

Spiritual Growth Exercise for January 2019

Take the First Step

With the beginning of a New Year we often think about ways in which we can improve our physical health. We start new fitness programs, start watching what we eat and promise ourselves we will get more rest.

I challenge you to exercise your spirit by taking the first step toward a dream you have had for your future. With the guidance of your spirit make a strategic plan for attaining that dream. Let your spirit be fed by the enthusiasm that follows a decision to take the first step. Be aware of your physical response knowing that doing something new and exciting can also cause some nervousness.

Put your plan on paper. Pray for guidance. Seek your inner wisdom. Record your emotions. Celebrate taking the first step and see where it leads you!

