



Wellbeing Podcast

S1E3: INVESTING IN THE SPIRITUAL

KEY QUESTIONS:

The following questions help you begin to explore what has shaped your spirit:

QUESTION 1

What is your image of God? Is it helpful or does it hinder you from desiring God? How did your faith tradition inform the image that has developed in you?

QUESTION 2

What has your journey of spiritual formation/development looked like over time? Want language for this? Read *Becoming Adult Becoming Christian* by Fowler.

QUESTION 3

What are your top 4 Sacred Pathways? Not sure? Try reading *Sacred Pathways* by Gary Thomas.

QUESTION 4

What are your favorite Spiritual Disciplines? Not sure? Try reading chapter 9 of *The Spirit of the Disciplines* by Dallas Willard or *The Sacred Way* by Tony Jones.

TRY THIS AT HOME:

Take the Sacred Pathways Self Report. It is linked right next to this podcast.

Once you complete the self-report perhaps pick up Thomas' book and see specific ways that would help you interconnect with God.



SUMMARY

When talking about the spiritual aspect of life and how it influences a soul's wellbeing, we are referencing the "non-physical" or that portion of life that has to do with the transcendent. Something is transcendent when it is beyond or above the range of normal or merely physical human experience. Something is transcendent when it is apart from or not subject to the limitations of the material universe.

In the Christian paradigm or worldview, God is clearly seen as transcendent. Our soul and its wellbeing is influenced by the spiritual reality of God and God's influence in human existence.

Some people have had experiences of spiritual realities which then forms and shapes not only their image of God but also shapes their soul.

How could the spiritual dimension of life influence a person's soul wellbeing?

First, research links BELIEF in the spiritual realm and in spiritual realities to physical healing. Our bodies are affected by belief in the "spiritual"

Second, ALIGNING one's life with God and God's mission in the world gives profound meaning and purpose for life.

Third, OPENING oneself to the spiritual realm and choosing to interconnect one's life with God is transformative for the soul.

HOW TO BEGIN

How could you begin to open yourself to the reality of God and become interconnected with God?

First, explore the image of God you have/hold? Is it helpful or does it hinder you from desiring to draw close to God?

Second, identify and engage your Sacred Pathways - the ways you naturally enjoy and encounter God.

Third, practice Spiritual Disciplines that open your spirit to God's formation and transformation.