

## Spiritual Goals

Everyone usually has some kind of spiritual interest and goals. Whatever your religious background, most will readily agree that the spiritual dimension of a person's life is of some significance. There are basically three spiritual training priorities for the family.

**Reaching Out** to those who are most like us... By the allocation and dedication of our time and talents and resources, we can truly make a difference in the lives of those with whom we associate most closely. These are the people that are a part of our lives in the most obvious associations: neighborhoods, school, work, religious practices, hobbies and interests, sports; etc. Do we see our family (and life together) as a mission?

**Reaching Out** to those with special needs...By the choices we make for the allocation of time and resources we form our family's spiritual core. Our willingness to extend ourselves beyond the boundaries of our comfort zones sows character development that can provide a harvest for years to come! These associations include community service, extension to the underprivileged and less fortunate, and a general attitude of care and concern for those with whom our paths cross. Sending \$25 each month to a destitute child in another country is an example of this.

**Reaching Up**...Developing an understanding of our spiritual significance before God can be accomplished by providing an atmosphere of inquiry and investigation concerning the spiritual realities of life. This often happens around a dinner table or electronic-free family experience.

Using these categories, list specific commitments your household can make to set a course to pursue a strong sense of purpose in the world. Define specific relationships and opportunities that fit the scope of your family's current situation. For instance - "we will share a meal each Sunday, talk about our upcoming week, and be 'just us' for several undistracted hours."

Reaching Out to those in our life sphere...

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Reaching Out to those beyond our normal life sphere...

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Reaching up as a family to grow in our spiritual understanding of life...

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