**Journey Partners**

**Training in Spiritual Direction Home Based Practicum C**

***Personal Progress Report C***

Name Supervisor Date

As you respond to these questions, you will be practicing spiritual discernment, one of the themes of the fourth training retreat.

Ask the Holy Spirit for help as you engage in this practice of discernment. Look back over

your life and call to mind times when you were especially aware of God’s presence and guidance. Choose one of those experiences for further reflection as you engage with the questions below.

1. ***Discerning God’s presence, guidance, and work in your life.***

*In what way do you discern that the presence, call, guidance, or voice . .* .

a feels and/or sounds like God?

b is consistent with your experience over time of God’s presence and work

within you, in your life?

c is evoking a response/reaction in you?

*Movement (toward God) Countermovement (away from God)*

willingness (receptive to God) resistance

deepening trust (in God) fear, anxiety

clarity heaviness

a sense of things coming together willfulness

a deep sense of grace, gratitude getting compulsively busy questions (brought into prayer) emotional separation from God open listening anger, cynicism

d. invites you into deeper love

for God

for yourself

for others ( within and beyond your community of faith)

e is moving you to check out what you are hearing/experiencing with another

(a spiritual director, a mature Christian, a covenant group, etc.) and to listen to their response?

***Continuing prayerfully, reflect on what you are noticing and how God is guiding you…***

1. ***In what way does your own experience and discernment of God’s presence or call***

***assist your spiritual companioning of others…***

In your peer group

In one-on-one conversations In other groups

In the congregation

In other settings (mission, school, family, work, etc.).

a What helps you to be present and hospitable

to others?

to their life experience/narrative?

to God’s presence and work within their experience/life?

b What do you sense blocks or hinders your hospitable, receptive presence

for others?

for your awareness of God’s presence and work in their life?

c What helps you to be receptive to God’s help and guidance as you

 listen and respond?

**You are invited now to prayerfully reflect on…**

1. ***change and growth***

in your life

in your practice of tending the soul.

As you look back over your experience of this training in spiritual direction

…reflect on where you were as a “listener for God”

when you began

and on where you are now.

What gifts, graces, and strengths do you discern within yourself and your practice?

What areas for ongoing care and growth are you aware of?

1. ***Reflect on what sustains you* . . .**

. . . within?

. . . in your practice of holy listening?

Prepared by Wendy Miller, 2011

Other source: John Ackerman, *Listening to God* (Bethesda: The Alban Institute), 2001.