



## VALUES BASED SPIRITUAL LIVING

JANUARY MEETING 2017

Please read ***Discover a Richer Life*** by Ernest Holmes before coming to this meeting.

Opening – Someone say an opening prayer or read this one.

*We open our awareness to encompass God as all there is. This holy life of the Infinite lives in and through all of creation.*

*God lives in and as each one of us now; It always has and always will. We are One with our Source right now. We are One with all good right now.*

*We accept the joy that this Truth brings and open ourselves to experience a richer life for this whole year and beyond.*

*We give thanks that simply this awareness insures the positive answer to this prayer.*

*We release this knowing into the great creative law of God for manifestation. And so it is.*

The host gives any important information about their home, such as parking suggestions, whether tea is available, where the bathrooms are, and so forth.

Introductions – Have all participants pair up. Each person tells their partner their name, where they live, and one way of being that they would call an important spiritual value for themselves. Take some time with this even if you think you know this person well. When all people have finished this process, each person introduces their partner to the group with the information that has been shared.

Building Trust – Each person makes a statement from their heart about the way they can be trusted and hold confidentiality in this group. Even though you may know some of these people well already, come fresh to this group with a sense of discovery and safety.

Establishing Intentions – Each person share with the group the reason you decided to participate in this book study. Even if you have been a part of a book study for years, come to this meeting fresh and share a new intention, or an established intention with new consciousness. Conclude your sharing with the completion of this statement, “During this year of home study it is my intention to\_\_\_\_\_.” Write down your intention in a notebook or in the back of your book with today’s date. This intention can be about anything in your life. Also, establish an intention for this first month. What would make a “Richer Life” for you? Share this with the group.

Finding Your Personal Message – There are 5 sections in this wonderful little book: Foundations for Effective Living, Practical Prayer, Discover Your Place in Life, The Power of Faith, and How to Live Successfully. Which section are you most drawn to? Share a couple of quotes that particularly speak to you most profoundly. Share what you found to be your personal message from this section.

Making the Most of Spiritual Reading – Share with the group how you underline, make marginal notes, color code, or mark in another way the sections of a spiritual book that you want to remember, or be able to reference in the future. How do you mark a passage that you know you will want to come back to? Your group might have some fabulous ideas about how to keep these lessons fresh in your mind.

Beyond this sharing, anything in the reading material is up for discussion. If the sharing lags (I cannot imagine it, but if it does...) read some paragraphs aloud and get the discussion jump-started that way.

Closing – Each person completes this statement, "I am glad I came to this book study today because\_\_\_\_\_."

Someone close with a prayer or all people read the following together: "May the life of God live through each of us in ever richer ways. May we all be more and more grateful for the life we are living."

Homework – Read ***The Spirituality of Imperfection*** before the meeting next in February.