

Spiritual Growth Exercise for July 2018

Put the Phone Away

The spirit longs for connection. Connections are made when we communicate with each other. Communication has three parts: words (7%), tone of voice (38%) and body language (55%). When we limit our communication to words only, as through text messages, we eliminate 2 important parts of communication. In fact, we eliminate 93% of our message.

During the month of July I suggest you put your phone away when you are in someone's presence. Pay attention to the tone of voice in your conversation. Notice the body language. Ask yourself, does the tone and body language match the words? If not, investigate. Explain that you are not sure you are hearing them correctly.

We are in a crisis in our world today. Many people feel alone, helpless, hopeless. If we do not connect with people on all three levels of communication we are likely to miss an opportunity to lift someone's spirit or to lift our own spirit.

Suggested practice:

1. Put your phone in a basket when you get home from work for at least 1 hour.
2. Leave your phone in the car when you are going out to dinner, a movie, or other event.
3. If you cannot be physically with a friend or family member call them instead of texting at least once a month so they can hear your voice and you theirs (at least you will be addressing 2 of the 3 areas of communication).
4. Check-in with your own spirit and have a conversation about your own connection.



