

Spiritual Health Reflection

Practicing the Way

Place a mark on the line below each statement. Keep this with you and return to it at the end of the study. Check to see what the Lord is changing in you as you practice the way.

I am becoming less selfish and irritable.

Disagree Agree

Those who know me best would say I am self-controlled.

Disagree Agree

I prioritize and make choices in life based on what God put me on earth to do.

Disagree Agree

I actively pursue friendships with people from other backgrounds (e.g., socio-economic, ethnic, disability, education, etc.).

Disagree Agree

Those who know me best would say I am understanding of others' feelings and perspectives.

Disagree Agree

I am becoming more honest and transparent with myself, God, and others.

Disagree Agree

I regularly confess sin to a trusted person (or trusted people) in my life.

Disagree Agree

When I experience a nudge or inner prompting from God, I quickly respond in obedience.

Disagree Agree

I regularly listen for God's voice.

Disagree Agree

I practice generosity by giving a significant portion of my resources to the church and the poor.

Disagree

Agree

I see my work (paid or unpaid) as an important part of my life with Jesus and strive to do it with excellence.

Disagree

Agree

I use a written Rule of Life—a set of spiritual practices and rhythms—to connect with God.

Disagree

Agree

When I wake up, I take a moment to place myself in the presence of God.

Disagree

Agree

Those who know me best would say I am relaxed and happy.

Disagree

Agree

I regularly share the Gospel of Jesus with those who don't know him.

Disagree

Agree

I quickly turn to God to reclaim my freedom when I experience ungodly thoughts.

Disagree

Agree

I often withdraw from people and noise to be alone with God and my own soul in solitude.

Disagree

Agree

I intentionally place myself in relationship with the poor.

Disagree

Agree

The last time I faced a stressful situation, I remained calm.

Disagree

Agree

I find myself playing my small part to work for justice and righteousness in my community, nation, and world.

Disagree

Agree

I am committed to meeting often, in-person, with a small community for deep conversations focused on God.

Disagree

Agree

I engage in regular acts of service towards the poor with the goal of building relationships with them.

Disagree

Agree

I regularly pray for and practice hospitality with those far from God, welcoming them to share meals with me.

Disagree

Agree

I often immerse myself in Scripture.

Disagree

Agree

I am able to forgive everyone who has hurt me.

Disagree

Agree

I strive to cultivate spiritual friendships in my life where I am loved and challenged to grow.

Disagree

Agree

Those who know me best would say I am unhurried.

Disagree

Agree

Throughout the day, I find myself thinking of and conversing with God often and lovingly.

Disagree

Agree

I find myself increasingly enjoying just being with God.

Disagree

Agree

I set aside a full day each week to rest and delight through the practice of Sabbath.

Disagree

Agree

I persist in prayer even when God seems silent.

Disagree

Agree

My heart is more and more pained by sin and evil in the world.

Disagree

Agree

I have a regular practice of fasting from eating to deepen my communion with God.

Disagree

Agree

I regularly make sacrifices for others.

Disagree

Agree

When I go to bed, I take a moment to release the cares of the day to God.

Disagree

Agree

It's common for me to pray with the sick for healing, prophesy, or operate in other expressions of the Spirit.

Disagree

Agree

I am growing in my capacity to receive God's love.

Disagree

Agree

I am becoming less fearful and controlling, and growing in faith and trust in God.

Disagree

Agree

