



Spiritual Self-Reflection Tool

Where Am I? A Deep Life Tool

The following questions are designed to help you reflect deeply and honestly on your own life. You are not comparing yourself to others. You are simply taking stock of where you are right now. This is not something you will be turning in, but we hope you will share it with a spiritual friend or small group as you feel comfortable. The questions follow our fall worship series called A Deep Life. We will be focusing on life together in worship, prayer and generosity.

No shame. No judgment. Just honesty. Here we go!

For each question, rate yourself on a scale of 1 - 6 answering this question: How true is this statement for me right now?

1 = not true at all

2 = seldom true

3 = sometimes true

4 = more true than not

5 = true

6 = very true

Step One: Self-Reflection

A Deep Life Together

- I have a person or people in my life supporting my spiritual growth.
- I meet regularly with at least one other person to intentionally discuss our spiritual lives.
- I have a sense of belonging to a specific smaller group within the church.
- I have a group of people in the church I would feel comfortable calling in times of need.

Add scores _____ for A Deep Life Together

continued on next page

A Deep Life of Prayer

- _____ I feel comfortable talking to God.
- _____ I feel it is possible to hear God speak.
- _____ I talk to God on a regular basis.
- _____ I talk to God with at least one other person on a regular basis.

Add scores _____ for A Deep Life of Prayer

A Deep Life of Worship

- _____ I regularly attend worship services
- _____ I have a deep desire to gather with others for Scripture and Communion in order to connect with God.
- _____ I regularly meditate on God's Word and invite God into my everyday activities.
- _____ How I live my life shows that God is my highest priority.

Add scores _____ for A Deep Life of Worship

A Deep Life of Generosity

- _____ I acknowledge and express a deep sense of gratitude to God.
- _____ I abundantly serve God with the gifts and passions that I have been given.
- _____ I meet the needs of others without expecting anything in return.
- _____ I feel that my life is more about giving than receiving.

Add scores _____ for A Deep Life of Generosity

Step Two: Ranking

Specific Strengths

Look through all sixteen individual questions. List the top three highest questions. If you have many areas that are ranked the same, pick three that you are drawn to and reflect on those.

#1 _____

#2 _____

#3 _____

These are areas in which you feel the most confident in the Deep Life. Ask a friend to look at this list and see if they agree, based on their knowledge of you. Take time to thank God for these strengths in your life. How do you see it playing out in your everyday life?

Specific Growth Areas

List the three lowest scores. If you have many areas that are ranked the same, pick three that you are drawn to and reflect on those.

#1 _____

#2 _____

#3 _____

These are areas in which you feel less confident in the Deep Life. Take time to meditate on these areas. Which one do you feel God asking you to take a next step in your spiritual growth?

Step Three: Next Steps

Look at each of the four sections of the Reflection Tool. How might you be able to take a next step in growth within each area? Look through the ideas listed on the following pages for next step inspiration and resources. Write down a specific next step that you would like to take in each area.

A Deep Life Together

I intend to _____ by this date _____.
I will ask _____
to hold me accountable to this goal.

A Deep Life of Prayer

I intend to _____ by this date _____.
I will ask _____
to hold me accountable to this goal.

A Deep Life of Worship

I intend to _____ by this date _____.
I will ask _____
to hold me accountable to this goal.

A Deep Life of Generosity

I intend to _____ by this date _____.
I will ask _____
to hold me accountable to this goal.

A Deep Life Next Steps

Life Together Next Steps

- Identify a spiritual friend and invite them to coffee to talk about faith.
- Participate in a Life Group or an ongoing Bible Study.
- Connect with one of the many ministry areas at Easter Lutheran. (easter.org / Connect)
- Attend **The Well** on Wednesday evenings, 6:30-8 p.m. at Easter by the Lake.

Resources:

Life Together by Deitrich Bonhoeffer
Called to Community edited by Charles E. Moore
Cultivating Sent Communities edited by Dwight Zcheile
We Make the Road by Walking by Brian McLaren

Worship Next Steps

- Practice preparing your heart for worship.
- Attend worship more frequently at either site:
 - Saturdays, 5 p.m., Easter on the Hill
 - Sundays, 8:30 & 10 a.m. at Easter on the Hill
 - Sundays, 9:30 & 11 at Easter by the Lake
- Connect with others at worship, such as a Life Group or a friend. Volunteer to help with an aspect of worship (greeting ushering, serving communion).

Resources:

Celebration of Discipline by Richard J. Foster
Renovation of the Heart by Dallas Willard
Renew Your Life by Kai Nilsen
The Rest of God by Mark Buchanan

A Deep Life Next Steps

Prayer Next Steps

- Practice the spiritual habit of daily meditation and prayer. Here's how: stevethomason.net/2011/01/07/how-to-have-a-quiet-time-p-2
- Invite a spouse or friend to pray with you on a regular basis.
- Try a new method of prayer. Walk the prayer labyrinth at Easter by the Lake, near the Pilot Knob driveway entrance.
- Attend a 3-week class on centering prayer:
October 1, 8 & 15, 7-8 p.m., Easter on the Hill

Resources:

Paths to Prayer by Patricia D. Brown

Before Amen by Max Lucado

Finding Our Way Again: The Return to Ancient Practices

by Brian McLaren

Thirsty for God by Bradley Holt

Power Surge by Michael Foss

Generosity Next Steps

- Keep a gratitude journal and practice giving thanks.
- Identify a way to share your time and talents with the church and commit to following through.
- Increase your giving by offering a percentage of your income to the church and other faith-based organizations
- Anonymously give to someone in need.

Resources:

Enough by Adam Hamilton

One Thousand Gifts by Ann Voskamp

Invitation to a Journey by M. Robert Mullholland Jr.

By Heart-Conversations with Martin Luther's Small Catechism

Resources

- **A Deep Life Resource** page is available at easter.org (click on the front page banner or go to the Events & News page)
- Find **ways to connect** with other Easter people who gather regularly at Easter: easter.org (Connect menu item)
- Find ways to **generously serve** via the opportunities provided by Easter: easter.org (Serve menu item)
- **Pastor Steve's Spirituality Resource** page stevethomason.net/spiritual-formation
- **Renovare Ministries:** renovare.org
- **Easter's App:** podcasts, sermons, resources, giving
- **Listen to both the Hill and Lake sermons** each week either via the App or at easter.org (Sermons menu item)



The Easter Lutheran Church App

Available in App Stores

