

DIOCESE OF WILCANNIA-FORBES

MARKS OF A HEALTHY SPIRITUALITY - Stimulus material for discussion LESSONS FROM THE LONG PADDOCK



Process for unpacking stimulus material

Read through the marks of *A Healthy Spiritual Life*. Allow time to absorb and process information and re-read if necessary. Reflect on the questions below and share thoughts with your group in relation to the stories you have heard during the online experience.

A HEALTHY SPIRITUAL LIFE:

- ❖ Increases participation in life generally.
 - ❖ Resists anything that would truncate our humanity, mutilate our sensitivities or stifle our imagination.
 - ❖ Confronts us with reality....with what is real and true.
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- ❖ Does not super-impose an 'ideal' situation.
 - ❖ Invites a deeper connection with ourselves, the world and with others.
 - ❖ Renders us more 'other centred'.
 - ❖ Continues to create openness to the transcendent possibilities of existence.
 - ❖ Does not promise pure consolation, but is able to embrace the mystery of suffering.
 - ❖ Is intellectually coherent and accountable.
 - ❖ Is open to engagement with, and interpretation by, a religious tradition.
 - ❖ Is ethical and works for justice.
 - ❖ Holds paradox creatively.

(From Across the Great Divide: Fr David Ranson)

- **How do you think some of these insights relate to some of the stories we have looked at?**
- **How do some of the characters we reflect with reveal aspects of these markers for a healthy spiritual life?**