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Reflections on Your Spiritual Journey

The purpose of this reflection is to help you become more conscious of your spiritual journey and to communicate that journey as thoroughly as possible. What you write will be treated with respect and confidentiality. The information will be shared with members of the evaluation team and included in a written report and feedback session. The questions and suggestions are designed to help you remember where your journey began, significant people and events you encountered along the way, where you are now and where you wish to be headed.

You are asked to be open and honest in a non-judgmental way about your journey. Do not worry about trying to place yourself in a more or less favorable light. Please try to sincerely recognize, name and tell the truth about your life—not as it “ought to be,” but as it actually is. This reflection is not to categorize, label or judge you; rather, it is to help you gather valuable information and to get at the truth about your own unique journey with God.

Name:       Date of Birth:

Order/Diocese/Church:

Date of Vows (if applicable):

Date of Ordination (if applicable):

# SECTION I: FAMILY AND RELIGIOUS HISTORY/EARLY RELIGIOUS EXPERIENCE

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| 1. Did your family have a religious affiliation? |  |
| If so, what was it and to what extent did your family actively participate in a faith community (parish, congregation, informal group, etc.)? |  |
| 2. If you have a different religious affiliation now than you did as a child, what moved you to change affiliations? |  |
| 3. What were the regular religious practices in your family? |  |
| 4. What was your childhood experience of God? How did this influence you? |  |
| 5. Who was influential in helping you develop your faith? |  |
| 6. Describe significant experiences that strengthened your faith and trust in God and others. |  |
| 7. What was it like being a child in your family? |  |
| 8. Were there family secrets that affected how you related to your family, to others, to God? If so, what were they? |  |
| 9. Name some key values your family held and lived. |  |

**SECTION II: VOCATION**

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| 1. When did you first experience a sense of call to ordination and/or to religious life? |  |
| 2. What attracted you to respond to this call? Who and what influenced your choice to respond? |  |
| 3. What other options did you explore? |  |
| 4. With what values do you most identify when you think of the charism of your religious congregation or the mission of the Church? |  |
| 5. How are the choices you make influenced by your vows/promises (poverty, chastity, obedience, celibacy)? |  |
| 6. What energizes you now about your vocation? |  |
| 7. In what ways have you experienced the most struggle or challenge in living your vows/promises? |  |
| 8. How do you feel regarding the way you currently live your commitment? |  |
| 9. Why do you choose to remain in your vocation? |  |

**SECTION III: RELATIONSHIP WITH GOD**

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| 1. When did you first become aware of God in your life? |  |
| 2. How has your experience of God evolved over the years? |  |
| 3. What image(s) of God best capture(s) your relationship with God at this time in your life? |  |
| 4. Complete this sentence:  “My relationship with God is like…” |  |
| 5. Describe a time when you felt close to God and a time when you felt some distance from God. |  |
| 6. How have losses in your life affected your relationship with God? |  |
| 7. How do you feel about God at this time in your life? |  |
| 8. What do you do on an ongoing basis to nurture your relationship with God? |  |
| 9. How are the issues that bring you here affecting your relationship with God? |  |

**SECTION IV: SPIRITUALITY/PRAYER LIFE**

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| 1. Describe your usual manner of prayer. |  |
| 2. What other religious practices support your prayer life? |  |
| 3. How has your prayer changed over the years? |  |
| 4. What form of prayer sustains you today? |  |
| 5. What are your struggles with prayer? |  |
| 6. How comfortable are you with quiet in your life? in prayer? |  |
| 7. Name a scriptural character and/or passage that is significant to you and why. |  |
| 8. Which sacraments hold particular meaning for you and enrich your spiritual life at this time? How would you describe that meaning? |  |
| 9. Are there any personal challenges that currently make it difficult for you to pray or hinder your spiritual growth? How would you describe them? |  |

**SECTION V: RELATIONAL LIFE**

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| 1. What gifts do you bring to community/to the people in your life? |  |
| 2. What do your friends/members of your community like most about you? |  |
| 3. What relationships have positively or negatively most impacted your life? |  |
| 4. Who are/were some special companions on your spiritual journey? Do you maintain these relationships and, if so, how? |  |
| 5. Explain how mentors and/or colleagues in ministry support and sustain you. |  |
| 6. Describe any significant losses in your relationships. |  |

SECTION VI: MINISTRY

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| 1. How does your understanding of ministry relate to the values of the Gospel and/or your community’s charism? |  |
| 2. What is it that compels you to engage in ministry? |  |
| 3. What personal gifts do you bring to ministry? |  |
| 4. What gives you energy or depletes your energy in your present ministry? |  |
| 5. What affirmation have you received in your ministry? What negative feedback, if any, have you received in your ministry? |  |

SECTION VII: CHURCH

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| 1. In a few sentences, what is your understanding of the Church and its mission? How do you contribute to this mission? |  |
| 2. What image or metaphor best describes how you experience the Church today? |  |
| 3. What aspects of the Church do you find most hopeful? most challenging? |  |
| 4. How have your present circumstances affected your relationship with the Church, your bishop, your religious superior? |  |

**SECTION VIII: RELATIONSHIP WITH SELF**

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| 1. Describe a time in your life when you have been happy with yourself. |  |
| 2. How do you feel about yourself right now? |  |
| 3. When you experience fear, anxiety and/or anger, how do you deal with it? |  |
| 4. What emotional issues or unresolved past experiences do you have that are impacting your spiritual life? |  |
| 5. How do you deal with feelings of guilt and shame when they arise in your life? |  |
| 6. Describe key experiences you have had of forgiving and being forgiven. |  |
| 7. How do you respond to feeling lonely? |  |
| 8. Please indicate your Myers-Briggs Type, if you know it. |  |

**SECTION IX: ONGOING SPIRITUAL DEVELOPMENT**

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| 1. What is your history with spiritual direction? |  |
| 2. How often do you make retreats? What kind of retreats have you made? |  |
| 3. When was your last retreat? How would you describe your experience of it? |  |
| 4. Please name any recent spiritual books that have been helpful to you. |  |
| 5. What other experiences contribute to your ongoing spiritual growth? |  |