

A FREE PRINTABLE COMPANION

18 Practices from *Lanterns of Love*

One small practice from every chapter, gathered in one place, with room to write. Take what serves you, adapt it to your life, and let the rest wait.

JOSH NEWMASTER

START HERE

If you remember only one

The chapters offer many practices. If you remember only one, let it be this simple rhythm. It can take a few seconds or a whole morning.

A Daily Practice: Seeing God in All Things

1. Receive

- Pause. Take one easy breath and feel your feet on the ground.
- Notice one thing reaching you right now: a kindness, light, a voice, a gift you did not make.
- Let it be received before you analyze it. *God is here.*

2. Reflect

- Name what you feel in one word.
- Notice the story that wants to explain it. Ask: *Is this true? Is it still serving me? What else might be true?*
- Ask: *Where is God's love becoming visible here?*

3. Radiate

- Choose one small act of love for the person or moment in front of you: attention, honesty, kindness, or care.
- Offer it freely, without needing a particular response.

At day's end

- Where did I receive love today? Where did I forget? Where did love move through me?

When you forget

- You will. Notice, and begin again. The returning is the practice.

CHAPTER 1 · THE FLAME WITHIN

Hear the Sentence as a Sentence

Today

1. Notice the sentence that appears when you fail, are rejected, or disappoint someone (for example, “I am not enough”).
2. Write the sentence down exactly as it sounds inside you. Do not soften or argue with it.
3. Underneath, write the earliest moment you remember feeling that sentence was true. If nothing comes, that is fine.
4. Notice the difference between “this is who I am” and “this is something I learned to believe about myself.”
5. Then stop. Do not turn the discovery into another project.

MY NOTES

CHAPTER 2 · A WORLD OF GIFTS

Catch One Gift as It Arrives

Once a day for a week

1. Once each day, notice one gift as it arrives: birdsong, a warm first bite, a text, someone laughing nearby.
2. Pause long enough to receive it and feel it in your body. Remind yourself: “I did not make this happen alone.”
3. You do not need to produce gratitude. Let sadness or tiredness be there alongside the gift.
4. When the gift comes through a person, notice the urge to balance the account. Say thank you and let it remain a gift before you give back.
5. If someone has been loving you in a form you are only beginning to recognize, tell them specifically, while you still can.

MY NOTES

CHAPTER 3 · LIGHT AND HEAT

Offer One True Thing, and Leave It Free

For the next week

1. Notice what you tend to withhold: truth (if warmth comes easily) or warmth (if truth comes easily).
2. Choose one safe person and one small, unfinished conversation.
3. If you lean warm: name one thing you have been smoothing over, close to your own experience. Share a feeling, not an accusation (“I felt hurt when we stopped talking”).
4. If you lean truthful: check whether what you said was accurate, correct what needs correcting, apologize for sharpness, and listen to their side.
5. Leave room for an answer you did not choose. Notice the urge to over-explain, soften until it disappears, or go cold.
6. If you need time, name it (“Can we come back to it tonight?”) rather than letting silence carry the message.
7. Ask yourself, “What am I making their answer mean about me?”

MY NOTES

CHAPTER 4 · A LIFE SHAPED BY LOVE

Make Room for One Person

Sometime this week

1. Choose one person your attention would normally pass over: a cashier, a coworker, your child.
2. Notice when they become an obstacle in your mind, and pause long enough to see the human being.
3. Quietly ask, “What might this person’s day be like?” Do not invent an answer.
4. Offer a little undivided attention: put the phone down, let them finish, ask one genuine question and wait.
5. Respect their response. You are not responsible for making it profound.
6. Notice what makes stopping hard for you, and act anyway.
7. Afterward, ask, “What did I notice when I stopped?” Let a small change count.

MY NOTES

CHAPTER 5 · BEGIN WITH THE BODY

Become Present Before You Choose

For the next week

1. Learn your alarm: recall a manageable recent moment of fear, anger, shame, or defensiveness and write two or three body signals you remember.
2. Practice a pause while nothing is wrong: feet on the floor, easy breathing, a slightly slower exhale, attention on something you can see.
3. Bring it into one ordinary moment each day. When a signal appears, ask, “Where do I feel this in my body?”
4. If possible, wait before speaking or sending. You might say, “I want to think about that before I answer.”
5. Look again: What did the person actually say? What do I know, and what have I supplied?
6. Afterward, ask, “When did I notice the signal, and what became possible once I did?” Return to it tomorrow.

MY NOTES

CHAPTER 6 · THE LANGUAGE OF EMOTION

Say the One Word

For the next week

1. Once each day, when something reaches you, give the feeling one word: angry, afraid, sad, jealous, ashamed, lonely, hurt, or joyful, peaceful, grateful, excited.
2. Choose the word that fits, not the one you think you should feel. “Unsure” is a fine beginning.
3. Give it thirty seconds to a minute. Notice where it lives in your body without fixing, justifying, or dismissing it.
4. Ask: “What might this feeling be telling me?” and “What do love and truth ask of me now?”
5. Respond if needed (speak honestly, hold a boundary, apologize, ask for help, rest, thank someone), or simply let it be acknowledged.
6. Once this week, visit an open channel on purpose: a song, something living outside, or time with someone who helps you feel like yourself.
7. If the word is angry, sad, afraid, or ashamed, ask what it may be pointing to: a crossed boundary, something that mattered, something that feels threatened, or a verdict that is not true about your worth.

MY NOTES

CHAPTER 7 · THE STORIES WE BECOME

Test One Story

For the next week

1. Pick one familiar story (an identity or rule) in a relationship where it is fairly safe to try something different. Write it as you hear it.
2. Listen for “obviously,” “always,” “never,” and “of course.” When you hear one, write: What did I observe? What did I assume?
3. Choose one small action the story usually discourages: say “I don’t know,” name a preference, ask for help, or let a serious moment stand without a joke.
4. Before acting, write your prediction: What do I expect will happen?
5. While acting, notice your body and the sentence that comes with the discomfort. If safe, wait before returning to the old strategy.
6. Afterward, write: What did the story predict? What happened? What remains uncertain?
7. Ask three honest questions: “Is this story true? Is it still serving me, or the people I love? Is it causing harm, to me or to someone else?”

MY NOTES

CHAPTER 8 · LEARNING TO BE HERE

Catch It, Then Return

For the next week

1. Twice a day, pause about twenty seconds and ask, “Am I here?” Name where your attention went (“I am rehearsing”) and come back.
2. When you notice a shift (tight jaw, reaching for the phone), say kindly, “There it goes again.”
3. Take a few breaths, feel your feet, and separate what happened from what you are making of it.
4. Notice the sensation, feeling, and sentence, then ask, “What am I about to do because of this story?”
5. Choose one small action: ask for clarification, let them finish, ask for time, own a mistake, or hold a limit.
6. Later, ask: “What did I notice? Where did I place my attention? What did I choose?” Noticing afterward still counts; there is no timetable for catching it earlier.

MY NOTES

CHAPTER 9 · THE OPEN HAND

Practice an Open Hand

This week

1. Choose one outcome you care about but cannot fully control. Start with something manageable.
2. When your attention returns to it (checking, rehearsing), ask, “What am I holding right now?”
3. Remember the outcome is not a verdict on your worth. Notice how the grip feels in your body.
4. Ask what you hope it will give you, and “Have I made this the only way I can receive what I need?”
5. Listen for “have to” and lengthen the sentence: “Something in me believes...”
6. If you can, admit, “This may not happen the way I hope,” and notice what the grip is costing you today.
7. Write “My part” and “Beyond my control.” Do one action from your part, decide when to check again, and return to something here.

MY NOTES

CHAPTER 10 · SMALL, REPEATED THINGS

Choose One Small Return

For the next week

1. Pick one practice most likely to help you be present, honest, or open to love.
2. Keep it small enough for a tired day: five minutes of breath, a paragraph, one song, a short walk.
3. Attach it to something you already do (“After I make my morning coffee, I will sit for five minutes”).
4. Name what you hope it makes room for, without demanding a particular experience.
5. Decide ahead what to do when you miss: never two in a row. No make-up, no self-trial.
6. At week’s end, ask: Was this small enough to repeat? What did I notice? Adjust as needed.

MY NOTES

CHAPTER 11 · LEARNING TO PLAY AGAIN

Make Room for Enjoyment

This week; twenty minutes is enough to begin

1. Pick a small block of time and one enjoyable thing that does not need to achieve anything. Decide what work you will leave unfinished.
2. If nothing comes to mind, recall something that interested you before you worried about being good at it.
3. Keep it doable: put it on the calendar, gather what you need, and fit it to your money, energy, and time.
4. Arrive first: feel your feet, notice one breath, or put a hand on your chest and feel your heartbeat.
5. Take part with curiosity. Notice “I should be doing something useful” without arguing or obeying. Do not improve, document, or post it.
6. At the end, ask, “What would I like to return to?”

MY NOTES

CHAPTER 12 · LISTENING WITHIN

Listen Where You Hesitate

This week; ten to fifteen minutes

1. List specific areas on your mind, using names and particular decisions rather than broad categories.
2. Read the list slowly. Notice body responses: tightness, a breath change, an urge to skip, warmth, relief.
3. Choose one item with a noticeable but manageable response. Name what you notice and breathe before explaining.
4. Write brief answers: What am I feeling or wanting? What might I be protecting? What do I know, and what am I assuming?
5. Ask, “If I allowed my experience to matter, what belief about myself might I need to reconsider?”
6. Ask, “What does this need, and what is one small response I can offer?” (acknowledge, feel, share, or weigh a boundary).
7. Close by writing, “What I want to keep listening to is...”
8. Short version: when you hesitate, ask, “What am I feeling or wanting before I explain it away?”

MY NOTES

CHAPTER 13 · WHY THE SOOT RETURNS

Find Your Tell, Then Share It

This week; fifteen minutes plus an end-of-week review

1. Write one plain sentence each about three recent moments you wish you had handled differently.
2. Look for a repeated movement and ask, “What happened just before I did that?”
3. Write your tell concretely: “When this happens, I tend to do this.”
4. Choose a small response for when you notice it: one breath, a pause before the next message, or “Let me think about what would be useful.”
5. Optionally share the tell with a trusted person and agree on a reminder phrase, such as “Is this one of those moments?” When they use it, say, “Thank you. Give me a moment to check.”
6. At week’s end, ask: What did I catch? What did I do next? What would help me recognize it sooner?

MY NOTES

CHAPTER 14 · CLEARING THE GLASS

Practice in One Ordinary Moment

Once a day this week

1. Once a day, choose a manageable frustration: a changed plan, an irritating message, a misplaced item, or a conversation in which you notice yourself preparing a defense.
2. Keep three questions somewhere easy to find: “What is happening in me? What needs my attention? What is one loving step I can take now?”
3. Awareness: notice one sign that the reaction has started (a tight jaw, a hurried voice, the urge to reply immediately) and take a breath before following it.
4. Attention: name the feeling and consider what actually happened. Separate the information from what your mind has added. Ask what you know, what you need to find out, and whether useful action is possible now.
5. Action: choose one action suited to that need, or give the work a specific place for follow-through. Then return to the conversation, meal, or task you were in.
6. At day’s end, write: “When I noticed ___, I gave attention to ___ and chose ___.”
7. If you have already reacted, begin there: an apology or repair may be your next action. If you miss a day, practice again the next day.

MY NOTES

CHAPTER 15 · NO ORDINARY PEOPLE

Look Before You Know

This week

1. With a stranger: offer a brief greeting, natural eye contact, or an unhurried thank you a few times this week.
2. With someone familiar who frustrates you: write the first sentence that comes to mind about them, then separate the description (“He never listens”) from an observation (“He interrupted me twice in yesterday’s meeting”).
3. In your next conversation with them, ask one genuine question and listen until they finish. Look for one thing your file does not contain.
4. When someone absent is being judged, add something specific and true, or restore uncertainty: “I do not know what happened from their side.”
5. Use care: do not silence legitimate concerns about harm. Describe conduct precisely rather than with labels.
6. At week’s end, ask: What did I expect? What did I notice? What remains unknown?

MY NOTES

CHAPTER 16 · WHEN THE WORLD HURTS

One Honest No

This week

1. Before deciding, stay with the person or situation long enough to see what is actually happening. Sometimes love asks you to stay; sometimes it asks for an honest no.
2. Choose one ordinary request in a safe relationship that you have not already committed to.
3. Give yourself time: “Let me check what I can manage and get back to you this afternoon.”
4. Consider what yes would require. Ask, “What would this no protect, and is my own name included in the decision?”
5. Answer clearly and proportionately (“I can’t help with the move on Saturday”). Offer an alternative only if you freely want to.
6. Let them respond. You can say, “I understand that makes things harder, and I still can’t do it this week.”
7. Notice the urge to reverse the no. Reconsider only for a good reason, not to escape discomfort.
8. If a refusal brings intimidation or threats, you do not need to stay in the exchange. Seek distance and support.
9. At week’s end, write: What did I decline? What did the limit protect? What happened, compared with what I expected?

MY NOTES

CHAPTER 17 · GIVE YOUR LIGHT AWAY

Leave the Room Lighter

This week; one encounter, then repeat

1. Choose one ordinary, safe encounter with one person.
2. Beforehand, ask, “What might this person need, and what can I genuinely offer?” If unsure, ask them: “Would you like me to listen, or would it help to think through what to do?”
3. Make the intention concrete (for example, “During the drive, I will put my phone away and let my child finish speaking”).
4. When you start wanting something back, ask, “What was I offering, and what am I now asking this person to give me?”
5. When accountability is needed, be clear without humiliating: “The deadline slipped, and it affected the next stage of the work. What happened, and what do we need to do now?”
6. Afterward, reflect only on your part. Do not look for proof that you helped. Repeat tomorrow.

MY NOTES

CHAPTER 18 · BEGIN TODAY

Put One Thing in the Ground

Start today, return tomorrow

1. Choose one thing you recognized while reading, small enough for the capacity you have now.
2. Make it specific: “put my phone away during dinner and listen until the person speaking finishes,” not “be more present.”
3. Give it a place and time (“After lunch, I will ask for the help I have been avoiding”). Write it down if that helps.
4. Afterward, notice what you expected, what you experienced, and anything to appreciate, reconsider, or repair.
5. If you did not follow through, ask what made it hard and whether the step should be smaller or better supported.
6. Return the next day without making the action bigger to prove progress.

MY NOTES

KEEP GOING

The full story behind each practice

Every practice here comes from a chapter of *Lanterns of Love: Seeing God in All Things*, where you will find the stories and ideas that give it meaning. The companion journal gives you room to write through each one.

Get the Book on Amazon

Get the Companion Journal

Curious where to begin? Take the free Lantern Assessment at **joshnewmaster.com/assessment** and get a 7-day practice made for your results.