

# CREATE A ROUTINE OF REVERENCE

THIS RPMS FORMULA IS ONE SIMPLE WAY TO CREATE SACRED SPACE AND SACRED TIME IN OUR LIVES.

**READ AND REFLECT** ON A FEW LINES THAT INSPIRE YOU.  
(SACRED MOMENTS WAS WRITTEN FOR THIS PURPOSE.)

**PRAY.** FOR SOME, THIS IS A CONVERSATION WITH GOD. IT CAN TAKE THE FORM OF A SIMPLE OFFER OF GRATITUDE FOR THE BLESSINGS YOU FIND IN EACH DAY. IT CAN BE A LONG, LOVING LOOK AT THE REAL IN YOUR LIFE. A PRAYER JOURNAL CAN BE A HELPFUL TOOL.

**MEDITATE.** PRAYER IS THE EXPRESSIVE PART OF A SACRED CONVERSATION. MEDITATION IS THE RECEPTIVE PART. THERE ARE MANY WAYS TO MEDITATE, FROM THE SIMPLE PRACTICE OF SILENCE, NOTICING YOUR BREATH, TO OPENING YOURSELF TO GUIDANCE. MANY WAYS TO MEDITATE ARE DESCRIBED IN A PACE OF GRACE.

**SERVE.** REFLECT ON WHO YOU CAN SERVE TODAY AND HOW YOU CAN USE YOUR DAILY ACTIVITIES TO BE OF SERVICE. GIVE WHOLEHEARTEDLY TO EACH ACTION. DO A KINDNESS. THE VIRTUES PICK IS OFTEN A PART OF THIS ROUTINE, SO THAT ONE CAN FOCUS ON THAT VIRTUE THROUGHOUT THE DAY.

JOURNALING THE PROCESS, FOR THOSE WHO ENJOY WRITING,  
IS A GOOD WAY TO RECORD THIS DAILY OPENING TO GRACE.

