

Spiritual Growth Exercise
February 2017

The Seven Steps of Morning

In her book, Out of the Ordinary, Joyce Rupp describes this spiritual exercise.

She suggests that each morning as you step into your day you take the time to reflect on the following words and the meaning they might have for your day.

These are the words she suggests with an offering to follow each word.

Find a space in your home where you can walk freely. With each step pause and accept the word into your consciousness.

- Step 1—**Gratitude**...for the gift of another day
- Step 2—**Love**...for the Holy One and all of those dear to my heart
- Step 3—**Hope**...for the opportunity of growth found in each moment
- Step 4—**Compassion**...for creation and our deep connectedness
- Step 5—**Generosity**...in all that might be asked of me in this day
- Step 6—**Laughter**...for joy that refreshes my heart
- Step 7—**Patience**...in any challenges that arise

(Abbreviated from her book, p. 182)



