

SPIRITUAL FITNESS

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STATE CHAPLAIN, HAWAII NATIONAL GUARD





The soldier's heart, the soldier's spirit,
the soldier's soul, are everything.
Unless the soldier's soul sustains him
he cannot be relied on and will fail
himself and his commander and his
country in the end.

— *George C. Marshall* —

AZ QUOTES

Speech at Trinity College, June 15, 1941 Hartford, Connecticut
<https://www.marshallfoundation.org/wp-content/uploads/2014/06/2-484.doc>

SPIRITUAL FITNESS

- Spiritual Domain: The ability to strengthen beliefs, principles, or values that sustain an individual's sense of well-being and purpose.
- Everyone has a lens through which he or she views and interprets the world, whether that “lens” is a religious faith, a belief system, a world view, or general outlook on life.

“When a person’s actions are different from his or her stated values, the person lives with inner conflict. This person struggles for integrity and congruity but cannot find inner peace until this struggle is dealt with. The extent to which this is accomplished is a measure of spiritual fitness.”
(Chapter 6-1, Army Regulation 600-63)

FITNESS HELPS BUILDS READINESS..... BUT WHAT IS IT?



- *U. S. Army* – “The ability to endure and overcome times of stress, hardship, and tragedy by making meaning of life experiences.”[5]



- *U. S. Air Force* – “Spiritual readiness is the proactive practice of establishing a sense of purpose or personal priorities to develop the skills needed in times of stress, hardship and tragedy. Spiritual readiness may or may not include religious activities.”[6]

• [5] Borgeson, N. (2021). Holistic health and fitness: Building spiritual and mental resilience. Retrieved on 6 Jan 2023 from https://www.army.mil/article/243612/holistic_health_and_fitness_building_spiritual_and_mental_resilience

• [6] Department of the Air Force, The Enlisted Force Structure, Air Force Handbook 36-2618, (Washington, DC: Department of the Air Force, 2018), Section 4.4.6.4, <https://www.afrc.af.mil/Portals/87/documents/PDC/afh36-2618.pdf?ver=2020-03-10-102348-690>

RESILIENCE BALANCES YOUR LIFE!



<https://www.homestead.afrc.af.mil/News/Article-Display/Article/1092873/commentary-spiritual-resiliency-are-you-a-well-rounded-airman/>

CHAPLAIN RESOURCES

- Chaplains have *privileged communication* status. By both law and practice, conversations about personal worries and religious needs are private conversations.
- Chaplains and their staff are trained to provide triage counseling to help point servicemembers in the direction of resources that would be helpful to them.
- For those who need mental-health resources, Chaplains offer both a point of entry and a specialized skill set to address existential and moral concerns. This is especially true when stigma associated with seeking mental-health support serves as a barrier.

<https://www.hprc-online.org/mental-fitness/spiritual-fitness/3-surprising-ways-chaplains-can-be-holistic-resource-your-military>



Admiral Chester W. Nimitz

“Even the finest weapons and the skill to use them, the stamina to keep them in sustained use, are not enough. There must be added to these things a spiritual armament...”

“Address to the U.S. Pacific Fleet”, June 19, 1944.