

Name: \_\_\_\_\_

Small Group Leader: \_\_\_\_\_

Date: \_\_\_\_\_

## ***PERSONAL PROGRESS REPORT - A***

### **Spiritual Direction**

#### ***I. Spiritual Disciplines***

Reflect on your experience of practicing spiritual disciplines: e.g. solitude, meditation, silence, receptive reading of scripture, entering the narrative, worship, prayer during work/play, service, fasting, etc. Reflect also on your underlying intent in your practice.

a) In what ways is your capacity for noticing and appreciating the presence of God developing?

b) How has your own heart and inner space become more open and receptive to God?

#### ***II. Spiritual Companionship***

Your reflection in this section is on your experience of listening to others:

a) In what ways is your capacity for being attentive to God's presence and work developing as you listen to others?

b) What responses do you notice within yourself as you listen to persons share their experience?

compassion

wanting to teach, telling the person something s/he needs to know

offering advice

wanting to fix

able to stay with the experience of the person talking, without trying to fix, teach, offer advice, or avoiding being present

prayerfully present

becoming more aware of God's presence and the Holy Spirit's activity in the other person

c. As I reflect on how I listen as a spiritual companion, I discern that:

my strengths are:

my growing edges are: