

LENT 2022 | 40 Gestures Supporting Mindfulness & Presence

A simple invitation to notice a particular colour during the day can heighten our awareness of staying present to the day.

A simple gesture like eating slowly or giving a compliment can return our attention to the “now.”

After all, our life is lived moment to moment.

And there is a gift in each one.

March 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Follow 40 Gestures on the Prayer Bench Facebook Page. https://www.facebook.com/prayerbench</p>			<p>2 Notice the colour purple today.</p>	<p>3 Set an intention for Lent. What is your deepest desire?</p>	<p>4 Pause before eating. Give thanks.</p>	<p>5 Breathe in love. Breathe out compassion.</p>
<p>6 Create a Sabbath pause even for a moment.</p>	<p>7 Mantra for today: Divine Energy flows through me.</p>	<p>8 Slow down. Take a contemplative walk.</p>	<p>9 Look until you see something you haven't seen before.</p>	<p>10 Slowly drink a glass of water. What prayers arise?</p>	<p>11 Notice joyful laughter.</p>	<p>12 Make space. Less screen time today.</p>
<p>13 Create a Sabbath pause even for a moment.</p>	<p>14 Before answering a phone, pause & make yourself present.</p>	<p>15 I am grateful for the gift of ... notice during the day & make a list.</p>	<p>16 <i>"The world is filled with glory."</i> Ps. 72:19. Notice glory.</p>	<p>17 Use this day to hold the homeless ones in your awareness.</p>	<p>18 Feel your heartbeat; allow for awe and wonder all day.</p>	<p>19 Make time. Colour a picture today.</p>
<p>20 Create a Sabbath pause even for a moment.</p>	<p>21 Eat slowly. Give thanks.</p>	<p>22 Notice the colour green today.</p>	<p>23 Allow yourself to be drawn to a news story. Pray.</p>	<p>24 Find a way to give a gift of money today.</p>	<p>25 Slowly read a favourite Bible Story.</p>	<p>26 Soul Pause. Make a meal with local food.</p>
<p>27 Create a Sabbath pause even for a moment.</p>	<p>28 Slow down. Listen to music that is different for you.</p>	<p>29 Wash the dishes as a sensual experience.</p>	<p>30 Notice opportunities. Give someone a compliment.</p>	<p>31 Breathe in peace. Breathe out worry.</p>		

Prayer Bench

40 Gestures Supporting Mindfulness & Presence

April 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Close eyes & connect with the sensations in your body.	2 Light a candle during a meal today. Enjoy
3 Create a Sabbath pause even for a moment.	4 Notice openings. Choose to be generous today.	5 Notice light.	6 Sacred Reading. Slowly read a favourite Psalm today.	7 Practice letting go. Choose something to give away.	8 What makes your heart full right now?	9 Find something beautiful to say today.
10 Create a Sabbath pause even for a moment.	11 Take three, deep nourishing breaths. Repeat often.	12 Soul Pause. Use your body to make a prayer.	13 Pay attention to scents calling you to be present.	14 Wash your hands prayerfully.	15 Live today with awareness of suffering in the world	16 Practice waiting.
17 Shout Alleluia. Easter greetings and love to you.	18 Love lingers.					

The Sundays of Lent are “Little Easters” and aren’t part of the 40 days. On Sunday we make time to be present to the Holy in Sabbath rest.

Follow along on the [Prayer Bench Facebook Page](#) where I will post resources, quotes or pictures and where you can share your noticing, your prayers, and your poems or photos.