

“Find your inner beauty and wholeness. Discover your spiritual purpose — why you are here on earth. Become centered spiritually, and know your own goodness and divinity. Find practices that encourage your going within, such as yoga, prayer, meditation. Watch your thoughts, language and actions — make them positive rather than negative — life-affirming rather than life-denying. Be grateful for what you have. Forgive yourself and others. That does not mean confronting others in person, or reconciling with them.”

Dr. Michael Obsatz – Oh Grow Up

Storytelling in small groups or personal reflection. One by one, each person shares their answer to the first prompt below. Then go to next question and so forth. A person can pass.

- 1. Share about what you learned about your “spiritual purpose – why you are here on earth.”**
- 2. Tell an experience about forgiveness and how it felt to you at the time.**
- 3. Share about how prayer, meditation, and/or other practices have influenced your life and worldview.**

Check out and download “Oh Grow Up” by Dr. Michael Obsatz at <https://lifesjourney.us/oh-grow-up/>

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