



SPIRITUAL DIRECTION INVENTORY

A spiritual direction inventory is **a tool that captures a snapshot of our spiritual life at a given time during our spiritual journey**. As it is with most things in life, our spiritual well-being involves an active balance. This tool is designed to help us see areas where we might grow and discover where our spiritual development could use more attention. During the various seasons of life, our spiritual direction may shift, and I hope returning to this tool to check the pulse of your spiritual life will be helpful.

The essential elements of an individual's spiritual life consist of:

- Learning/Study
- Stillness
- Beliefs
- Practices/Habits
- Application

Consider the following statements and indicate where you have been over the last several months using the following scale: *Remember, this is just a snap shot—not a judgement—so be honest with yourself.*

- No, never! – **1**
Less than 25% – **2**
About 50% – **3**
Close to 75% – **4**
Yes! 100% – **5**

LEARNING/STUDY

1. ___ I intentionally seek spiritual development material (sermons, books, podcasts, etc.).
2. ___ I have a spiritual mentor.
3. ___ I memorize scripture.
4. ___ I study the Bible in a group setting.
5. ___ I read spiritual material outside the Bible.
6. ___ I often have conversations with people of differing beliefs.

Total = ___



STILLNESS

- 1. ___ I spend time in prayer/worship every day.
- 2. ___ I am comfortable in solitude.
- 3. ___ I am comfortable in silence.
- 4. ___ I hear from God regularly.

Total = ___

BELIEFS

- 1. ___ I will take unpopular stands to defend my faith.
- 2. ___ I am confident of my eternity.
- 3. ___ I believe God loves everyone.
- 4. ___ I believe in Heaven and Hell.
- 5. ___ I believe sin separates us from God's best for our lives.
- 6. ___ I believe a Christian should attend some type of community of faith regularly.

Total = ___

PRACTICES/HABITS

- 1. ___ I share words of encouragement and kindness with others frequently.
- 2. ___ I pray and ask God for guidance before making any decisions.
- 3. ___ I tithe/give regularly.
- 4. ___ I volunteer my time.
- 5. ___ I have a small group I regularly meet with for spiritual development.
- 6. ___ I have healthy spending habits and a strong ability to save.
- 7. ___ I regularly get enough sleep.
- 8. ___ I consistently eat a healthy diet.
- 9. ___ I am physically active on a daily basis.

Total = ___



APPLICATION

1. ___ My faith is involved in every aspect of my life.
2. ___ Because of my faith, I have meaning and purpose in my life.
3. ___ My faith gives me an inner peace.
4. ___ My faith has called me to develop my given strengths/talents.
5. ___ I trust that God listens to me, hears me and responds.
6. ___ I share my story/testimony with others.
7. ___ I experience peace and joy more than fear and worry.
8. ___ Because of my faith, I am able to forgive those who deeply hurt me.
9. ___ I do not seek revenge or hold grudges.
10. ___ I am friends with the people in my neighborhood/who live near me.
11. ___ I talk about my faith with others.
12. ___ I am patient with members of my family.
13. ___ I am patient with members of my church.
14. ___ When I have been hurt or I am angry, I speak first with God, and then directly with the person involved.
15. ___ I apologize quickly and willingly.
16. ___ I am honest in my conversations and actions.
17. ___ I see a correlation between my daily work and my faith.
18. ___ I am generous with my time, talents and resources.
19. ___ I help others without expectation for something in return.
20. ___ My faith guides how I handle conflict.
21. ___ My faith guides how I handle crisis.
22. ___ I rarely reference past wounds and offenses.
23. ___ My faith and my marriage are deeply connected.
24. ___ My faith and my parenting are deeply connected.
25. ___ I am not easily offended.
26. ___ It is easy for me to forgive others.
27. ___ I carry very little guilt/shame.
28. ___ Self-control and self-discipline come easy to me.
29. ___ I give myself grace in most matters.
30. ___ I give others grace in most matters.

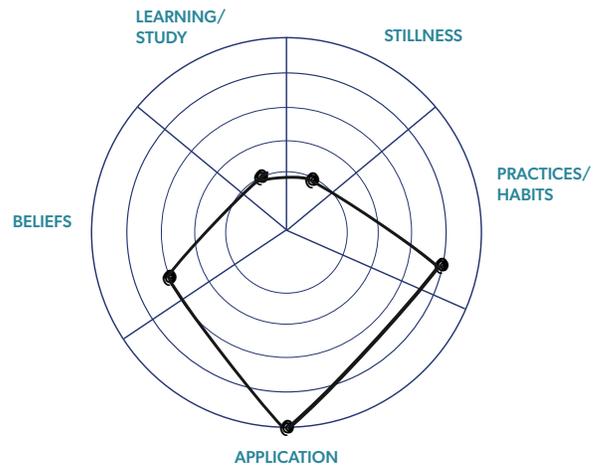
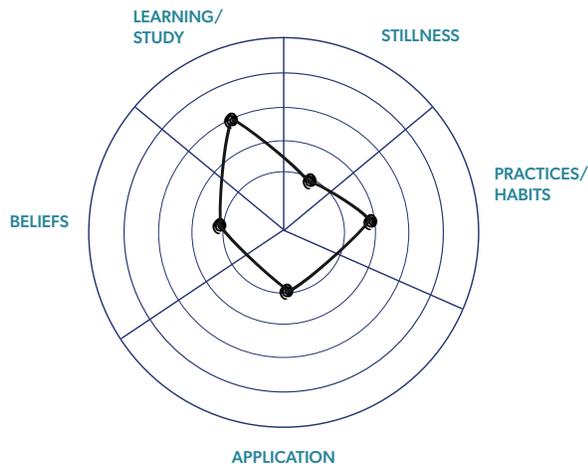
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HOW TO MAP THE RESULT OF YOUR INVENTORY

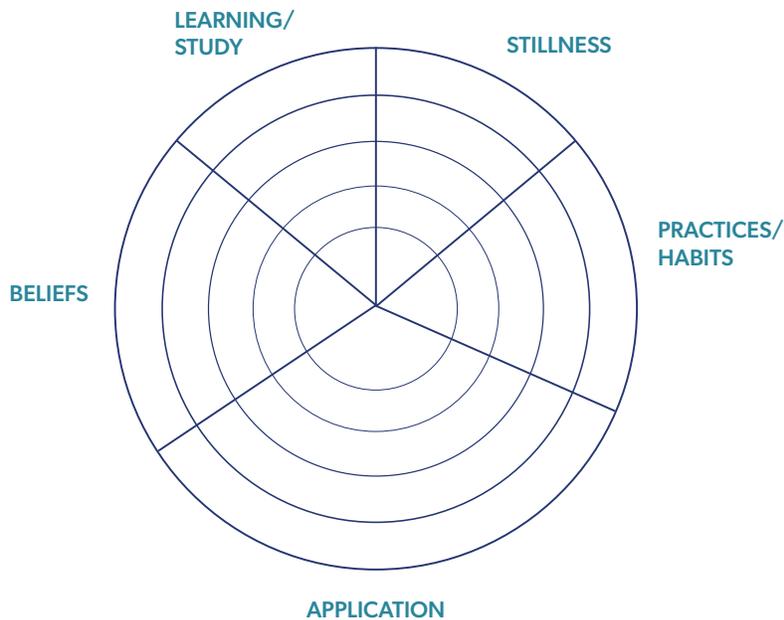
Write your totals next to each segment. Based on your total in each section place a dot on the corresponding portion of the circle grid below. When you have all five dots marked, connect the dots with one "circular line." See examples below.

- _____ **LEARNING/STUDY** 1-30 (1-6 Ring 1, 7-12 Ring 2, 13-18 Ring 3, 19-24 Ring 4, 25-30 Ring 5)
- _____ **STILLNESS** 1-20 (1-4 Ring 1, 5-8 Ring 2, 9-12 Ring 3, 13-16 Ring 4, 17-20 Ring 5)
- _____ **BELIEFS** 1-30 (1-6 Ring 1, 7-12 Ring 2, 13-18 Ring 3, 19-24 Ring 4, 25-30 Ring 5)
- _____ **PRACTICES/HABITS** 1-45 (1-9 Ring 1, 10-18 Ring 2, 19-27 Ring 3, 28-36 Ring 4, 37-45 Ring 5)
- _____ **APPLICATION** 1-150 (1-30 Ring 1, 31-60 Ring 2, 61-90 Ring 3, 91-120 Ring 4, 121-159 Ring 5)

Result examples:



YOUR RESULTS



THERE IS A REASON WE USE A CIRCLE

We can all too often view our spiritual life as a ladder, something with steps or levels. We place certain people, or reflect on certain seasons of life, as “higher up” than others. I don’t believe that is how God works. While yes, we can always be striving to grow and mature, and hopefully we are all surrounded by people who are wiser than we are, our spiritual life ebbs and flows. **I believe maturity looks more like a circle than a line, and the wider our circle in so many ways, the more fully we are embracing God’s love for us and others.** Spirituality is not something to be earned or accomplished like a task to complete. It evolves as we learn to be still and develop a deeper understanding in our beliefs which then overflow into our habits as we rightly apply them to our daily life.

It has been said by various people, “Thoughts become words, words become actions, actions become habits and habits shape our life.” This process unfolds not in a linear fashion but more like waves from the ocean, in a cycle, daily, in each moment. If you would like to widen your circle, consider the following next steps:



LEARNING/STUDY

- [Subscribe to a podcast or blog](#)—or purchase a study tool such as a devotional or topical study.
- [Find a spiritual mentor.](#)
- Intentionally develop a relationship with an individual or small group, with the focus on spiritual study.

STILLNESS

- Set your alarm for 20 minutes earlier than normal. Develop the habit of sitting quietly, reading outside or meditating each morning. [Click here](#) to find suggestions on books, apps, etc.
- Turn off the radio during your daily commute. Use this time to get quiet, share with God your thoughts for or from the day and learn to listen to the stillness.
- Journal. Take a few minutes each day to freely write whatever comes to mind. [Here are a few guided journal suggestions to get you started.](#)
- Need accountability to form this daily habit? [Let me help.](#)

BELIEFS

- Write out your core beliefs. One by one take time to think on them, research how others have thought through similar ideals and philosophies. [Here are a few reading suggestions to get you started.](#)
- If you belong to a community of faith, set up a time to talk with a leader in your church. Explore their beliefs, the church's beliefs and talk through how those fit with your faith.
- Want to sort through your beliefs? Ever wonder why you believe what you believe, or if you are practicing "church-ianity" vs. Christianity? Many people grow up in systems and later find themselves questioning what they were taught. Thinking through your beliefs is an ever-evolving process that reveals much of the how and why you operate in the world the way you do. [Let's talk.](#)

PRACTICES/HABITS

- Take an honest evaluation of what you regularly do and don't do. Write out specific habits or practices you want to begin incorporating into your life. Seek accountability and/or make a commitment for a season that will require you to show up/follow-through.
- Volunteer at your church or a local nonprofit.
- Begin to exercise with a partner or invest in a gym membership and trainer.



- Consult with a professional regarding your finances and make a plan for your spending and saving.
- Join a small group at church.
- Need accountability, someone to check in with consistently and ask you the tough questions to help you move forward? [Let me help.](#)

APPLICATION

- Have regular conversations with a trusted mentor or spiritual director on how your faith is woven through all aspects of your life. Talk through applying your faith within your marriage, your parenting, your work life ... everything. As you sort through scenarios and moments, through spiritual direction you can begin to see how God's principles can unfold into an abundant life. You are uniquely designed as a gift to the world, but that also comes with your unique challenges and struggles. Working to see the spiritual path through scenarios and difficulties is a process, and not always an easy one, but a journey well worth taking. [Make an investment to continue your growth today.](#)