

**Day 16** **Monday, August 14, 2017**  
Visit the Silent Unity website (SilentUnity.org), search the affirmations and select one to hold during the day. Listen to one of the on-line audio meditations.

**Day 17** **Tuesday, August 15, 2017**  
Smile at a perfect stranger at least once during the day. Reflect on their response and ask yourself, "What did I learn about myself and others?"

**Day 18** **Wednesday, August 16, 2017**  
Walk a labyrinth (at Unity Fort Worth or elsewhere) and ask for guidance when you get to the center. After the labyrinth, find a quiet place to journal about the experience and any guidance you received.

**Day 19** **Thursday, August 17, 2017**  
Call Silent Unity for prayer for someone or yourself. (816-969-2000 or 800-669-7729) Download the free uPray app and use it to request prayer from Silent Unity.

**Day 20** **Friday, August 18, 2017**  
Take your daily practice outdoors. Meditate or pray outside today. Experience an open-eyed meditation - focusing on some aspect of nature. Experience a listening meditation - attending to the sounds of nature.

**Day 21** **Saturday, August 19, 2017**  
Review the Daily Practices Calendar and select one you would like to try every day for the next 21 days. Share your plan with someone you trust.

*Special thanks to the following for their input in creating this calendar: The Unity Church of Overland Park Prayer Chaplains and the Unity Institute Class of 2009.*

# Journey of Discovery

## 21-Day Calendar of Daily Spiritual Practices

A sabbatical is a great time to beef up your spiritual practice and try new things. This calendar will help you do just that. Each day has a suggested practice for you to try. We've also included an "amped-up" item to help you take the practice deeper. The items are merely suggestions - let Spirit guide you in making them your own. Switch them around, add, subtract, however you are led.  
*The key is - Just do it!*

### Additional Resources

**Silent Unity:** 816-969-2000 or 800-669-7729  
**Unity HQ Website:** [www.unity.org](http://www.unity.org)  
**Unity Fort Worth Prayer Chest**  
**Labyrinth at Unity Fort Worth**  
**Higher Shelf Bookstore**

Unity Fort Worth  
Rev. Patricia T. Bass, Acting Senior Minister  
5051 Trail Lake Drive  
Fort Worth, TX, 76133  
817-423-2965  
[www.unityfortworth.org](http://www.unityfortworth.org)

**Day 1** **Sunday, July 30, 2017**

Create a sacred space or altar in your home. Some things to consider: comfortable chair, candle, plant, picture, prayer, inspirational items. If you already have a sacred space, use today to re-design it and freshen it up.

**Day 2** **Monday, July 31, 2017**

Sit quietly, and focus on your breathing for 5 or more minutes. Think to yourself, “Breathing in. Breathing out.” If your mind wanders, return to the breath. Plan to take a break during your day and repeat this practice.

**Day 3** **Tuesday, August 1, 2017**

Read the Daily Word ([www.dailyword.com](http://www.dailyword.com)). Find the scripture in your bible (or online at [biblegateway.com](http://biblegateway.com)) and read the chapter from which it was taken.

**Day 4** **Wednesday, August 2, 2017**

Make a list of the people you wish to pray for and surround them in the Light. Carry the list with you and pray for the people at least three times during the day.

**Day 5** **Thursday, August 3, 2017**

Write down five things for which you are grateful. Write a note to someone expressing your gratitude to them.

**Day 6** **Friday, August 4, 2017**

Bring someone to mind who has blessed your life and hold them in prayer. Contact that person and tell them so.

**Day 7** **Saturday, August 5, 2017**

Make a list of goals you would like to manifest and hold them in prayer. Create a collage of the goals.

**Day 8** **Sunday, August 6, 2017**

Think of someone in your life with whom you are experiencing a challenge; write a loving prayer of support for this person. Put them on the prayer list at Unity Fort Worth by calling 817-423-2965 or place their name in the prayer chest located in the Sanctuary.

**Day 9** **Monday August 7, 2017**

Bring into your awareness a country experiencing conflict; hold that country and its people in your heart, seeing them blessed with love and peace. Light a virtual candle in honor of the country at [www.gratefulness.org](http://www.gratefulness.org).

**Day 10** **Tuesday, August 8, 2017**

Make today your “Random Acts of Kindness” day. Ask Spirit to guide you in doing surprise (and possibly anonymous) kindnesses throughout the day. At the end of the day, record the blessings you received from the experience. Ask yourself, what did you learn about yourself?

**Day 11** **Wednesday, August 9, 2017**

Before you get out of bed, contemplate your day, setting an intention for each event you anticipate. Make an “internal video” of your fantastic day ahead. At the end of the day, ask yourself, “Where did I feel God’s presence today?”

**Day 12** **Thursday, August 10, 2017**

Review a recent interaction that did not go very well; forgive yourself and then envision the situation working out beautifully. Pray for any people involved and surround them in Light and Love.

**Day 13** **Friday, August 11, 2017**

Take a silent blessing walk - walk (15-45 minutes) and inwardly bless everyone and everything you see. While you are on your walk, collect an item to add to your altar.

**Day 14** **Saturday, August 12, 2017**

Say grace before every meal and snack for one day.

**Day 15** **Sunday, August 13, 2017**

Ask a Prayer Chaplain to pray with you after service. Visit [www.unityfortworth.org/become-a-unity-prayer-chaplain](http://www.unityfortworth.org/become-a-unity-prayer-chaplain) to learn more about becoming a Prayer Chaplain.