

SPIRITUAL HEALTH REFLECTION

This reflection is an opportunity to pause and take the pulse of your spiritual formation. This is not a report card or an evaluation. This a prompt to examine your life, make note of things that are going well, and make note of areas that may need some attention.

2-3 areas of my spiritual formation that are going well:

2-3 areas of my spiritual formation that may need some attention:

Possible next steps to consider:

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*Am I experiencing God's **love**?*

*Have I been a **loving presence** to others?*

*Has my life been marked by **joy**?*

*Do I have an inner sense of **peace**?*

*Am I **patient** with others?*

*Have I been **faithful** to God and to others?*

*Am I **gentle** in my encounters with others?*

*Have I been exhibiting **self-control**?*

*Do I spend time with God in **prayer**?*

*Have I taken time to **pray for others**?*

*Am I spending time with **scripture**?*

*Do I have healthy rhythms of **community**?*

*Am I creating opportunities for **hospitality**?*

*Have I been **responsive** to the Spirit's nudges?*

*Have I responded to issues of **injustice & poverty**?*

*Am I becoming less **selfish & irritable**?*

*Do I have patterns of **silence & rest**?*