



## Spiritual Practices

Let's identify some ways we can practice resurrection in our daily lives.

- Give your full [attention](#) to whatever you are doing, and you'll recognize the constant renewal of life all around you.
- Walk the path of [beauty](#) and notice the spiritual radiance in people, places, and growing things — more signs of rebirth.
- Leave the past to God's mercy. Leave the future to God's discretion. Living in the [present moment](#), the only time when God brings forth new life, is a way of affirming your belief in resurrection.
- Whenever you with [compassion](#) open your heart, mind, and soul to the pain of the world, you help bring suffering beings back into the land of the living.
- When you cultivate the art of making [connections](#), the walls of separation come crashing down and new life can spring up out of the rubble.
- When you regularly pray for others as part of your [devotional activities](#), you are practicing resurrection.
- [Enthusiasm](#) is the mark of a life-giver. When you can laugh and sing and relish life, you are practicing resurrection.
- [Faith](#) enables us to live with confidence amidst doubt and paradox. When you can trust in your relationship with God, all kinds of leaps and rebirths are possible.
- Every time you [forgive](#) someone, another resurrection is in the making.
- Every time you accept God's [grace](#) in your life and see it in the world around you, your own resurrection is in the making.
- Practice [gratitude](#) and you are slaying the death-dealing forces of boredom, despair, and taking-things-for-granted.
- Bring [hope](#) to someone in despair, bring healing to those in conflict, and you are contributing to the ongoing resurrection.
- When you can welcome guests and alien ideas with graciousness, you are participating in a new world of [hospitality](#).
- When you give full rein to your [imagination](#), you are opening the gates of creativity so resurrection can come in.
- When you add even a small portion of [joy](#) to the lives of those around you, you bring resurrection into your community.
- Your work for [justice](#), freedom, and equality sets the stage for resurrection. When you feed the hungry and stand up for the oppressed, you are a life-giver.

- Your little acts of [kindness](#) tenderize the world, add to the fund of good will, and set the table for resurrection.
- [Listen](#) to others, the universe, and your inner voice, and you'll be privy to resurrections when they happen.
- [Love](#) God, love your neighbor, and love your new life as marks of the resurrection.
- Find [meaning](#) in your experiences and speak the truth to power, and you help put death in its place.
- [Nurture](#) yourself — eat right, exercise, get plenty of rest — and you are helping God resurrect your body.
- When you stay [open](#) to all people and situations, you affirm your belief that all things can be made new.
- Every [peace](#) treaty that you sign with someone who is your enemy or opponent is a sign of resurrection.
- Sometimes you feel refreshed by the simplest things — laughter, games, [play](#). This, too, is resurrection.
- Other times it is the thrill of the [quest](#) that spurs you on to be all you were meant to be as a person reborn.
- When you practice [reverence](#) for life, you can't help but notice all the little resurrections going on all around you, the continual process of creation on Earth.
- Practicing resurrection also means having confidence that God can make something out of your selfishness, anger, greed, hatred, and any of your other [shadow](#) qualities.
- Find a place where you can regularly practice [silence](#); it will rejuvenate your soul.
- Spiritual [teachers](#) can point you on the path of resurrection, showing you texts and mentors to jump-start your journey.
- Welcome changes — big and small — in your experience and signal your receptivity to [transformation](#) and resurrection.
- Work together with those who are trying to make the world a more just and decent place. This [unity](#) practice is a mark of the resurrection.
- Pay attention to [visions](#) and visionaries as likely conduits of resurrection for yourself and your community.
- Every time you bring to life another's sense of [wonder](#) and affirm that you are all standing on holy ground, you practice resurrection.
- By respecting the [mystery](#) of God, human nature, and the natural world, you bear witness to the ineffable nature of renewal and rebirth.
- By giving voice to your [yearning](#), and acting upon your desire to feel the closeness of God, you invite resurrection into your life.

- By accepting [your identity](#) as a child of God and your mission as a copartner with the Holy One in the unfolding drama of the universe, you embody the resurrection principle.
- Practice resurrection with [zeal](#). Be aroused by life and cherish every moment as a gift from the One Who Renews us day by day.

### **Two More Examples of Resurrection Practice**

- Wendell Berry's poem [\*Manifesto: The Mad Farmer Liberation Front\*](#): "So, friends, every day do something that won't compute. Love the Lord. Love the world. . . . Be joyful though you have considered all the facts. . . . Practice resurrection."
- The Reverend Johnny Ray Youngblood's [sermon at the Saint Paul Community Baptist Church](#): "Every time I see a man put down his bottle, there's a resurrectin goin' on. Every time I see a man go back to school, there's a resurrection goin' on. . . ."