

Spiritual Location Exercise

COMMUNITY RULE OF LIFE | RESOURCES



A spiritual location exercise helps you answer the question, “Where am I in life, and in relation to God, right now?” It may be a helpful starting point for a time of solitude, or even a whole retreat.

First Movement | Recognizing

Begin by getting into a comfortable, alert position. Set your feet on the floor, and take some slow, deep breaths until you feel grounded in your body before God. Let your soul come to rest in God’s presence. Then as you are ready, journal your responses to these questions:

1. What are the **givens or facts of my life** right now? What are my undeniable realities?
2. What are the **preoccupations of my mind**? What do I keep thinking about these days?
3. What are the **movements of my heart**? What are the prevailing emotions of my recent life?
4. What is the **condition of my body**? What is it telling me? What do I feel or know physically?
5. What **questions** do I want to ask God? What do I yearn for him to answer?
6. What are my **longings and desires**? Which ones feel attainable? Which feel prevented?

Second Movement | Reflecting

Take a few deep breaths. Read back over your responses multiple times. Highlight or mark words and phrases that stand out with meaning or importance. As you reflect on those highlighted statements, respond to these questions:

1. What stands out to you in your previous responses? What is highlighted or especially significant?
2. Is there anything that, upon reading back over it, no longer rings true?
3. Is there an overall theme? What does this theme bring to your awareness?
4. In light of all this, how are you coming into this time of solitude today?

Third Movement | Responding

Take a few more deep breaths. Begin a conversation with God about your reflections in silence, out loud, or in writing. Don’t censor or wordsmith anything. This is an intimate conversation with a friend, not a speech or an essay. Take time to listen for God’s responses. What do you sense God saying to you? How is God saying it – a thought, an image, a verse of Scripture? Where do you feel lovingly *drawn* by God, rather than *driven*? Where do you feel resistance? And what is your honest response to God’s message and movement? Continue the conversation until you feel a natural “amen.”