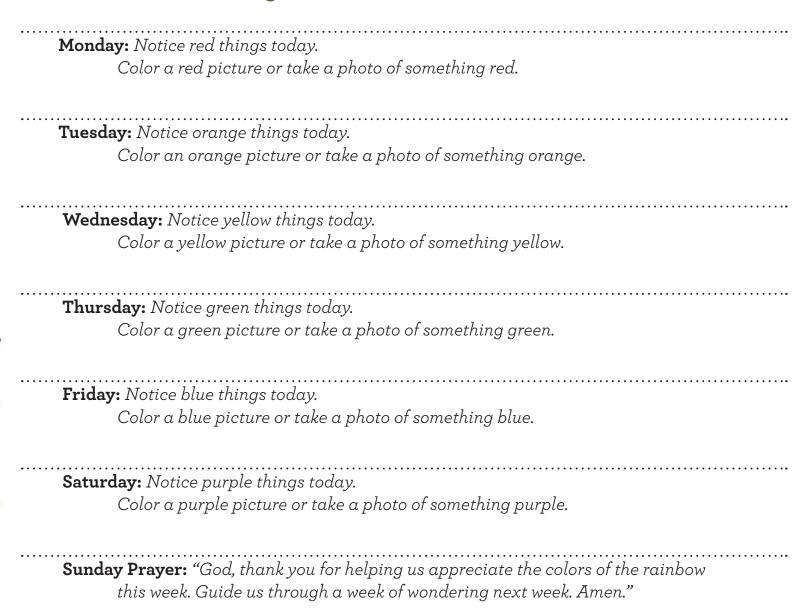
"God of new life, please be with us as we journey through this resurrection season. May we learn something new about you each week. Amen."

Week One: Exploring Faith Practices





Week Two: Practicing Mindfulness

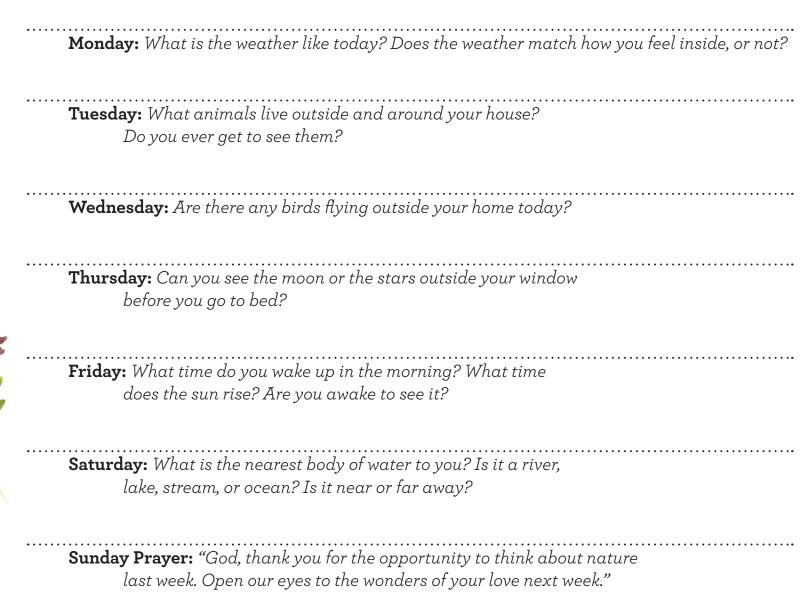




Week Three: Conversation Starters Using "I Wonder" Statements. Use the prompts to open up a conversation. Monday: I wonder what God looks like... **Tuesday:** I wonder what God's voice sounds like... **Wednesday:** I wonder how I can share God's love with others... **Thursday:** I wonder what Jesus was like when he was a child... **Friday:** I wonder how the Holy Spirit helps us to pray... Saturday: I wonder what it means to have faith... **Sunday Prayer:** "God, it is good to wonder! Thank you for the gift of

wonder. May we be inspired by your creation next week."

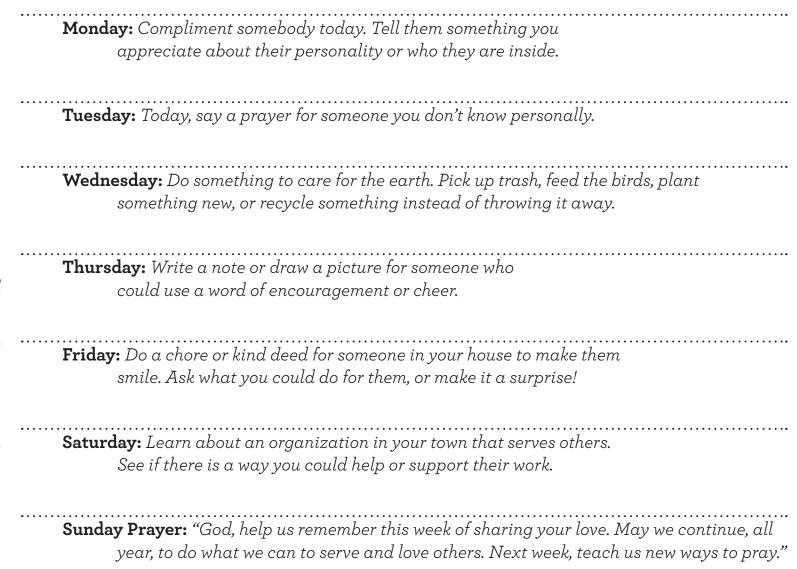
Week Four: Exploring Nature



Week Five: Thinking about God's Love

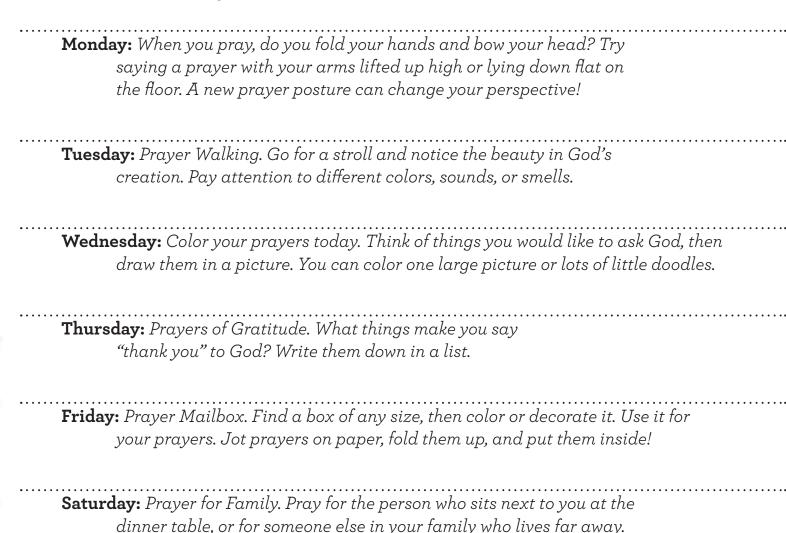


Week Six: Sharing God's Love





Week Seven: Prayer Practices



Ending: Pentecost

Pentecost Sunday Prayer:

"God, thank you for these past fifty days and for all of the things we have been able to learn and practice. May your Holy Spirit guide us today and every day."



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