

What is Spiritual Fitness?

Spiritual Fitness is a term used to capture a person's overall spiritual health and reflects how spirituality may help one cope with and enjoy life.

Spirituality may be used generally to refer to that which gives meaning and purpose in life. The term may be used more specifically to refer to the practice of a philosophy, religion, or way of living. Spirituality has two primary expressions:

Human Expression: Refers to the essential core of the individual. Includes activities that strengthen self and build healthy relationships.

- Examples include commitment to family, love of life, and esprit de corps.

Religious Expression: Refers to the application of faith. Includes activities that connect one to the Divine, God, and the supernatural.

- Examples include prayer, worship, and participation in the sacraments.
- Buddhism encourages pursuit of the Noble Path.
- Christianity has a focus on seeking the Holy Spirit.
- Islamic spirituality is derived from the Quran and following the Sunnah.

Your spiritual fitness is typically healthier if you practice your faith, beliefs, and other activities that support your spirituality.

Your spiritual fitness is typically less healthy if you neglect to practice your faiths, beliefs, and other activities that support your spirituality.

To learn more about spiritual fitness, contact your unit chaplain.

SPIRITUAL FITNESS GUIDE

This is a self-assessment tool to help service members consider their spiritual condition.

Spirituality may be used generally to refer to that which gives meaning and purpose in life, or the term may be used specifically to refer to the practice of a philosophy, religion, or way of living.

| FIT | STRESSED | DEPLETED | DRAINED |
|--|--|---|---|
| <p>Potential Indicators</p> <ul style="list-style-type: none"> ➤ Engaged in life's meaning/purpose ➤ Hopeful about life/future ➤ Makes sound moral decisions ➤ Fully engaged with family, friends, and community ➤ Able to forgive self and others ➤ Respectful of others ➤ Engaged in core values/beliefs | <p>Potential Indicators</p> <ul style="list-style-type: none"> ➤ Neglecting life's meaning/purpose ➤ Less hopeful about life/future ➤ Makes some poor moral decisions ➤ Somewhat engaged with family, friends, and community ➤ Difficulty forgiving self or others ➤ Less respectful of others ➤ Straying from core values/beliefs | <p>Potential Indicators</p> <ul style="list-style-type: none"> ➤ Losing a sense of life's meaning/purpose ➤ Holds very little hope about life/future ➤ Makes poor moral decisions routinely ➤ Weakly engaged with family, friends, and community ➤ Not likely to forgive self or others ➤ Strong disrespect for others ➤ Disregards core values/beliefs | <p>Potential Indicators</p> <ul style="list-style-type: none"> ➤ Feels like life has no meaning/purpose ➤ Holds no hope about life/future ➤ Engaged in extreme immoral behavior ➤ Not engaged with family, friends or community ➤ Forgiveness is not an option ➤ Complete disrespect for others ➤ Abandoned core values/beliefs |

Your chaplain cares about you and is committed to helping with your Spiritual Fitness. Absolute confidentiality is guaranteed.

Chaplain POC:



Questions for small groups:

1. Summarize the life of your Saint / Holy Person.

2. What do you like most about your Saint / Holy Person that you want to emulate? How can/will you do that in your life?

3. How was this Saint/Holy Person a warrior for God?

4. If there was only one thing you could tell someone else about your Saint, what would it be? Or, if your Saint/Holy Person was described on a bumper sticker, how would it read?