



Fifty Days of Spiritual Practice

FROM EASTER TO PENTECOST

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

*Each week takes you through a
different theme to deepen your faith.*

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

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

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Monday: Gratitude. *What are you thankful for today? List three things.*

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Tuesday: Silence. *Can you sit for one minute in complete silence?
What about five? How does it feel to try?*

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Wednesday: Joy. *Try smiling and making funny faces in a mirror
for 2 minutes. Do you feel joy in your heart?*

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Thursday: Tolerance. *Learn something about a faith tradition different than your own.
Try learning about Islam, Buddhism, Judaism, or Hinduism.*

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Friday: Listening. *Sit still and listen to a song (don't do anything else except listen!)
What do you notice?*

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Saturday: Hospitality. *Visit someone you love over Zoom or FaceTime. Ask lots of
questions about how they are and help them feel welcomed and loved.*

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Sunday Prayer: *"God, thank you for the opportunity to practice our faith through different
spiritual practices this week. Be with us as we take a rainbow journey next week."*



Week Two: Practicing Mindfulness

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Monday: *Notice red things today.*

Color a red picture or take a photo of something red.

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Tuesday: *Notice orange things today.*

Color an orange picture or take a photo of something orange.

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Wednesday: *Notice yellow things today.*

Color a yellow picture or take a photo of something yellow.

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Thursday: *Notice green things today.*

Color a green picture or take a photo of something green.

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Friday: *Notice blue things today.*

Color a blue picture or take a photo of something blue.

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Saturday: *Notice purple things today.*

Color a purple picture or take a photo of something purple.

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Sunday Prayer: *“God, thank you for helping us appreciate the colors of the rainbow this week. Guide us through a week of wondering next week. Amen.”*



Week Three: Conversation Starters Using

“I Wonder” Statements. *Use the prompts to open up a conversation.*

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Monday: *I wonder what God looks like...*

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Tuesday: *I wonder what God’s voice sounds like...*

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Wednesday: *I wonder how I can share God’s love with others...*

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Thursday: *I wonder what Jesus was like when he was a child...*

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Friday: *I wonder how the Holy Spirit helps us to pray...*

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Saturday: *I wonder what it means to have faith...*

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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

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Monday: *What is the weather like today? Does the weather match how you feel inside, or not?*

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Tuesday: *What animals live outside and around your house?
Do you ever get to see them?*

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Wednesday: *Are there any birds flying outside your home today?*

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Thursday: *Can you see the moon or the stars outside your window
before you go to bed?*

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Friday: *What time do you wake up in the morning? What time
does the sun rise? Are you awake to see it?*

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Saturday: *What is the nearest body of water to you? Is it a river,
lake, stream, or ocean? Is it near or far away?*

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Sunday Prayer: *“God, thank you for the opportunity to think about nature
last week. Open our eyes to the wonders of your love next week.”*



Week Five: Thinking about God's Love

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Monday: *God's love does not depend on our behavior. We do our best to be kind and caring, knowing that God loves us even when we make mistakes.*

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Tuesday: *Sometimes we don't feel loved or loveable. Has there been a time when you felt that way? Remember God always loves us.*

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Wednesday: *We share God's love by serving those in need. How can you share God's love today?*

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Thursday: *First Corinthians chapter 13 talks about God's love. It says that love is patient and kind. What else does it say?*

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Friday: *The Bible says that God is love. God and love are the same thing. What do you think about that?*

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Saturday: *Is there anything that can separate us from God's love? The Bible says no. Do you agree?*

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Sunday Prayer: *"God, your love is all around us today and every day. Help us remember your love next week as we serve others each day."*



Week Six: Sharing God's Love

Monday: *Compliment somebody today. Tell them something you appreciate about their personality or who they are inside.*

Tuesday: *Today, say a prayer for someone you don't know personally.*

Wednesday: *Do something to care for the earth. Pick up trash, feed the birds, plant something new, or recycle something instead of throwing it away.*

Thursday: *Write a note or draw a picture for someone who could use a word of encouragement or cheer.*

Friday: *Do a chore or kind deed for someone in your house to make them smile. Ask what you could do for them, or make it a surprise!*

Saturday: *Learn about an organization in your town that serves others. See if there is a way you could help or support their work.*

Sunday Prayer: *"God, help us remember this week of sharing your love. May we continue, all year, to do what we can to serve and love others. Next week, teach us new ways to pray."*



Week Seven: Prayer Practices

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Monday: *When you pray, do you fold your hands and bow your head? Try saying a prayer with your arms lifted up high or lying down flat on the floor. A new prayer posture can change your perspective!*

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Tuesday: *Prayer Walking. Go for a stroll and notice the beauty in God's creation. Pay attention to different colors, sounds, or smells.*

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Wednesday: *Color your prayers today. Think of things you would like to ask God, then draw them in a picture. You can color one large picture or lots of little doodles.*

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Thursday: *Prayers of Gratitude. What things make you say "thank you" to God? Write them down in a list.*

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Friday: *Prayer Mailbox. Find a box of any size, then color or decorate it. Use it for your prayers. Jot prayers on paper, fold them up, and put them inside!*

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Saturday: *Prayer for Family. Pray for the person who sits next to you at the dinner table, or for someone else in your family who lives far away.*



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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