

At The Midpoint

Our framework:

- 1) **Spiritual resilience definition:** Spiritual resilience is the ability to maintain a sturdy positive spirit and a clear sense of purpose and meaning even in the face of suffering.
- 2) A positive spirit is characterized by **positive spiritual emotions** such as gratitude, hope, compassion, awe, serenity, joy, inspiration and love.
- 3) We can increase our experience of positive spiritual emotions by engaging in **spiritual practices** such as gratitude, blessing, music, surrender, service and one-liners

So far we have covered:

gratitude, hope and joy (spiritual emotions) and
gratitude, blessing and music (spiritual practices)

Checking in on where you are personally:

1) What is distressing you most at this time? It may be personal relationships, financial insecurity, political discord, job challenges, homeschooling children, physical illness..... You can just jot down a list or go into more depth.

2) What difficult emotions are you experiencing? Sadness? Anger? Frustration? Fatigue? Other?

3) Do you notice any difference before and after you use one of the spiritual practices we've tried so far? Not always, but sometimes?

4) Has this series prompted any new conversations for you with other people? What has been the impact of those conversations?

5) As you look ahead toward the next few weeks, are there any commitments you'd like to make? Any practices you think could be of special help? Any conversations that would benefit you or someone else?

6) If you're willing please share some of your thoughts via the comments section or the contact page. Thank you!