

Name: _____ Date: _____

Group Leader: _____

Personal Progress Report
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.

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

2. How has your own heart and inner space become more open and receptive to God?

II. Small Group Experience / Ministry

Your reflection in this section is on your awareness of your own experience and the experience of listening to others.

1. In what ways has your capacity for noticing God's presence and activity developed?
 - a. Within your own experience?

 - b. As you listen to the experiences of others in your small group?

2. What responses do you notice emerging within yourself as you listen to persons sharing their experiences?

compassion

wanting to teach, telling the person something s /he'

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