

The Way of Jesus John 14:6

Securely Attached to the Father
Guided by the Holy Spirit

The Connected Life

SPIRITUAL HEALTH

I am deeply & lovingly
connected with God.



My number today: _____



MENTAL HEALTH

I am deeply & lovingly
connected to myself.

My number today: _____

RELATIONAL HEALTH

I am deeply & lovingly
connected with others.



My number today: _____



PHYSICAL HEALTH

I am deeply & lovingly
connected in myself.

My number today: _____



PRAY

Holy Spirit, thank you that You
care deeply about all of me.
Help me identify my next step
in the way of Jesus.

AMEN

My Next Step

SPIRITUAL **MENTAL**
RELATIONAL **PHYSICAL**

Next step ideas:

SPIRITUAL Lectio 365 app (10-min devotional)

MENTAL Have an honest conversation with a
trusted person about where you're at

RELATIONAL The Chosen watching Group
(Starts June 14 spac.ca/groupfinder)

PHYSICAL Join a SPAC walking or running group
(Tues or Wed spac.ca/groupfinder)