

SPIRITUAL HEALTH

Wholeness through integration of body, mind, and spirit means that a person is healthy in all aspects of personal self. Most people understand what it is to be healthy physically and many people now recognize the importance of mental health and its impact on physical health. *What does it mean to be spiritually healthy? What is the connection with physical, mental, emotional, and relational health? How do you know if you are healthy spiritually?*



Your spirit provides you with the revealing sense of who you are, why you are here, and what your purpose for living is. It is that innermost part of you that allows you to gain strength and hope for the journey which is your life. One way to determine your spiritual health is by taking a spiritual inventory. It is a tool to help recognize spiritual strengths and weaknesses and identify where to take the next steps on one's spiritual journey.

Included here is a brief version of a spiritual inventory. Take a moment to consider how you may relate to each question. Then look at your responses to identify where you are on the path of your life's journey in your relationship with yourself, others, and with God. It is important to think in terms of building on strengths rather than focusing on weaknesses.

Many versions of spiritual inventories can be found on the internet for a more extensive spiritual assessment. Here are some sites you may find helpful:

1. https://our.ptsem.edu/ics/Campus_Life/Counseling/Self-Assessment_Inventory.jnz
2. www.MaineSpiritus.com/spiritual_direction
3. www.Navigators.org/us/75/sit

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TAKING A SPIRITUAL INVENTORY

Respond to the following questions with:

A. Mostly true B. Somewhat true C. Not true

1. I sense the presence of God's spirit in me almost daily.
2. I have a clear sense of purpose in my life.
3. Frequently I spend time in solitude, reflecting on my life.
4. I think I know my spiritual gifts and I'm using them.
5. My charitable giving is planned rather than random.
6. I nurture my relationship with God daily, through a focused time of prayer, silence, meditation, devotional reading, journaling, singing/listening to music, or other spiritual discipline.
7. I feel healthy and whole as a person.
8. I am regularly involved in directly helping the poor and/or disadvantaged.
9. I am disciplined in how I manage credit cards and debt.
10. I claim or have reclaimed a strong sense of my personal identity and worth.
11. Today, I know of no relationship where I owe an apology.
12. I live authentically, revealing to others who I really am and what really matters to me.
13. I readily forgive when I have conflict with others.
14. I have a strong belief that all I have belongs to God and I am willingly to share God's blessings.
15. I take time to play, rest, and sometimes do nothing for a period of time, at least weekly.
16. I am addressing my particular, underlying faith issues.
17. I feel hopeful about life and the future.
18. I recognize that it is God's spirit that heals me and makes me whole.
19. I am grateful for the experiences of my life as growth steps in my journey.

The LORD will guide you continually, providing you water when you are dry and restoring your strength. You will be like a well-watered garden, like an ever-flowing spring.

Isaiah 58:11

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