

Spiritual Life Inventory

Taking Stock of Where You Presently are on the Journey

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Personal evaluation and self examination is a valuable and biblical practice. Reflectively consider how you are growing in the following areas. If it is helpful, ask others to help you see yourself objectively. Use a journal or other paper to record your reflections and keep this document as a tool for regular use.

General Pace of Life

Where do you fall in the following continuums. Don't over analyze, go with a "gut" reaction.

Energized to Dangerously Tired....

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Energized
Renewed by God regularly

A "Good" Tired, but
very tired nonetheless

"Dangerous" tired
Tired at a soul level

Engaged to Too Busy.....

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Good rhythm;
Engaged, but not too

Life & Ministry
has going hard, often

I'm seeing
concerning symptoms

Intimacy with God

In what ways do you see God drawing you into greater intimacy with Himself?

How much time daily do you spend alone with God? What competes for your attention with God – internally and externally?

How often do you spend a protracted period (e.g. half to whole day) with God?

What indicators in your walk would help you to determine your passion and hunger for God?

Are you taking Sabbath seriously (one day per week disengaged from all work – no dabbling- so as to worship, rest, commune, and delight yourself in God)?

Abiding in Christ

How much do you find yourself *desperately dependent* on Christ to work in and through you in your daily activities?

Is your walk marked more by struggle with seeking to please God or the ability to rest in faith as you walk with Him? Do you feel you have to “fix” the problems of life or are you content to pilgrimage with God through the “stuff” of life?

How have you been recently encouraged by your sense of abiding in Christ?

Spiritual Practice Participation

What does your prayer life look and sound like (i.e. what do you pray about and are you ever silent for protracted times in the presence of God)?

Are you hearing His voice? What has God spoken to you about in recent weeks?

“More than any other discipline, fasting reveals the things that control us.” (Richard Foster, *Celebration of Discipline*). Do you fast? Would you like to fast? If yes and you don’t, why not? Who can teach you? What are you learning about God and yourself from fasting?

Is your life marked by complexity and busyness or simplicity and focus? Are you mostly tired? Are you energized in your service to others?

How comfortable are you with silence and solitude? Do you regularly seek that to aid your gaze upon God?

Delight in and commitment to know and apply the Scriptures

Most interact with the Word of God on a devotional level. How are you growing in your interaction with, knowledge of, and use of the Word of God?

Those in ministry often are tempted to interact with the Word on a utilitarian level – preparation for the next sermon or public event. How often are you allowing God to nourish you in his word?

What frustrates you in your study and reading of the Word of God? What would help you overcome these frustrations?

Character

What areas are you growing in your personal character development?

What circumstances are pushing your character development?

What circumstances are attacking your character (tempting you to compromise)?

Other thoughts:

Both younger and older leaders tend to move to a certain level in their relationship with God and personal development and then plateau, losing ground in their passion and love for Christ. Often what is needed are periodic renewal times to

refresh and recharge their walk with God. Extended public worship gatherings, private retreats (2-5 days), and occasional conferences or continuing education courses are needed to provide fresh encounters and perspectives. Do you build such events into your life? When can you take a personal extended time alone with God? How are you fostering a life-long learning posture?

Character and values are the hardest to get at in a person's life. Change in character is through the work and power of the Spirit of God. But we *need* others to help us with perspective and some know how. A mentor's role is to point people towards God and His divine resources to make those changes. Do you have a mentor/coach/spiritual director and/or peer mentors with whom you meet regularly for deeply personal interaction and counsel? If not, then you are quite isolated and in an unhealthy position. What steps can you take to either deepen these relationships or to add them to your life?

Learning to walk with God is discovered in the context of an authentic community. We cannot live an isolated life. As we walk out of darkness into the light of a safe, loving, community, we find forgiveness and healing as we expose our true selves and sin. Do you aggressively and intentionally seek authentic community with others in your pool of available relationships? If you are a leader there must be elements of community in which you are not the leader but rather "one of the gang." Do you have this element? If not, what could you do to implement it into your life?

Summary

As you have completed this inventory, what overarching thoughts come to your mind as you reflect on what God is doing in and through you? Do you see any themes? Do you have a sense of God's movement in some specific areas? Do you see things in yourself that you have not seen before? Overall, is there a sense of spiritual direction in your life or rather one of "catch as catch can?" What deeply encourages you? Where do you see strength? Where do you see vulnerabilities? Take some time to reflect in this manner and record your thoughts. Be honest with yourself and God. Such honesty allows God to move freely in your life. What desires have been stirred that you would like to present to God as prayers?

Growth Goals and Next Steps

One possible step is to lay out some growth goals. Consider some growth steps in the categories you have reflected on in the previous pages. Think realistically about the next 6 months. What are some growth steps you would like to take in the following areas (or maybe you write your own areas) and what you would need to see them through.

- Intimacy with God
- Spiritual discipline participation (Word, prayer, fasting, silence, etc.)
- Community and Mentors
- Times of Personal Renewal (1/2 days to 3 or more days in retreat)