



THE WALNUT WAY

Walnut Hills United Methodist Church

U - Unfolding Spirit Adults and Youth

GOAL – Give careful and intentional attention to your inner self.

THINGS TO REMEMBER

- Our spirits are like our bodies - they need nourishing, they need to be exercised, they need rest.
- We can become spiritually unhealthy, just as we can become physically and emotionally unhealthy.
- We don't have to go looking for God - God will come and find us if we allow ourselves to be opened.
- Spiritual health requires both worship with the community and time with God alone.

STEPS TOWARD THE GOAL

- Have a time each day when you can be alone even for a few minutes to pray.
- Keep a daily journal in which you record your thoughts and prayers.
- Begin to learn one of the many forms of meditation or other spiritual disciplines.
- Take a day-long or overnight retreat at a retreat center.
- Discuss with other family members ways that each person can slow down, and how family members can help each other to do that.
- Be part of a Walnut Way Journey Group. These will be established as we conclude the introduction of the Walnut Way.
- Read Galatians 5:22-23. Which of those 9 characteristics is your next goal?