

Connecting to a Higher Power

Many people feel that an important part of feeling good about themselves involves a connection to a higher power. For some people their higher power is God. For others a higher power could be nature, the universe, or some undefinable spirit. A higher power means that you believe there is something bigger and more powerful than yourself; this can make you feel safe and calm and that you don't have to have all the answers to life. When people feel hopeless or powerless, belief in a higher power can get them through these difficult times.

Use the following questions to help you think about your relationship to a higher power.

What are some of your beliefs about a higher power?

What are some ways these beliefs comfort you?

Have you ever had a difficult time in your life when you turned for help to a higher power? What happened?

How do you connect to or acknowledge a higher power in your daily life (for example, pray, go to a house of worship, meditate, do something in nature)?

Is there something you'd like to do differently to connect to a higher power?

The next time you are upset, can you think of a way to feel in touch with a higher power?

If you could speak to your higher power right now, what would you say?
