

Parable of the Leaven (Script from Godly Play®; story from the Gospels). There was once someone who said such amazing things and did such wonderful things that people followed him. As they followed him, they heard him talking about a kingdom, but it was not like the kingdom they lived in. It was not like any kingdom anyone had ever visited. It was not like any kingdom anyone had ever heard of. They couldn't help it. They had to ask him what the kingdom of heaven was like. One time when they asked him this, he said "The kingdom of heaven is like when a woman takes three measures of flour, which is a lot, and mixes them together.

"She then hides the leaven in the mixture, which swells up and is leavened all over."

WHICH PART OF THE STORY IS ABOUT YOU?

LEAVEN

In your life, what is your **leaven**?
(What makes you grow?)



FIRE

What is your **fire**? (What aids in your self-transformation?)



BREAD

What is the nourishing **bread** (your sacred gift & sacred purpose) that you share with the world?



CREATE YOUR SPIRITUAL CARE PLAN

Finding the good ingredients that will lead to your thriving & flourishing.

1

A Toolbox of Spiritual Practices

Below is a partial list of practices that may help you cultivate spirituality in your life. Take a look at the list and see what speaks to you. Which of these nourish your spirit? How would you incorporate these practices into your life? What would you add to the list?

- Read sacred and inspirational literature
- Practice forgiveness of yourself and others
- Listen to or make music
- Spend time in deep reflection, meditation, or prayer
- Participate in groups that involve trust and cooperation (example, sports, hobby or interest groups)
- Observe day of designated for sacred rest – stop doing and enjoy being
- Engage in dance and other types of physical expression
- Involve yourself in acts of kindness to others
- Spend time in nature
- Appreciate the arts
- Be creative – painting, knitting, cooking, gardening, fixing things...
- Share your spiritual journey with others
- Keep a journal
- Nourish others by serving food
- Caring for animals
- Growing and caring for plants, garden
- Joining a social movement for the common good (social, environmental justice)
- Belong to and participate in a faith community
- Take part in rituals, or symbolic practices that are spiritual

Spiritual Treatment Plan

2

Identify your spiritual resources. List what helps you move from:

Vulnerability > Resilience _____

Helplessness > Agency _____

Despair > Hope _____

Emptiness > Purpose _____

Isolation > Communion _____

Resentment > Gratitude _____

Sorrow > Joy _____

Threefold Path: In/Out/Up

3

Spiritual healing involves nurturing a relationship with yourself, others, and the Divine. Write the practices that support you in each of the areas below.

Reaching In (Self)

Reaching Out (Others)

Reaching Up (Higher Power / Wisdom)



4

Connect with ingredients that is good for your soul. Choose three activities that you will commit to trying for a month.

1) _____

2) _____

3) _____

The good bread that will come out of the ingredients.

5

Vocabulary of Spiritual Life

The words listed below are words related to a thriving spiritual life: they quench our thirst. **Circle words below that you will likely embody** (or receive) if you consistently follow through with your Care Plan (your golden strands) above?

- | | |
|-----------------|----------------|
| • Awe/Wonder | • Hope |
| • Meaning | • Love |
| • Wholeness | • Purpose |
| • Healing | • Acceptance |
| • Gratitude | • Grace |
| • Connection | • Faith |
| • Forgiveness | • Joy |
| • Compassion | • Awareness |
| • Peace | • Harmony |
| • Ease /Freedom | • Rest/Renewal |
| • Patience | • Resilience |

***This worksheet is adapted from Elisa Goldberg's "Guide to Leading Spirituality Support Groups in BH"