

# Being Spiritual



## Exercise: Being Spiritual - what could work for us...?

From the **Possibles** list, discuss which you think you could most implement, or encourage each other to engage in? Add any others you think of... Write what you plan do to (with Specifics!) in this column...

Possibles	For us? <i>Inc time in day /week (ie when?!)</i>
<p><b>1) As a Household:</b></p> <ul style="list-style-type: none"> <li>- Meals - Thanks / Grace (sung!?)</li> <li>- Favourite Festivals eg Christmas, Advent, Easter, Passover, Thanksgiving? Using others eg Burns or Celebrating Your Heritage / background?</li> <li>- Spiritual Culture of Household you want ? eg 'Naturally Spiritual' – need to pray? Worship? Art in House? Declarations, Personal Destiny time, bless others etc?</li> <li>- Prayer / Spiritual Place in Home?</li> <li>- Creating feedback space to process life eg 'Best bit, worst bit' ; review times 'up the mountain' +?</li> </ul> <p><b>2) On your Own:</b></p> <p>Encouraging, discussing &amp; helping each other to make space for:</p> <ul style="list-style-type: none"> <li>- regular personal prayer, worship &amp; study</li> <li>- retreat</li> <li>- conferences</li> <li>- visiting pilgrimage places or people</li> <li>- relational accountability / mentoring</li> <li>+?</li> </ul> <p><b>3) As a couple (if culture setters of home):</b></p> <p>Praying together? (<i>naturally spiritual?</i>)</p> <p>Shared challenges? eg Bible App verse of the day</p> <p>Reading separately &amp; then discussing together?</p> <p>Devotional Study time? Eg in bed?</p> <p>Prioritising a Mentor / Support couple?</p> <p>+?</p> <p><b>4) With Community?</b></p> <ul style="list-style-type: none"> <li>- Sunday Church you both own?</li> <li>- Small Group?</li> <li>- Other belonging or serving activity eg choir / soup run</li> <li>- Input / training place?</li> <li>+?</li> </ul> <p><b>5) With Kids?</b></p> <ul style="list-style-type: none"> <li>- Praying at night?</li> <li>- Prayer Songs</li> <li>- Study together eg over breakfast</li> <li>- 'Home-made Church'</li> <li>+?</li> </ul>	