

7 Keys to Spiritual Wellness

Questions for reflection and discussion

Chapter 1 Seeing Yourself as You Truly Are

1. Who in your life plays the role of the court jester? Who keeps you humble?
2. Why are spiritual wellness and “tooting your own horn” incompatible?
3. How does gratitude help us practice humility?

Chapter 2 Actively Seeking the Good of Others

1. What do you most fear losing?
2. What prevents you from actively seeking the good of others?
3. What situations cause you to compare yourself with others?
4. What can we learn from the examples of St. Paul, St. Ignatius of Loyola or Mother Teresa about “playing by the new rules” of Jesus?

Chapter 3 Thinking Before Acting

1. What is some good advice for discerning when under fire?
2. What are your “lifelines” (who do you turn to for help when you are discerning)?
3. How do you understand the notion of God’s anger?

Chapter 4 – Holding on Loosely

1. What adult “security blankets” do we sometimes turn to?
2. What does it mean to be a steward of God’s creation?
3. How can the Lord’s Prayer be considered our “declaration of dependence”?

Chapter 5 Recognizing the Setting Limits

1. What are some events in life that “take the bite” out of us and cause us to develop a spiritual itch?

2. What are some of the ways that people today try to “scratch” their spiritual itches? What way do you turn to?
3. How can we identify when a behavior has become excessive (an addiction)?
4. What advice does the book offer for “scratching the itch the right way”?

Chapter 6 Seeking Beauty

1. Where and how do you experience transcendence?
2. What biases does our culture have against beauty?
3. What does it mean to fall in love with God?

Chapter 7 Unleashing Your Imagination

1. What sparks a fire in your heart? What stokes your imagination?
2. Which of the following is the biggest challenge to you: indifference, distraction, cynicism or relativism?
3. What are some of the forms of expression in the language of the soul (imagination)? Which fits best with your experience?
4. What are some concrete ways to “light the fire of the imagination”? Which are your favorites?