



Adventures in Spiritual Living

Letter to God provides the experience of writing an intimate letter to your Heavenly Father, telling him of your deeply felt desires for his companionship. Sharing is done on a voluntary basis. This exercise frequently provides a moving spiritual experience.

Journal Writing is a description and sharing of experience about keeping a journal of thanksgiving, prayer, reflective thought, insights, and decision making. Journal writing is a tremendously valuable tool for spiritual progress.

Spiritual Support Group demonstrates an informal method of sharing prayers, thankfuls and silent worship in a small and spiritually supportive group. It enhances and shares personal religious experience.

Seeing with God's Eyes involves praying for and experiencing a change of viewpoint and attitude about a situation or person. It invites a change of our circumscribed human perspective to an uplifted, more nearly God-like perspective.

Healing Circle is a group prayer which visualizes the drawing in of group spiritual energy and sending of this healing energy to those in need of spiritual, emotional, or physical healing.

Prayer in the Moment includes a discussion of prayer for help in the moment of need. This activity is both a "how to" explanation and a sharing of experience.

One-on-One/Listening from the Heart uses a sharing of spiritual motives, ambitions, and goals with another person as a way to

realize the feeling of spiritual kinship or similarity.

Hot Pen is a writing exercise where one writes on a spiritually evocative topic without pausing. Spiritual feelings, intuitions and insights are a common result of this technique.

Progressive Group visualization is a group worship where participants take turns suggesting spiritually uplifting images.

Discussion of Feeling the Presence of God is a group sharing based on three questions: (1) What do you feel or sense on those occasions when you feel God's presence? (2) What are you doing or thinking at that time? (3) What do you do to initiate or encourage this feeling? This discussion shares experience and expands the knowledge available to interpret personal spiritual experience. It also validates personal religious experience.

Contemplating the God Message is a group exploration of the symbolic messages God sends to us through the beauty and patterns of nature. It helps equip us to be more conscious of God's presence.

Nature Walk involves a relaxing stroll in nature with a deliberate focus on God's presence there.

Spiritual Power Tools identifies specific ways of invoking and cooperating with spiritual power to achieve successful interpersonal relationships even in the most trying circumstances.

Musical Adventures discusses the spiritually evocative power of music and demonstrates this power with musical selections.



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Adventures in Spiritual Living is an outgrowth of an experimental religious retreat held in October 1989 at Mo Ranch near Kerrville, Texas. The experiment was to present a program which not only taught that a strong personal awareness of God's friendship was possible but also included exercises to evoke each participant's immediate experience of God's presence. As the planning proceeded, our own experiences told us we were into something very special. When individual exercises were presented outside the planning group, responses far exceeded expectations.

The retreat itself was an outstanding success and even six months later continues to spiritually elevate the lives of the participants. Consequently, the planning team believes these techniques for spiritual living should be shared more widely.

In addition to the retreat at Mo Ranch, others have been held. In March 1990 a reunion of those who attended Mo Ranch was held in Houston. New techniques were added which facilitated more insights and sharing. In May the Adventures in Spiritual Living program was presented at the Heart of America Conference in Kansas City. The most recent presentation of the program was made in June 1990 as the preconference spiritual retreat at the Fifth Epochal Fellowship International Conference in Snowmass, Colorado.

The Adventures Team has discovered techniques to use actual spiritual experience to demonstrate the reality of each person's relationship with God. Our program teaches techniques which will stimulate and sustain the experience of this relationship. We believe that the inner experience of personal friendship with God is the religion Jesus sought to give all mankind and that the Adventures program is an effective way to reintroduce Jesus' religion.

We are convinced that this is a deeply meaningful program which not only ignites the individual's personal relationship with God but also provides for the discovery of the brotherhood of believers, through the immediate sharing of spiritual experience among spiritually enlivened individuals. There is a joy and validation that comes from this sharing that is a fantastic spiritual experience in itself.

On the back of this brochure is a brief description of the exercises developed by the Adventures Team. We hope you find them intriguing.

All Adventures programs are planned to emphasize spiritual experience.

If you are interested in attending one of our retreats or in helping support the programs financially, please contact us at:

**Adventures in Spiritual Living
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What participants are saying about the program...

"I have a renewed and improved desire to know God and live always in his presence and by his ways." JT

"I knew that it was my Father's will that I attend this conference. He gave me answers to questions that I had been puzzling over since 1983." PC

"I felt the Father's presence more than ever before." GB

"I have attended other retreats in the past...but when they were over there was a sense of loss which caused a lot of pain. This weekend was different. I believe it is because the communion was with God and through God to our brothers and sisters. I feel the spiritual exercises allow me to have this communion with God any time I desire it. So, although I miss the wonderful people at the retreat, there is no sense of loss. Rather there is a feeling of gaining some very important tools." VB