

Soul Health Plan - 2017

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Plan: To live with God in such a way that those lifelong personality traits that do not bless God and others, will be transformed into traits that do.

Spiritual Disciplines:

Daily:

- Set a few daily phone reminders to take every thought captive to the obedience of Christ.

Weekly:

- Practice random “*Soul Staring*” in order to see God everywhere.

Monthly:

- Fast – at least one day where I do not eat any solid food, drink only water, in lieu of breakfast and lunch so the hunger will remind me of the traits I want the Holy Spirit to transform.

Annually:

- Solitude – spend 1 day visiting the National Museum of Art in silence and solitude. Spend 1 day at the beach working hard to not work.

Rules of Life:

Daily:

- I will wake each morning with the determination to take every thought captive to the obedience of Christ, so that my negative personality traits may be transformed.
- I will physically touch my wife and family, as I breath a prayer for me to see them as you see them.

Often:

- I will pray the *Prayer of Examen* at bedtime allowing the Holy Spirit to scrutinize the work on my personality.
- I will establish a habit of “breath prayer” where I employ unencumbered breath to breathe prayers such as.
 - “Lord have mercy”
 - “Your kingdom come”
 - “Not my will but yours”
 - “I trust you with my life”
 - “You are my Shepherd...I have all I need”
 - “Your love endures forever”
 - “You are with me”