Name:

Small Group Leader:

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

**Personal Progress Report A** (to be prepared between Retreats I & II)

1. ***Spiritual Disciplines***

Reflect on your experience of practicing spiritual disciplines using the book *Fully Awake and Truly Alive*.

1. What mode of practice is most appealing to you (rest, caring for your body, silence, hospitality, etc.) and what particular practices within that mode are most helpful to you.  Which are most challenging?
2. What modes are least appealing and bring up reluctance or resistance in you? Reflect on what may be causing both positive and negative responses.
3. What are you learning about how you connect with God and what you need to keep that relationship lively?
4. In what ways is your capacity for noticing and appreciating the presence of God developing?
	1. How have your own heart and inner space become more open and receptive to God?
5. ***Spiritual Companioning***

Reflect on your experience of listening to others:

* 1. In what ways is your capacity for being attentive to God’s presence and work developing as you listen to others?
	2. 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

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

being prayerfully present

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

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

 my strengths are:

 my growing edges are: