

REFLECTION TOOL #9

APPRAISAL OF SPIRITUAL FORMATION

A. Possible Aids in Assessment

1. Personal journal
2. Feedback from spouse, family, friends, mentors
3. Spiritual Director
4. Mentored Ministry progress reports, evaluations
5. Denominational evaluations
6. Personal retreat/prayer

B. Areas to Consider when Appraising your Formation

1. Relationship with Self (Personal Development)

- Rate your self-acceptance
 - Are you led by a sense of direction for your life?
 - What are your hopes?
 - Review Gal. 5:19-21 and your growth away from self-indulgence
 - What are your deepest joys?
 - What are you angry about?
 - What are you sad about?
 - What are your main fears?
- Consider the balance in your life between seriousness and humor, and fun and work
 - Rate your sensitivity
 - Assess your diet, exercise habits and patterns of sleep

Are you now, or have you in the past been in a relationship of guidance and accountability regarding your personal spiritual development? If such an opportunity were open to you, what would you want most to work on?

2. Relationship with God (Development of Piety)

- Review time spent in prayer, including intercessory prayer and meditation
- Note barrier to prayer
- Is there a desire to study Scripture and memorize it?
- How aware are you most of the time of God's love?
- How aware are you of sin in your life? Of forgiveness?
- What place does confession have in your life?
- How frequently is your life marked by expressions of gratitude, praise and joy?
- Rate yourself on submission and service
- How are your periods of solitude most often spent?
- Review evidences of the fruit of the Spirit in your life (Gal. 5:22,23)

- What are your fasting habits?
- Reflect on resistance in your soul to the movement of the Holy Spirit
- Assess your authority in teaching and/or preaching

One way to assess our walk with God is to recognize the place classic spiritual disciplines have in our life. How often do you practice any of the following disciplines as outlined by Richard J. Foster:

<u>Inward</u>	<u>Outward</u>	<u>Corporate</u>
meditation	simplicity	worship
prayer	submission	celebration
study	service	guidance
fasting	solitude	confession
silence		

3. Relationship with Others (Relational Development)

- Are you presently alienated from anyone due to conflict or unfinished business?
- Is submission part of your style of relating to others?
- How are your relationships with your family?
- Note your desire to serve others. In recent occasions was there any seeking of gain involved such as power or merit?
- How open a person are you with others?
- Do you have a teachable spirit?
- Do others think you are flexible?
- How giving are you of time, money, affirmation and attention?
- What is your usual response to unexpected demands on your time?
- What is your attitude toward authority (yours and others)?
- How is the balance in your life between friendship and solitude?
- Review your appreciation of the church and its ministry
- Do you value collegiality and practice it?
- Is there a tendency to criticize others or to affirm others?

What patterns of behavior in your life strengthen your love for God and others?
 What patterns of behavior in your life weaken or hinder your love for God and others?

4. Relationship with the World (Ministerial Development)

- How great a concern do you have for social issues?
- Is there a desire to reach out, followed by acts of concrete care?
- How willing are you to accept hardship in service to others? Have you?
- What is your willingness to serve without acclaim?
- Are you very willing to take risks?

- How is your time management?
- What is your level of trust - of others? of God? (to follow God in a new calling)

It may be helpful to choose a Scripture portion or image which is a meaningful expression for you of your ministry and write about it.

C. Goals:

Focus on a few specific areas which stand out to you as areas where you want to grow. Outline several goals you would like to work on. Be (1) specific (2) realistic. Make the goals (3) measurable and (4) achievable in a certain time span. Limit yourself to one goal per statement. Note how you will evaluate whether you have met your objectives.

Estimated length, 3-4 pages
Please attach to completed Reflection Tool Cover Sheet