



SPIRITUAL PRACTICES

Resources and ideas for spiritual practices to help support spiritual health.



GENERAL RESOURCES: (CLICK TO VIEW)

- [Compiled Spiritual Practices Resources](#)
- [YMI Spiritual Practices Video Playlist](#)
- [Spiritual Practices in Youth Ministry](#)
- [Staying Grounded, Connected and Directed through Disruption](#), Dr. by Pam King
- [Congregational Resources in Response to COVID-19](#), at Andover Newton Seminary at Yale Divinity School
- [Free Resources for the Church During COVID-19](#), at network.crcna.org
- [The Paperless Hymnal Free Songs](#), at The Paperless Hymnal

MEDITATION: (CLICK TO VIEW)

- [Quest for the Spirit Meditation Curriculum](#)
- [YMI Meditation Video Playlist](#)
- [Meditation: A simple, fast way to reduce stress](#), at Mayo Clinic
- [Mindfulness meditation may ease anxiety, mental stress](#), by Julie Corliss
- [The Benefits of Mindfulness Meditation for Teens](#), by Julie K. Jones, Ph.D.
- [Guided Meditations](#), at Mindfulness for Teens

PRAYER: (CLICK TO VIEW)

- [YMI Prayer Video Playlist](#)
- [Spiritual Flight Night Curriculum](#)
- [A Prayer for Stress and Anxiety](#), by Rebecca Barlow Jordan
- [Breath Prayers for Anxious Times](#), by Sarah Bessey
- [Calmness Prayers](#), at xavier.edu
- [A Covenant Prayer in the Wesleyan Tradition](#)
- [Prayers for People Effected by the New Coronavirus](#), at World Vision
- [Prayers in view of the coronavirus pandemic](#), at World Council of Churches
- [Examen for Life During COVID-19](#), by Susan Haarman
- [A Prayer for Our Time](#), by the Rev. Dr. Frederick J. Streets
- [Our Present Help: A Prayer](#), by Deonie Duncan

SABBATH REST: (CLICK TO VIEW)

- [The Misfit Commandment Curriculum](#), by David Rahn and Ebonie Davis
- [Time for Joy: Gritty Sabbath Rest with Adolescents](#), by Dave Rahn and Ebonie Davis
- [Finding a Grit Fit Curriculum](#), by David Rahn and Ebonie Davis
- [Fit for Time and Joy With God](#), by David Rahn and Ebonie Davis
- [YMI Sabbath Rest Video Playlist](#)
- [Voices: Practicing Sabbath During Difficult Times](#), by Matt Homeyer
- [From disorientation to reorientation: Turning forced isolation into Sabbath experiences](#), by Julia Wallace
- [Pastoring in Pandemic: Distress that Drives Us Closer \(Pt. 1\)](#), by Paul Kuzma

WORSHIP: (CLICK TO VIEW)

- [Adolescent Joy and Christian Worship](#), by Frederick Edie
- [Cultivating Youthful Worship](#)
- [YMI Worship Video Playlist](#)
- [Cultivating Worshipful Youth](#)



- [Created for Joyful Worship Curriculum](#)
- [Youth Worship Curriculum](#)
- [Creating Online Worship Services](#), by Angela Gorrell
- [9 Key Tips for Planning an Online Worship Service](#), at network.crcna.org
- [QuaranTeen: Worshipping with Teenagers Online](#), by Eric L. Mathis
- [Church at Home](#), at Cokesburykids
- [Digital Worship May Create America's Next Spiritual Awakening](#), by Greg Laurie