



CORACLE

Seven Days of "Space with God"

SPIRITUAL PRACTICES

Lectio Divina - Prayer of Examen - Visio Divina
The Jesus Prayer - Immersion Prayer
Listening Intercession - Practicing Sabbath

Seven Spiritual Practices

DAY 1

Lectio Divina

Kayla Allen -
Spiritual Director



Also called "Sacred Reading," this ancient practice offers a four-fold path towards a deeper encounter with the Scriptures.

DAY 2

Prayer of Examen

Ken Wettig - Pastor



This Ignatian practice helps us review our days in order to better appreciate God's presence with us throughout.

DAY 3

Petitionary Prayer

Bill Haley - Coracle
Executive Director



A simple reminder that we are instructed in scripture to ask God for our needs and trust him to provide.

DAY 4

Visio Divina

Mary Gardner -
Spiritual Director

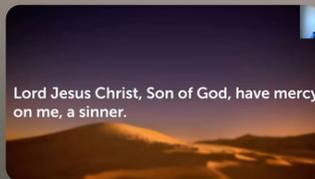


This exercise draws together visual art and Scripture to help us pray with our eyes as well as our hearts.

DAY 5

The Jesus Prayer

Rick Mastroianni -
Spiritual Director



This simple breath prayer can be used at any time to help remind your mind, soul, and body on what Jesus has done for each of us.

DAY 6

Listening. Intercession

Anne Grizzle -
Spiritual Direction



Instead of starting with how we believe we ought to pray for others, this practice helps us hear who God would have us pray for.

DAY 7

Practicing Sabbath

Bill Haley - Coracle
Executive Director



This guided meditation will help you enter into the riches of your day of rest.



*We exist to inspire and enable people to be the presence
of God in the brokenness of the world through
Spiritual Formation for Kingdom Action.*

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Seven Days of "Space with God"

*PRAYING WITH
THE ARTISTS*

Art - Music - Poetry - Pottery

Praying with the Artists

DAY 1

Visio Divina

Mary Gardner -
Spiritual Director



This exercise draws together visual art and Scripture to help us pray with our eyes as well as our hearts.

DAY 2

Joy Through Art

Christy Yates - Painter



A Space that invites us to experience the Christian "duty of delight" as we encounter a diverse selection of art.

DAY 3

Dream of the Rood

Drew Masterson -
Coracle Dir. of Comms
& Development



A journey through a powerful 8th Century English poem depicting the Crucifixion and Resurrection of Jesus.

DAY 4

Art Break

Jan Haugen - Art
History Expert



An experienced museum docent guides us through a gratitude exercise centered around the vibrant work of Alma Thomas.

DAY 5

The Eyes of the Heart

Ben Sammons -
Literature Professor



This reflection offers the chance to prayerfully consider a poem by Scott Cairns entitled, "Adventures in New Testament Greek: Nous."

DAY 6

Beauty in Brokenness

Sarah Kohrs - Dir.
Corhaven Graveyard

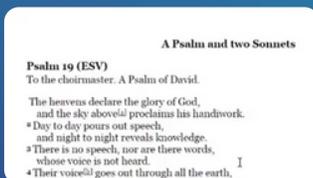


A reflection on finding God in the midst of life's pressures and brokenness, inspired by the practice of pottery.

DAY 7

Praying with the Poets

Rick Mastroianni -
Spiritual Director



A journey through a Psalm and two sonnets exalting the glory of God in creation and in the particulars of a human life.



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