

## Soul Health Plan

*Steve Hall*

**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 devoted to absorbing God's goodness through nature.

*Monthly:*

- Fast – at least one day where I do not eat any solid food, drink only water, in lieu of breakfast and lunch in order to reflect on spiritual art.

*Annually:*

- Spend 1 day visiting the National Museum of Art in silence and solitude.

### **Rules of Life:**

*Daily:*

- I will wake each morning with the determination live a life without guile.\* I will do this by conditioning myself to remember everyday that there was no guile found in Nathanel, and I want none found in me.\*\*
- I will pray the Prayer of Examen at bedtime on a daily basis allowing the Holy Spirit to scrutinize my life for guile.
- I will establish and maintain a spiritual sensitivity to guile within me, and ruthlessly seek to eradicate it from my life.

\*Guile: insidious cunning in attaining a goal; crafty or artful deception; duplicity.

\*\*John 1:47 (KJV)