

CONDUCTING A PERSONAL SPIRITUAL AUDIT:

A series of reflections to help establish where I perceive myself to be on my spiritual journey. The questions provoke a response. There are no correct answers, just your own answers. The questions may allow the Holy Spirit to raise additional questions. Go with these as they seem appropriate.

- 1.** Am I content with who I am becoming? This is not what I do, but who I am.
- 2.** Am I becoming less religious (something I control) and more spiritual (a growing awareness of following the presence and leading of God rather than being driven by 'oughts and shoulds' – external 'voices')?
 - a.) What external voices am I influenced by?
 - b.) Why do I want to listen to those voices?
- 3.** Do my family, friends and colleagues recognise the authenticity of my spirituality? How do they express this?
 - a.) Do I have a quiet centre in my life?
 - b.) Where is that quiet centre and how am I maintaining and developing it? Have I determined who I am and am I now living that daily on purpose?
- 4.** Do I know what I do well?
- 5.** Is my prayer life improving?
 - a.) How do I measure that improvement?
 - b.) What is the purpose behind such an improvement?

Oswald Chambers defines the essence of prayer as “finding the mind of Christ.”

- 6.** Do I maintain a genuine awe of God? Consider. Awe isn't learned; it is realized.
- 7.** Is my humility genuine?

Accept your strength with gratitude and acknowledge that what you have comes through you, not from you.

- 8.** Is my “spiritual feeding” the right diet for me?

We are all different. We have different character traits that need developing or removed.

9. Is obedience in small matters built into my reflexes? Is obedience out of love?
10. How do I handle disobedience?
- a.) Excuses?
 - b.) Confession?
 - c.) Carrying guilt?
 - d.) Punish myself?
 - e.) God alone can forgive. And He will.
11. Do I live joyfully?
- a.) If not what are the blockages, fears etc?
 - b.) How might I address these?
12. Am I working for progress or from pride? What is my motive? Most often it is some of each.

NEXT STEPS

Have you spotted opportunities to grow in your spiritual life?

You could focus on this for a while, or take it further by reading a book for guidance. If you browse our website, you'll find resources to help and we'd particularly recommend "[Strengthen Your Core](#)" by Jenny Campbell.



For more in depth focus, you could consider a Higher Education course in Spiritual Formation at [Waverley Abbey College](#).

If you'd like to browse our resources online at waverleyabbeyresources.org You might be particularly interested in our publications on discipleship, and mental health & wellbeing.

