



86th Airlift Wing

INTEGRATED RESILIENCE OFFICE

in collaboration with the Ramstein Chapel

GRIT 365

SPIRITUAL STRENGTH

GOAL

A community that finds ways to fortify spiritual connections despite uncertain times.

LET'S EXPLORE

1. Read this article that discusses what spiritual wellness feels like and how we can foster it in our lives:

<https://www.militaryonesource.mil/national-guard/psychological-health-program/spiritual-wellness>

2. Explore the spiritual resilience video messages on Ramstein Chapel's official Facebook page @RamsteinChapelOfficial

THE EXTRA MILE

ADDITIONAL RESOURCES

Use some time to engage in activities that support your spiritual resilience. Whether COVID-19 has caused you to have unplanned spare time or the pandemic has caused your spare time to vanish, spiritual fitness is important for resilience. Seek out resources from organizations that support your spirituality.

Our community chaplains are available 24/7 to support your spiritual growth no matter your personal beliefs. During normal duty hours call +49 06371 476148 or after hours you can call the Command Post at +49 06371 472121 and ask to talk to the on-call chaplain. All chaplaincy-based counselling services are 100% confidential.

LET'S TALK ABOUT IT

HOW TO EXECUTE

Although physical distancing measures may limit our ability to exercise our spiritual fitness in our usual ways, we have been provided with a unique opportunity to spend additional time with our immediate family. Use some of this time to discuss with your household ways in which your family can build spiritual strength during these uncertain times. Instead of focusing on the traditions and spiritual routines we are missing out on, turn your attention towards new and exciting ways you can maintain connection with your spirituality.



DISCUSSION POINTS

1. In many religious traditions, spring is a time for celebration and new beginnings. What do we have to celebrate right now?
2. For many, living a life guided by deeply held values is important for spirituality. What is our 'true north' that will guide us through these uncertain times?
3. What are some activities we can participate in while physical distancing to further grow our spiritual strength?

CHALLENGE

HOW TO APPLY THE LESSON

For many people, spiritual beliefs guide their understanding of their situation, offer solace in turbulent times, and provide community connections. As our community copes with the effects of the pandemic, we have a wonderful opportunity to further build our spiritual strength. Challenge yourself and your household to set a goal to help you build your spiritual strength. For example, consider making a commitment to engage in activities like meditation, contemplative prayer, collective worship, or discussing spiritual fitness with those closest to you daily or weekly.



This guide is designed to expand the scope of the GRIT Check 6 with lifestyle topics that generate discussion and increase warrior capacity across the community, family, and individual lifespan.