

Spiritual Growth Exercise

February 2018

I Believe_____

Several years ago I took a class that required me to write a paper describing what I believed followed by an explanation of why? This assignment was valuable on many levels. It helped me understand more deeply my worldview and have a deeper appreciation for the worldview of others.

We can often answer the first part, what do I believe, easily. When we consider the second part it becomes a little more difficult to put into words the reasons why we believe what we believe. It should cause you to pause and really search beyond head knowledge to the wisdom of your heart.

During the month of February I invite you to ponder these questions and then take an additional step and spell out the answers on paper. It is good for us to review our beliefs across the lifespan as our spirit grows.

Questions to answer:

What do I believe?

Why?



