

Spiritual Growth Exercise for September

The Only Constant in Life is Change

The month of September is known for its changes, changes in temperature, changes in the color of leaves, changes in schedules. There is a lot of change that occurs in September. Change can be difficult for many people partly because we rarely get a chance to practice a change before it happens. We are often immersed in change before we even realize it. Sudden or unexpected changes can cause us to feel overwhelmed, weak, and weary. They can dampen our spirit.

During the month of September why not work your spiritual muscle by practicing change? Even accepting the smallest changes can prepare your spirit for facing bigger changes.

Here are some ideas:

- ❖ Change one activity in your morning routine (location of an activity or type of activity...)
- ❖ Take a different route to work
- ❖ Select a dinner entrée for lunch or a lunch entrée for dinner
- ❖ If plans fall through rather than fret about them rethink the freedom you gain in your schedule
- ❖ Your ideas!



By practicing little changes you will strengthen your spirit
to adjust more easily to major changes.

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