

Rituals to Cultivate Resilience and Hope

Light a candle in front of TV while watching the news.

Open the blinds every morning with the prayer, "Thank you God for Your light."

For Catholics, make the sign of the cross as you get out of bed in the morning.

Set the time on your phone for the same time every day and allow for silence.

Water your plants as a reminder of new life.

Write an issue on a piece of paper. Rip it up into little pieces.

Every time you pass a garbage can, visualize throwing away negative thoughts.

Decorate a mason jar and write "God collects our tears" on it. Put prayers inside.

Light a candle and pray for a person hurting you. Blow out the candle as you pray to let go.

Go to church and stand in front of the altar. Visualize placing your issue at the altar.

Go on a walk with a few rocks. Throw one out each time you are ready to let go of an issue.

Make the Choice to take time each day to make a list of all the Blessings in your life.

Light the Christ Candle: in the Christian tradition of gathering to pray in Christ's Presence.

Listen and meditate on Scripture passages related to hope. Use the Lectio model. (3 times)

Bless yourself with Holy Water and renewing your commitment to Christ.

Say the Jesus Prayer on a regular basis, "Jesus, Son of the Living God, have mercy on me".

Bless another person and members of your family.

