

# Spiritual Health Inventory

	A strength	Doing fine	Needs work	A weakness
Makes time daily for personal prayer				
Participates in Sunday Eucharist				
Receives the Sacrament of Reconciliation frequently				
Nurtures a spirit of gratitude and generosity				
Admits to faults and wrongdoing				
Accepts forgiveness and forgives others				
Seeks opportunities for conversion				
Respects the sanctity of life				
Respects and protects the rights of others				
Cultivates a love for justice and a desire for peace				
Studies and prays with Scripture				
Appreciates tradition				
Fosters an awareness of God's presence in creation				
Acts on moral values				
Serves others willingly				

## Reflection Questions

### Profession of Faith

How do we see “proof” for the existence of God in our physical world?

When did turning to God give me peace?

What are the things I have sought to fill my spiritual hungers?

How does my faith help me to live a graced moral life?

What do I need to have my faith grow stronger?

What motivates me to put my faith in Jesus?

How does the reality of Jesus as our Savior affect my life and our society?

How do I confront darkness or selfishness in my life?

How do we experience the Resurrection in our world today?

How do I see the Holy Spirit acting in the body of believers today?

What charisms or gifts of the Holy Spirit have I been given?

- How can I use these for the common good?

How do I understand my call as a disciple of Jesus Christ?

What concrete things can I do to help my parish members become more united to one another and to Christ?

How is Mary “blessed” to this generation?

How would I respond at the end of life if I am asked, “How did you love?”

How often do I think that my own goodness will save me, rather than the goodness of God?

How do I feel about dying?

- How might I prepare for death?
- What are my fears?
- What are my hopes?

## Reflection Questions

### SACRAMENTS

What does the liturgy mean to me?

How do I experience the presence of God in the liturgy?

How has liturgy been a source of life or nourishment for me?

In what ways has the liturgy given me a deeper formation of faith?

In what ways does the liturgy prepare me for my mission in the world?

What are some of the blessings I have received from God?

What liturgical symbol or sign most speaks to me?

How do I participate in the Eucharistic liturgy?

In what ways have I experienced God's grace through the sacraments?

Which sacramental celebrations do I recall with deep affection?

When has prayer helped me to experience the grace of the sacraments?

What are some practical ways in which I can dispose myself to accept the gift of grace more easily?

How do I understand my Baptism into the life, death, and resurrection of Jesus today?

In what ways does our parish welcome the newly baptized?

How have I experienced new life through the sacraments of initiation?

How can I evangelize others?

What concrete steps will I take to evangelize someone I know?

What does the Sacrament of Confirmation mean to me?

In what ways do I experience the presence and power of the Holy Spirit in my life?

What are some gifts of the Holy Spirit that I am aware of in my life?

How can I respond to the outpouring of the Holy Spirit in my life today?

How has the Eucharist nourished me for mission?

What are some ways I have felt in union with God through the Eucharist?

What am I saying when I respond "Amen" as I receive communion?

How do I want the Eucharist to nourish my life as a Christian?

When do I find it difficult to be "bread" for others?

When and how have I experienced God's unconditional love?

What has been my experience of the Sacrament of reconciliation?

How often do I seriously take a look at the sins I commit in my life?

How have I experienced the forgiveness of others?

Whom do I need to forgive?

In what ways do I see the grace of God at work in my own illness or in those of others?

How can I better prepare for my own death?

How do I see myself participating in the priesthood of Jesus?

## Reflection Questions

### LIFE IN CHRIST

- How do I live out the Beatitudes in a concrete way?
- What are some cultural values that I see as being at odds with the Gospel?
- Whom do I love? What does love demand of me in these relationships?
- When have I tried to escape my moral responsibility toward others or myself?
- In what areas of my life am I most grateful for the guidance given by the Church?
- When have I best formed my conscience based on Gospel values?
- In what area of my life is it most difficult to be totally honest with myself? Why?
- When, and with whom, have I shared an experience of solidarity?
- How have I contributed to the common good of society?
- Where have I struggled to live in "right relationship"?
- How have I experienced solidarity in my parish?
- When have I been stretched in a moral way?
- How easily do I accept the gift of faith?
- What are the things in my life that I place before God?
- How is God's name taken in vain in our world today?
- How do I celebrate the Lord's Day?
- When have I followed my conscience and spoken for or against a civic issue?
- How do I act as a servant in my relationships with my family?
- What actions can I take to support the sacredness of life?
- What have been the effects of modern warfare on the poor?
- How do the virtues of faith, hope, and love help me to embrace a life of Christian chastity?
- How do I see my sexuality as a gift from God?
- How am I trying to live a chaste life today?
- How do I see my work as a means of sanctification?
- How might I better animate my part of society with the Spirit of Christ?
- In what ways do I express my total dependence upon God?
- What treasure is hidden most deep in my heart?
- What do I most love about Jesus Christ?

## Reflection Questions

### Christian Prayer

In what ways have I experienced God searching for me?

How have I experienced prayer as a gift in my life?

In what ways do I pray?

Do I experience a relationship of love in my prayer?

What will I do to become more faithful to prayer and to my love relationship with the Trinity?

What is one situation in my life in which I felt called to persevere in prayer?

What are some of the intercessory prayers I offer?

What have I learned from the lives of Jesus & Mary that has taught me how to pray?

What would I need to do in order to be able to “pray constantly”?

What prayer form do I prefer?

How might I become more comfortable with all prayer forms?

When do I most often pray to the Holy Spirit?

How do I call on the Holy Spirit for the needs of the world?

How did I learn to pray in my family environment?

What has been my experience of meditation in my prayer life?

What do I see as the benefits of contemplative prayer?

What have been my personal struggles with prayer?

How do I handle distractions or dryness in prayer?

How have I responded to God when I felt my petitions were not heard?

Are there ways I have come to believe that prayer is both possible & necessary?

How do I experience prayer and the Christian life as inseparable?

How do I see the Lord’s prayer as a model for living?

What changes do I want to make in my life to follow better the will of God?

In what ways am I persistent in prayer?

With what kinds of temptations am I struggling?

Whom do I need to forgive at this moment in my life?

## Spirituality and Leadership

### **Am I an effective minister to and with others?**

1. Do I welcome responsibility?
2. Do other people's failures annoy me or challenge me?
3. Do I use people or cultivate people?
4. Do I direct people or develop people?
5. Do I criticize or encourage?
6. Do I shun the problem person or seek him/her out?
7. Do I nurse resentments or do I readily forgive?
8. Am I reasonably optimistic?
9. Do I possess tact? (Can I anticipate the likely effect of a statement before I make it?)
10. Am I unduly dependent on the praise or approval of others?
11. Do I find it easy to keep or make friends?
12. Can I accept opposition to my viewpoint or decision without considering it a personal affront and reacting accordingly?
13. Am I entrusted with the handling of difficult and delicate situations?
14. Do I readily secure the cooperation and win the respect and confidence of others?
15. Do I use disappointments creatively?
16. Can I handle criticism objectively?
17. Do I retain control of myself when things go wrong?
18. Am I a limited leader in my home, my church, my community?
19. Am I satisfied with the status quo?
20. Do I continue in a rut simply because that's the way we've always done it?
21. Do I forecast failure and pessimism?
22. Do I live ultimately for self?
23. Am I willing to make a commitment to grow as a person?
24. Am I willing to put my knowledge into action?
25. Ultimately, will I be a person of prayer who reaches out in love to build up and strengthen God's people?

**You can't lead them if you don't love them!**

**There is no traffic jam on the extra mile!**

**If we live truly, we shall truly live!**

## Charity

Focuses on the needs of people

Looks at individual situations

Meets immediate needs

Ameliorates symptoms of social problems

Relies on the generosity of donors

## Justice

Focuses on the rights of people

Analyzes social situations or structures

Works for long-term social change

Addresses underlying social causes

Relies on just laws and fair social structures

## Seven Dimensions of Parish Life

### Prayer and Worship

Is prayer a priority for you and your parish?

How is prayer encouraged among the members?

### Catechesis

Does learning take place at your parish? How?

Is there an understanding of Catholic Social Teaching?

Do we study apologetics, Scripture, spirituality, stewardship?

Are parishioners encouraged to serve as catechists?

### Evangelization

How does your parish proclaim the Gospel?

How does your parish live “hospitality”?

### Justice and Charity

Do we understand the difference?

Is there solidarity with the poor?

Is there a spirituality of justice & charity?

Is there formation & training in justice?

### Ministry to Family/ Pastoral Care

How does your parish support the Domestic Church?

### Community Building

How does your parish build community?

### Stewardship

Is there a spirituality of stewardship?