

Your Spiritual Compass

Using images, symbols, or words please draw/write your answers to the following questions on the compass image on the back of this page.

NORTH: The North Star represents your guiding light, stabilizing force, spiritual values, etc.

- What images of God nurture and sustain you?
- What practices or spiritual disciplines bring you into the Presence of God?
- What new spiritual disciplines or practices have been piquing your interest lately?
- Who are your spiritual friends and mentors and why?

SOUTH: The direction of sunny exposure; marked by lively energy, imagination, and spontaneity.

- What do you long to do or be?
- How do you make time and space in your life for divine inspiration?
- How do you want to serve others?
- Where do you feel your creative energy wanting to be expressed?

EAST: The direction of the rising sun; of beginnings and potential.

- What new energy or movement is starting to emerge in you or your life?
- What are you being divinely encouraged to take hold of or embrace?
- What do you need to change in your beliefs, practices, or habits to move into something new?
- What part of you or your life needs healing so that you're free to move into something new?

WEST: The direction of the setting sun; of endings and letting go.

- What beliefs, attitudes, practices, or habits no longer work for your life?
- Who or what are you being divinely encouraged to take let go of or release?
- What chapter(s) in your life story is/are preparing to come to a close?
- What part/s of your life need/s deep healing?

CENTER: Draw an image of what would your unconditional "yes" to God in your whole person: physically, mentally, and spiritually would look like.

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