

A Sacred Primer  
The Essential Guide to  
Quiet Time and Prayer

Elizabeth Harper Neeld

*Three Parts of a Spiritual Practice*

For hundreds of years people have written and spoken about the three parts of a daily spiritual practice. There is, first, some kind of activity that announces, that demarcates this activity from what came before and represents coming to stillness. Perhaps this initial action of the spiritual practice is the reading of a sacred Scripture or an inspirational piece. Perhaps it is writing in a journal, listening to a song, drawing a picture. Perhaps it's a bell or a gong sounding, or a candle being lit. Perhaps it is the invocation of the sacred in some personal way.

Second, there is the period of stillness.

Third, some kind of ending: intercessory prayer, thanksgiving, the gathering of thoughts for application to the day ahead, some way of acknowledging the completion of this time has been devoted to centering one's being in the Eternal.