



Questions for Session Three of “Claiming Your Spirituality in the Second Half of Life”...

1. How do you feel about being God’s love song, being God’s beloved? Does this thought in any way influence how you live your life and look ahead? Do you claim your “belovedness?”
2. When are you most aware of God dwelling within you? Within others? How does that affect your actions?
3. Do you have any difficulties with “boundaries” in relation to creating time and space for your spiritual practice? What kind of boundaries have you found helpful?
4. How do you experience “listening” in your prayer time? How do you experience hearing from God?
5. Have you been able to find silence and solitude in your life so God can get a word in? How and where? When? How do these times impact your life?
6. What form of prayer is most helpful for you when you are feeling joyful or grateful, wounded (or frightened), depressed (or lonely)? Does the form of your prayers change?
7. Why do you think Fr. Rohr said that “We cannot walk the second journey with the first journey tools. We need a whole new toolkit”? Which first half tools no longer work for you?
8. What helps you to be aware of and alert to your daily blessings? How difficult is it to live in the “now” rather than the past or the future?
9. Have your spiritual practices changed throughout your lifetime? If so, what led you to try new spiritual practices? If not, is it possible that you could *benefit* from creating new practices? What spiritual practices do you see as being most useful to you for the second half of life?
10. In what spiritual space do you feel closest to God’s presence? Do you have a sacred space in your home for sitting in silence and meeting with God? How important is that defined space for you?