

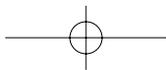
Introduction

Are you looking for more?

The spiritual life begins with this question. To be a spiritual person means to thirst for that “something more.” Spiritual health is found through quenching that thirst for something deeper by drinking from the right cup.

Just as the body’s immune system is strengthened by proper care (diet, exercise, handling stress, taking supplements), our spiritual wellness relies on balance and harmony. Without that balance we can find ourselves settling for less instead of striving for something more. Thankfully, we have a Divine Physician, Jesus Christ, who offers us a spiritual path to follow that promises to heal and restore us to spiritual wellness.

Spiritual wellness enables us to find “the more” that we seek. Unfortunately, for many people Christianity has come to be seen less as a spiritual path and more as a code of ethics. Christianity does indeed involve a moral code, but at the core of Jesus’ Good News is an invitation to walk a spiritual path that leads to intimacy with our Creator. Simply put, Christian



spirituality rests on the fact that God—who is the “more” that our hearts desire—is accessible through Jesus Christ and his living word. It’s time for us to recover the spirituality of the Christian message, enabling followers of Jesus to experience the spiritual wellness Jesus promised when he said, “Peace I leave with you. My peace I give to you” (John 14:27).

In order to maintain spiritual wellness our soul needs to be fed, exercised, and cared for properly. God has provided us with what we need to ensure our spiritual health through seven enduring and reliable strategies that flow from Christian tradition. Here are the keys to spiritual wellness:

- Key One: Seeing Yourself As You Really Are
- Key Two: Actively Seeking the Good of Others
- Key Three: Thinking Before Acting
- Key Four: Holding on Loosely
- Key Five: Recognizing and Setting Limits
- Key Six: Seeking Beauty
- Key Seven: Unleashing Your Imagination

Entering into the spiritual life is best done by asking questions. To that end, I offer seven questions which correspond to the keys above. These questions open the door to the world of a deeper spirituality.

- Who’s your court jester?
- What do you have that cannot be taken away?
- Is that your final answer?
- What’s your security blanket?
- What scratches your itch?

- Where is your dream vacation spot?
- What gives you heartburn?

I believe these are perhaps the seven most provocative and important questions you will ever ask yourself. They hold the key to drinking from the right cup that will give you the nourishment needed to maintain spiritual health. In the pages ahead we will explore these seven questions and look at their enduring and reliable answers. My prayer is that upon completing this book, you will embrace Jesus' path to spiritual wellness, for only he can strengthen your soul's immune system and enable you to enjoy "the more" you so earnestly seek.

"If any one thirst, let him come to me and drink."

—John 10:37