

## Final Personal Progress Report E

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

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

The intent of this more extended Personal Progress Report is for you to look back over the two years of training in spiritual direction and/or congregational spiritual formation, and to reflect on your experience and growth. You are invited to engage in prayerful reflection in reference to five areas:

1. Your engagement in peer group
2. Your formation as a deep, receptive listener
3. Your formation in personal, theological, historical, psychological, and interpersonal awareness
4. Your growth in contemplative awareness and practice, both personally and in the practice of ministries of spiritual direction and formation
5. Your development as a spiritual director and/or leader of spiritual formation ministries (one-on-one or in small groups, within congregational or other settings) and your discernment of the direction for this ministry of tending the soul.

*Looking back over your logs, verbatim, and congregational report as you respond to many of the questions will be helpful. Give actual quotes from your work when you are asked to give instances.*

You will submit a copy of this final Personal Progress Report to your small group supervisor before the final Journey Partners training retreat. During that retreat each small group member will have an hour in which to share his/her reflection and discernment. Your small group members and Supervisor will offer affirmation of your strengths and encouragement to pay ongoing attention to your growing edges. The presentation time will close with a circle of prayer and blessing for you.

## 1. Peer Group

- a. Ways in which I have contributed to the well-being and intent of the peer group include:

Being aware of other peer group members (describe an instance):

Relating in healthy ways (describe an instance):

Respecting boundaries (describe an instance):

Working together within the framework of the group covenant (describe how this has happened for you):

- b. I have grown in how I work in alliance with *God/Holy Spirit*.

Ways in which I am aware of the nature and intent of tending the soul, and my awareness of, and presence for *God* during small group work and interaction include:

- c. I have been open and receptive to supervision -

How I respond to comments and insights of peer group members includes:

How I respond to guidance offered by my small group supervisor:

- d. As I reflect on how I have grown in trust as I engaged in this small group work and formative process, I am aware that:

**2. Formation as a deep, receptive listener**

- a. An instance of how I've grown in being fully present while listening:

- b. As I listen deeply, I notice that I am able to:

mirror back what another person has said (give instance):

summarize the content of what has been shared by another (note instance):

offer open-ended/evocative questions which foster deeper reflection and engagement (give instance):

c. I listen for and discern God's presence and work in the narrative/story of another.  
(Give instance):

d. I notice that I am not "kidnapped" by the feelings and the power of the other person's story (experience). An instance in which I remained self-differentiated and God-aware is:

**3. Formation in personal, theological, historical, psychological, and interpersonal awareness.**

a. I have attended at least five of the six training retreats.

I have made arrangements to do the make-up work if absent from a training retreat.

b. I have been engaged in the readings & discussion, and am becoming more informed and discerning in the following ways:

c. I have completed the following work:

i) All Personal Progress Reports (A, B, C, D, E)

ii) Ministry Logs (4)

iii) Verbatim (6)

- iv) Ministry Report on the Angel/Hidden Spirit of my congregation/ministry setting
- v) Prepared and led a spiritually formative practice or retreat designed to tend the soul of the hidden spirit of the congregation/ministry setting
- vi) Communicated to my small group supervisor my discernment as to which certificate I will receive:

(circle yes or no)

		<b><i>Certificate of Participation</i></b>
Yes	No	I discern that this spiritual direction training was more for my own growth and spiritual formation. I do not have a clear sense of call or present desire to engage in the ministry of spiritual direction or congregational spiritual formation.

		<b><i>Certificate of Completion</i></b>
Yes	No	I discern that during this spiritual direction training I have discovered or deepened a sense of call to engage in the ministry spiritual direction in or beyond the congregation, and/or or engage in congregational spiritual formation.

d. I am growing in self-awareness, God-awareness

In solitude I notice:

As I complete the final Personal Progress Report, and reflect on my logs and verbatim, I am aware of the following growing edges:

I am aware of these personal strengths and gifts:

The coping responses I am tempted to shift into when listening include:  
(i.e. moving into teaching, theologizing, fixing, avoidance, etc.)

The issues which seem to block deep, hospitable listening include:

Ways in which I am finding help in addressing those issues are:

#### **4. Contemplative spiritual and ministry formation**

a. I attend to my personal rhythm and rule of life and prayer in the following ways:

b. My practice of spiritual disciplines includes:

Communal disciplines such as:

In solitude the prayer practices I engage in include:

Attending a contemplative retreat (yes, no, desire to do this...)

c. My experience of meeting with a spiritual director on a regular basis has . . .

d. I am growing in God-awareness/being contemplative while engaged in listening and the practice of ministry in the following ways:

**5. Formation as a spiritual director and/or leader of spiritual formation ministries (one-on-one or in small groups, within congregational or other settings)**

a. I am meeting with persons to give spiritual direction (one-on-one, group) in the following ways and settings:

b. I am offering/intend to offer spiritual formation practices within my sphere of ministry (tending the soul of small groups/congregation) in the following ways:

c. As I engage in reflection on my practice of giving spiritual guidance (when writing verbatim), I notice that . . .

The entries in the left-hand column indicate that:

- d. As I prayerfully discern my readiness for the ministry of spiritual direction, I feel most comfortable and called toward the following:

The ministry of one-on-one spiritual direction

Tending ministries of spiritual formation within my own sphere of ministry and giftedness (either within or beyond my congregation). Name specific areas of ministry in which you are already involved or feel called to become involved (i.e. planning and leading worship, preaching, teaching Sunday School classes, youth ministry, mission, community outreach, etc.)

Offering spiritual direction or spiritual formation opportunities in other contexts  
(Give examples, if known)

Other insights or comments I want to share:

6. And, finally, as you look ahead, what support do you anticipate you will need to sustain you in the ministry of spiritual direction /formation you are called to engage