

Spiritual Growth Exercise for April 2019

Watching for New Growth

Are you watching for new growth? Those shoots of green pushing up through the cold hard ground representing hope for warmer days. Spring is an exciting time as we wait and watch for signs of the cold long days of winter subsiding.

The same thing can happen with your spirit. It can become cold, hardened from lack of interaction with others during the long winter months or during times of struggle. But, you can watch for signs of new growth as you increase your spiritual awareness. Looking deep within you can find increased compassion for those who struggle with life, an improved ability to extend forgiveness, and a willingness to put the needs of others before your own when you have experienced darkness in your life. These signs become the spiritual growth you are looking for to add warmth to your heart and be a symbol of hope in your life.

During the month of April be aware of the signs of new growth in nature and the signs of new growth within your spirit. Both offer hope beyond mere words.

