



Kindred Spirit Café

SPIRITUAL CHATS

Learning How to Wait

It's Part of the Process

www.TheWellnessMinistry.com



The Right Way to Wait

Waiting is not *passive*,
but *active*

To wait with faith is to be
actively expectant

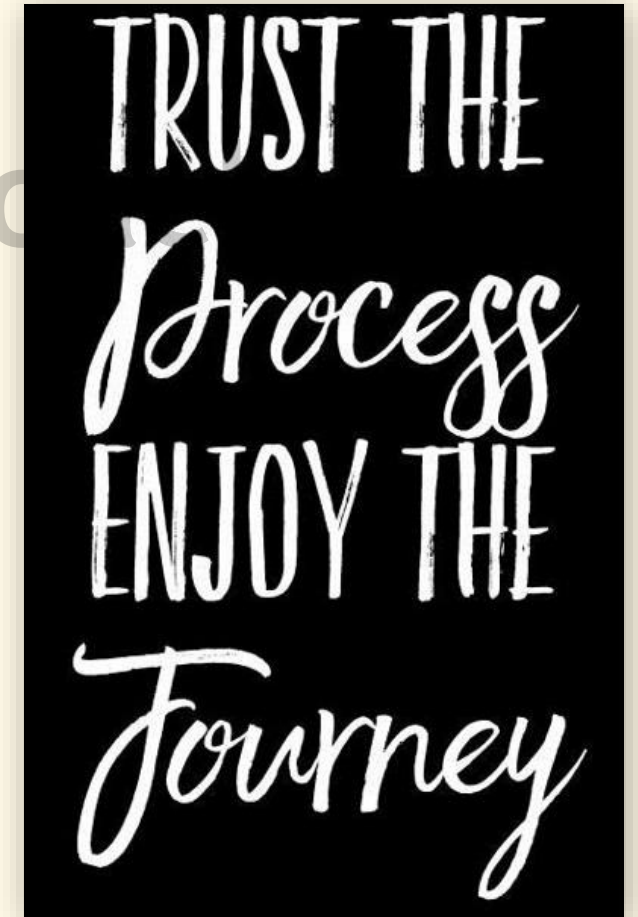


What's the wait actually for?

WAIT WITH ACTIVE EXPECTANCY

When you wait expectantly, you are confident that this could be the day you get what you've been praying for and working towards.

- There is an anticipation in your spirit.
- You talk like it's going to happen.
- You act like it's going to happen.
- You are on the lookout for it.
- You have faith.
- You **BELIEVE!**



WAITING

is the perfect time to look at ways we can connect to ourselves and to the Divine

STAY ROOTED IN THE PRESENT

- Focus on the foundation
- It's a marathon, not a sprint

PRACTICE SELF-AWARENESS

- Take some time to look within
- Get to know YOU

ENJOY THE LITTLE THINGS

- Stop to notice the little things
- Reflect on these often and consciously

HONOR YOUR BODY

- Make sure your body is well taken care of
- See your body for what it is—the vessel that houses your soul

What to do when you're in the waiting room

READ DEVOTIONALS

There is always something new to learn, a different way to see things, a new perspective to adopt. Read a little bit each day.

REACH OUT FOR COMMUNITY

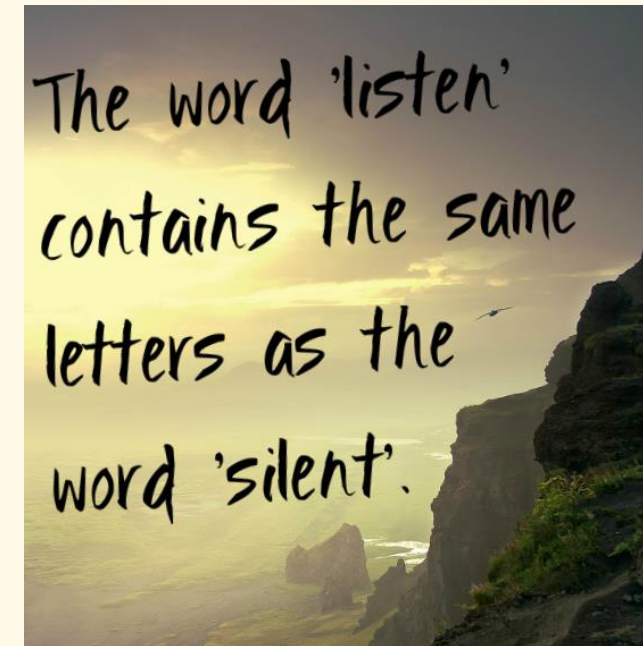
Especially during times when you feel lost and alone in your faith life, it's important for you to reach out and connect with others.

REMEMBER TO VALUE THE WAIT

When faith comes easy and the Divine speaks to your heart, giving you moments where you couldn't possibly doubt their existence. To be able to recognize and truly appreciate these close encounters, you have to know how it feels to experience the wait first.

PURSUE THE RELATIONSHIP

Relationships are a two-way street. Just like in any friendship, if you're the only one putting in any effort, or if you're trying to see how strong the relationship really is, you pull back and wait for the other to show how much they care.



Passing the Test

Prove that you learned the lessons

Keep doing the right things

Keep doing what you've been taught

Keep praying

Keep believing

Be ready for the next step...
it is coming!

Believe

(be.lieve) verb;

1. Accept (something) as true; feel sure of the truth
2. To have faith, confidence and trust

When PREPARATION meets OPPORTUNITY

BE READY FOR WHAT IS COMING

You have to pass the test and prove that you are being faithful and true to where you are on the path right now.



THE BEST
PREPARATION
FOR TOMORROW
IS DOING YOUR
BEST TODAY.

H. Jackson Brown, Jr.

REMEMBER: When all we hear is silence...

What helps you during the waiting periods?

How do you connect with the Divine during these times?

How do you look at the peaks and valleys in the process?

What ways do you stay actively expectant during the wait?

What ways have you benefitted from waiting?



...the teacher is always quiet during the test

THANK YOU FOR COMING

JOIN US NEXT TIME

...at the Kindred Spirit Café



WE APPRECIATE YOUR DONATIONS!

They help us continue to deliver these workshops and charitable services to the community

