



# Spiritual Skill Building Exercises

TASK: Discuss the topic of Spiritual Skill Building Exercises

CONDITIONS: Given an environment that fosters learning, discuss the topic of spiritual skill building exercises

STANDARDS: Understand how spiritual skills development and spiritual discipline can help strengthen spiritual resilience

REFERENCE(S): AR 600-20; ADRP 6-22; “Boosting Resilience through Spirituality” brochure (USAPHC)



# Spiritual Skill Building Exercises

## Quotes from smart people on spirituality.

“A spiritual discipline is an intentionally directed action which places us in a position to receive from God the power to do what we cannot accomplish on our own....”

*-Richard Foster*

“Not everyone can have the same devotion. One exactly suits this person, another that. Different exercises, likewise, are suitable for different times, some for feast days and some again for weekdays. In time of temptation we need certain devotions. For days of rest and peace we need others. Some are suitable when we are sad, others when we are joyful in the Lord.”

*-Thomas à Kempis*



# Spiritual Skill Building Exercises

1. Spirituality can help you feel connected to something bigger than yourself and build resilience at the same time. Your spirituality can involve whatever beliefs and values give you a sense of purpose. For many, it may be a relationship with God and certain religious practices. For others, spirituality plays out in non-religious ways, such as through a focus on family or nature. However you express it, spirituality can promote healthy connections with others, healthy lifestyle choices and the strength to endure hard times. Whether expressed through prayer, meditation, or in other ways, being spiritually “fit” is important to building resilience. (“Boosting Resilience through Spirituality” brochure (USAPHC))

2. How do these aspects of life drain you?

- Work
- Relationships
- Family
- Home
- Illness
- Life changes



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3. Spiritual practices can help a person become re-vitalized/re-energized and gain new perspectives on life.

- Prayer and communicating with God
- Meditation in order to focus on God and his will
- Fasting in order to become sensitive to God's will
- Study through Holy Scripture in order to gain perspective on the reality of God
- Service and supportive action toward others
- Solitude in order to spend time with God
- Submission to God's will over your own
- Confession to God and others in a community of faith
- Guidance and direction on your spiritual journey
- Celebration and worship with a community of faith