



## SENIOR NUGGETS - NOVEMBER 2015

### WAYS TO NURTURE YOUR SPIRITUAL LIFE

When you walk along life's highs and lows, one thing that helps you see through the challenges: A calm, centered spirit.

*VIBRANT LIFE* outlined unique ways to Nurture Your Spiritual Life:

- ~ Be a river, not a swamp - a swamp is stagnant and life-devouring. Don't be the kind of person who seeks to accumulate a lot before allowing a little to flow through
- ~ Identify Blessings - A method to try for one week. At each day's end, identify a blessing that came to you from a family member. Day two, a blessing from a friend. Third day, from a colleague. Fourth day, from a neighbor. Fifth day, from a stranger. Sixth day, from a child. On the seventh day, a blessing that came from an 'enemy'
- ~ Speak words of blessings: Get creative with your words, make them uplifting, encouraging, heartening and words that bless others. As you build on them, your own spirit gets stronger



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### **Ways To Nurture Spiritual Growth ...**

- ~ Nurture a shared prayer life
- ~ Take a step in faith
- ~ Help restore someone's faith
- ~ Be a grateful person
- ~ Share - Connect with someone seeking spiritual growth
- ~ Serve - look for ways to serve the community
- ~ Cultivate solitude: spend time away from crowds, noise
- ~ Fast and pray (Ezra 8:23)
- ~ Spread love - be a living expression to all, begin a home
- ~ Keep your priorities straight - know what's important
- ~ Aim for excellence - "whatever you do, do well Ecc 9:10
- ~ Be reliable - your actions show you can be trusted etc.
- ~ Seek a blessing- Ask God to guide you to help others
- ~ Exercise power of choice - a crisis brings out best or worse in each of us: **the choice is yours!**
- ~ Turn worries over to God "Cast your cares on the Lord..." Psalm 55:22

HAVE A BLESSED THANKSGIVING

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Happy Birthday to all having a November Birthday

