

Spiritual Growth Exercise

New Growth

It is time for spring cleaning and that often means a deeper look at our heart, too. What needs to be cleaned up in your heart space?

- o Anger
- o Resentment
- o Forgiveness (given or received)
- o Hopelessness
- o Ambiguity
- o Others heavy emotions

I believe all emotions are important, but only if they are expressed in a healthy manner. If not they can smother out your spirit and prevent personal growth. During the month of April take a minute each day to review your heart space and dust off any unwanted emotions so your spirit can find new growth.



Deep beneath the earth lies a seed awaiting new growth

Deep within my heart lies a seed awaiting new growth