



Spiritual Skill Building Exercises

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that's OK – but try to limit to one card for reference)

1. What aspects of life drains you? Discuss with Soldiers.

2. What spiritual practices can help a person become revitalized/re-energized and gain new perspectives on life?

- (prayer, meditation, fasting, Scripture study, service to others, solitude with God, submission to God's, confession to God and others in a community of faith, guidance on spiritual journey, celebration and worship)

3. How can a person develop these practices to become regular disciplines in a person's life? And what can become the resulting effects?

A. Recognize that 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.

B. Spirituality can help you feel connected to something bigger than yourself and build resilience at the same time.

C. Spirituality can promote healthy connections with others, healthy lifestyle choices and the strength to endure hard times.