

COMMUNION & CONNECTION PROMPTS

- How do you define what centers you in your relationship to God?
- Who or what forms you at the root level?
- What are some of the guiding principles you use in your spiritual life? How is your life shaped by these principles?
- What do you need or want from your experiences of communion and connection?
- What do you love most about communion and connection with God?
- How often do you take time to commune and connect with God?
- How do you connect with God?
- How do you know that you are deepening your communion and connection?
- Where do you feel out of alignment with God?
- When do you distance yourself from God? Why?
- If you were to grow deeper in communion and connection with God, what changes would you need to make in your life?
- When you feel connected to God, how do you feel? Are there any particular rituals or behaviors that help you connect with God?
- Where in your life do you rely on God? How can you strengthen this connection?
- What do you desire from God?

SELF-AWARENESS PROMPTS

- What are you feeling emotionally, mentally, physically, and/or spiritually in this moment?
- Who or what sparks life in you? Who or what distinguishes that spark?
- What are your main coping mechanisms? Are they serving you well?
- How do you respond in a crisis? Where do you find connection in crisis?
- What do you currently need emotionally, mentally, physically, and/or spiritually?
- Where and when do you see your ego pop up in your life?
- Where are you holding on to guilt, anger, or resentment?
- What brings you joy, contentment, or peace?
- Where do you need to feel liberated?
- What is the most dominant emotion in your life right now? Why is this so?
- What makes you feel powerful? Calm? In control?
- Do you have any unresolved pain, wounds, or trauma?
- How would you define your authentic self? What are the barriers to living into your authentic self?
- What helps you slow down and be more present?