**Training in Spiritual Direction**

Home-based practicum ministry in spiritual companioning

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

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Personal Progress Report – D**

(to complete between Retreats IV & V)

1. **Rhythm and Rule of Life and Prayer**
2. **Spiritual Disciplines**  
     
   Reflect on your experience of practicing spiritual disciplines, also paying attention to your underlying intent in your practice.
   1. In what ways is your capacity for noticing and appreciating the presence of God developing?

* 1. How are you becoming more open and receptive to God?  
     . . . within your own heart and mind?  
     . . . in your everyday life of study, vocation, relationships, play, rest?
  2. What helps you sustain your spiritual practice? What do you find challenging?

1. **Life Rhythm**

Reflect on your daily and weekly rhythm:

|  |  |  |
| --- | --- | --- |
| Ministry/work | and | Rest |
| Engagement |  | Solitude/Sabbath |
| Love for others |  | Love for self |
| Soul/spirit  Mind/thoughts |  | Feelings  Body |
| Work relationships |  | Intimate relationships, family, friends |
| Time with others |  | Time and space with God |

What do you notice? Is there balance and flow? Is there too much attention

in some areas and too little in others? What brings joy and delight? What is missing?

1. **The Practice of Discernment** 
   1. What learnings from Retreat IV on Discernment are impacting your prayer? Your listening in general and in spiritual direction conversations in particular? Your approach to making decisions? What shifts are you noticing?
   2. What was helpful for you in the exercise on the Angel/Hidden Spirit of the congregation or other setting? How are you continuing to use that lens to discern how God is at work in your setting?
   3. What was challenging for you in that exercise? Did you experience any resistance within yourself? In others? What can that resistance teach you?