Spiritual Inventory

Taking time to assess your spiritual rhythms can help you notice where God is moving in your life, where you feel nourished, and where you may need renewal. Use this worksheet as a tool for reflection and as a resource to revisit periodically.

Life-Giving Practices

What spiritual practices bring you life and joy?

When do you feel most connected to God?

What rhythms help you feel grounded and at peace?

How do you make space for stillness and attentiveness to God?

Areas of Resistance or Stagnation

Where do you feel resistance in your spiritual life?

Are there practices or commitments that feel more like obligations than sources of renewal?

What aspects of your spiritual life feel dry or distant?

Is there anything you are avoiding or hesitant to bring into your spiritual life?

Significant Moments

When have you felt closest to God in the past year?

What experiences have deepened your faith recently?

Are there moments of struggle that have shaped your spiritual growth?

Have there been any unexpected encounters with God in your daily life?

Community & Support

Who are the people that encourage your spiritual journey?

Are there relationships that need more attention or nurturing?

How do you engage with spiritual community (church, small groups, mentors, etc.)?

In what ways do you offer spiritual support and encouragement to others?

Rest & Renewal

How do you incorporate rest and Sabbath into your life?

What practices help you find spiritual and emotional renewal?

Do you give yourself permission to slow down and listen to God?

What activities or habits drain your energy rather than restore it?

Discernment & Next Steps

What is God inviting you into in this season?

Are there areas where you sense a call to change or growth?

What small step could you take to deepen your spiritual life in the coming weeks?

How can you remain open to God's guidance in your daily decisions?

Consider journaling your responses and revisiting them in a few months. Notice any shifts or emerging themes in your spiritual life. If helpful, bring these reflections into a spiritual direction session for deeper conversation.

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