

Session 1 Questions

Step 1

Write down everything you currently do (or hope to do) that nurtures your spirit and fills you with delight (e.g. people, places, activities).

We ask that you think more broadly beyond such activities as prayer, going to church, worship, and Bible reading. Your list may include gardening, walking the dog, being in nature, talking with close friends, cooking, painting, hobbies, or any number of other possibilities. List them all!

Step 2

Write down the activities you need to avoid, limit, or eliminate that pull you away from remaining anchored in Christ.

This refers to avoiding certain things that impact your spirit negatively such as violent movies, excessive social media involvement, commitments that take you beyond your limits.

Step 3

What are the challenging “have to’s” in the next 3-6 months of your life that will impact your rhythms?

(e.g. caring for aging parents, a special needs child, a demanding season at work, moving, health issues)