Connecting to a Higher Power

Many people feel that an important part of feeling good about themselves involves a connection to a higher power. For some people their higher power is God. For others a higher power could be nature, the universe, or some undefinable spirit. A higher power means that you believe there is something bigger and more powerful than yourself; this can make you feel safe and calm and that you don't have to have all the answers to life. When people feel hopeless or powerless, belief in a higher power can get them through these difficult times.

Use the following questions to help you think about your relationship to a higher power.

NAME OF THE PARTY		Mary Salling	
What are some of your b	eliefs about a higher power	3	
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			The wife
What are some ways the	se beliefs comfort you?		
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Have you ever had a diffi	cult time in your life when	ou turned for help to a hig	her power? What
happened?		Towners of the same of the sam	
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How do you connect to or acknowle	adge a higher newer in your daily life (for example, pray, go to a h
of worship, meditate, do something	edge a higher power in your daily life (for example, pray, go to a hear in nature)?
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	Aller To the second
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Is there semathing you'd like to do	differently to connect to a higher newer?
is there something you a like to do	differently to connect to a higher power?
The next time you are upset, can yo	ou think of a way to feel in touch with a higher power?
If you could speak to your higher po	ower right now, what would you say?