

WHO/WHAT IS GOD – EXERCISE:

Your beliefs are your own. It is not my place to tell you how you should relate to God, or even if you should believe that a God exists. But, I have found that believing in and communicating with a higher power has given me the serenity and confidence I have needed to live a successful life.

Here are some questions relating to your spiritual life for you to consider. Ask yourself:

Do I have dreams and goals in my life that are unfulfilled? Yes No

Could I use some outside help in my life? Yes No

Do I have conflicts with people that at times are difficult to resolve? Yes No

Would it hurt if I asked a higher power for guidance? Yes No

Could it help? Yes No

Who are three people I feel comfortable talking with about God?

How do you think that a higher power can help and support you in your life? Are you willing to talk with someone else about how you envision a higher power in your life? Try using the questions above to start a conversation with someone you are comfortable talking with.

WHO/WHAT IS GOD – FOLLOW-UP EXERCISE:

Use these activities if you want to strengthen your relationship with God as you understand him. Again, I'm not here to preach. If you're not comfortable with this topic, go to the next chapter.

1. If you are interested, join a discussion group or evening course at your place of worship.
2. Have an honest discussion about God with your spouse or a close friend. Don't let the fear of causing an argument stand in your way. Instead concentrate on understanding each other's point of view and broadening your views.
3. Start and end each day by having a personal discussion with God as you understand him. Begin the talk by giving thanks for all of the good things in your life. That will open up your mind and spirit. Then talk to him about what is on your mind.