

Spiritual Lives Of Women

Helping women to SLOW down
Celebrate their Spiritual Selves

For everything there is a season, and a time for every purpose under heaven. Ecclesiastes 3:1

Gathering Topics

Topic One: Introduction:

- a. Introduction and explanation of program
- b. Spiritual personality inventory
- c. Mary our motherly role model
 - Priest
 - Prophet
 - Queen

Topic Two: Exploring our spiritual strengths

- a. Understanding Each of Our Baptismal Calls and its role in Our Lives
- b. Understanding Our Spiritual Personality
- c. Understanding Our Children's Spiritual Development

Topic Three: Creating spiritual wisdom through Journaling and the benefits of each

- a. Dream
- b. Gratitude
- c. Prayer

Topic Four: Discovering God's call and discernment

- a. The five aspects of God's call.
- b. The types of calling
- c. The five steps and suggestions of discernment

Topic Five: Creating your spiritual place

- a. Creating a Spiritual Life that Works for You
- b. Spiritual personality revealed
- c. How Your Spiritual Personality Helps You Determine a Spiritual Practice that's Right for You

Topic Six: Building community within your family and with the world

- a. The power of community
- b. Personal mission, connected mission
- c. Each community building is unique
- d. Building the Kingdom of God

Topic Seven: Encouraging spiritual growth

- a. Living for Others Strengthens Us
 - Acts of Mercy
 - Acts of Hope
 - Acts of Faith
- b. Short Daily Spiritual Activities

Topic Eight: Keys to Discernment: The power of.....

- c. Our emotions
- d. Our words
- e. Our thoughts...to hear and understand God's call to us

Topic Nine Creating Strong Mothers

- a. You are What You Read
- b. You are What You Do
- c. You are What You See
- d. You are What You Say