

# Same Old, Same New

By Chip Borgstadt



It's wise to take time to reflect on the rituals of our lives. We can reconnect with the power of familiar faith rituals and practices when we step back and listen to them in fresh ways.

## For

Adult/Couple

## Season

Spring

## Needed

Hymnals, devotional books, prayer cards, prayer beads, or anything connected with a repeated faith ritual or practice (for example, a table grace, copy of the Lord's Prayer, or a rosary)



by [jpcalbot](#)

## Activity Plan

1. Say this prayer aloud to begin:

*God, thank you for the new things you are doing in our lives and for the comfort of familiar prayers and rituals. Help us to embrace our practices of faith with fresh hearts and minds. Amen.*

2. Together, look at the hymnals, devotional books, prayer cards, and other items related to your faith rituals or practices. Take time to name the people and occasions you associate with the beginnings of these rituals or practices.
3. Choose the rituals or practices that are most important to you. Tell how you would explain the purpose and meaning of each one to an adult who is from a different faith tradition. How would you explain it to a young child in your family?
4. Recall any words or actions you have memorized to use during these rituals or faith practices. Take turns restating any memorized or standard words in your own words. As you restate memorized words in your own words, listen carefully for new insights or new energies that this "old friend" brings to you now.
5. Encourage each person to tell which of the rituals or practices you've discussed might be a source of strength or comfort in the week ahead. Close with a prayer, asking the Spirit to deepen your faith through familiar words and actions.

