

Spiritual Direction Session Summary Weekly and Monthly Review

These questions may be helpful to you when composing your weekly review of prayer. Use these weekly reviews to prepare your monthly summary to take with you to your spiritual direction session.

What is the grace for which you were praying? Did you receive it?

Which Scriptures spoke to you personally?

What were the significant events in your life during this time?

When did you experience spiritual or non-spiritual consolation and joy?

When did you experience spiritual or non-spiritual desolation and struggles?

What spiritual insights did you receive?

How was your heart moved?

(Uncovered areas of hurt, Freedom from something, Change in feeling, etc.)

Where did you feel the enemy's temptations? (Triggers)

Where do you think God is calling you to grow in holiness or healing?