

Activity Ideas

Here are some more ideas for activities and contemplative practices to engage with during the course of this series. Meeting in small groups could be a wonderful way for participants to share their individual practices and inspire and encourage one another.

Contemplative Photography

[Book resources](#) — many good choices on Amazon
[Miksang contemplative photography](#)

Haiku/Poetry/Journaling

[Haiku Handbook](#)

Contemplative Silence

[Mindful Silence: The Heart of Christian Contemplation](#)

Contemplative Walking

[Afoot and Lighthearted: A Journal for Mindful Walking](#)

Lectio Divina

[Lectio Divina — The Sacred Art: Transforming Words & Images into Heart-Centered Prayer](#)

Visio Divina

[Visio Divina: A New Practice of Prayer for Healing and Hope](#)

Lectio and Visio Divina with Gospels

[Transformed by God's Word: Discovering the Power of Lectio and Visio Divina](#)