

Tips for Developing a Regular Spiritual Practice

Adapted from *Four Doors to Meeting for Worship* by William Taber

1. Choose a simple and regular spiritual practice that is recommended by some authority you trust, and with which you feel comfortable. Persist in it, even when you do not see immediate results.
2. Slow, out-loud reading of a portion of scripture or other inspirational writing helps focus the whole self. Spoken, out-loud prayer which comes from the heart can also bring such focus to your practice.
3. Cultivate your capacity to see the beauty that is already there, and to experience wonder. This can be in response to anything: nature, music, visual arts, sculpture, literature, machinery, the faces and graces of people, or the endless textures and wonders of our everyday environment. For many people an important practice is simply to cultivate these moments which are already there, and to relax and remember the Divine Mystery in the midst of it all.
4. Find at least one or more spiritual friends with whom you can talk about your spiritual journey and with whom you can worship informally. This can sometimes be more powerful than individual worship, and helps us learn to more easily recognize when we are really in the Stream and when we are not.

For more on worship and cultivating a spiritual practice, see the following, available through the FGC Bookstore:

- [*Four Doors to Meeting for Worship*](#) by William Taber. Pendle Hill Pamphlet #306
- [*Listening Spirituality*](#) by Patricia Loring

Adapted by Merry Stanford with permission from Pendle Hill from pages 8-10 in [Four Doors to Meeting for Worship](#) by William Taber. Pendle Hill Pamphlet #306

Connect

Connect with FGC:

- FGC has resources to support new and existing groups
- FGC can help a group connect with other local Quaker groups
- FGC can help you get listed on QuakerFinder.org to help others find you

FGC staff and volunteers are happy to talk with you about this, or any other issue, your meeting or worship group is facing. Please contact us by emailing us at friends@fgcquaker.org or phoning 215-561-1700.

This document was downloaded from the website of Friends General Conference. Explore the many resources and opportunities we offer for Quakers, Quaker meetings, and all interested individuals. Go to www.fgcquaker.org.

