

Spiritual GPS Exercise

Get comfortable. Close your eyes and seek to be still and quiet – Relax your body. Now, take some deep breaths and as you exhale, release any anxiety or stress you feel. Let go of the worries of the day.

Step 1:

Begin with Prayer: “Give us the grace to know where we have been.”

- In the past 2-4 weeks, what has dominated your thoughts? What has kept your mind preoccupied? Where have you found your thoughts wandering to?

- In the past 2-4 weeks, what are the principle emotions you have felt?
(Note that many people name thoughts...encourage them to name feelings)

- In the past few weeks, what have you noticed in your body?

- When you are quiet, what do you find yourself longing for the most?
Write response.

Step 2: Hear what you just said...read over your answers three times slowly. As you do, notice what stands out to you.

Step 3: Write your observations.

Step 4: How does the Lord want to meet you **OR** What do you sense the Lord is inviting you to? Write that answer.