

Soul Health Plan

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Plan: To articulate and activate *Rule's of Life*, and a variety of spiritual disciplines that will keep inviting me into a more robust awareness of the presence of Jesus – in addition to revealing in me those things that are keeping me from that robust awareness of His presence.

Spiritual Disciplines:

Weekly:

- Silence/Meditation – to partition off periods of time (30min - 1 hour) where half the time is devoted to Lectio Divina (Reading scripture, Talking to God about the reading, Listening to God about the reading, Responding to what I've read and heard), and the other half to Silence and/or Visio Divina.

Monthly:

- Fast – to not eat any solid food, drink only water, in lieu of breakfast and lunch.

Annually:

- Spend 2-3 consecutive days fasting solid food in silence and solitude.

Rules of Life:

Daily:

- I will wake each morning to the awareness that Jesus is with me. I will do this by setting my alarm to use a hymn, and follow that by praying segments of the praise Psalms such as Psalm 8, 139, 23, and 72.
- I will pray the Prayer of Examen at bedtime on a daily basis.
- I will establish and maintain the spiritual habit of recognizing each person as the “beloved of God.”