



Claiming your Spirituality for the Second Half of Life (Session 4)*

Session 1: Transitions, Beginnings, and Dwellings

- Drawn to simple, fewer, and less
- Called to “something more”
- Willing to explore the “Who am I?” question and reconnect with your True Self
- Summoned to a deeper relationship with God

Session 2: Changes that Present Themselves on the Journey

- Drawn to nurturing peace and balance
- Called to living in the Here and Now—letting go of living in the past and worrying about the future
- Willing to relinquish control and journey into the unknown
- Summoned to listening more closely to discovering God’s call today

Session 3: Personal Spiritual Practices for the Journey Ahead

- Drawn to abiding in God’s presence
- Called to seeing with the heart
- Willing to enter into silence and solitude—standing in liminal space, on the threshold
- Summoned to create a daily spiritual discipline of practices to enter into God’s presence with vulnerability

Session 4: The Invitation to “Come and See Where I Live”

- Drawn to peace with uncertainty
- Called to curiosity, awareness, and love
- Willing to step out in faith
- Summoned to hear and follow God’s voice

- * Consider reading as a summary of our four sessions together—and then as a series of “Drawn” statement in succession, then “Called” statements, “Willing” statements, and “Summoned” statements. Reflect on these as gifts of the second half of life.