



INTRODUCTION & OVERALL SCORES

The journey toward true spiritual maturity is neither for the faint of heart, nor for the impatient.

Genuine spiritual growth requires struggle, hard work, and honest, often painful self-assessment. There are no shortcuts. I hope you will feel encouraged by some of the results. But you also might be caught off guard by some feedback; that can be discouraging. This is normal and understandable, and it's a necessary part of the growth process. The next step is to bring those experiences into relationship with God and others in your life so that you become connected in the midst of those experiences. When you're connected to others in the midst of your struggles about yourself, it brings new healing, growth, and flourishing.

You've already taken a major step toward spiritual growth: you took the time to answer the STI questions. I hope reflecting on and answering the questions has already provided you some insight into your spiritual health. This report will give you a clear picture of your spiritual health, and concrete steps you can take right now to grow in your relationship with God.

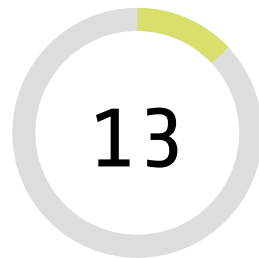
Below you'll find your scores on the five domains of The Connected Life. This is a high-level overview of your spiritual health. The Connected Life model provides a holistic view of what contributes to your spiritual growth throughout your life.

I hope and pray that this report will start or strengthen a lifelong habit of opening yourself to experience the depth of Christ's love for you, and to glorify God as you do the Kingdom work to which you are called.

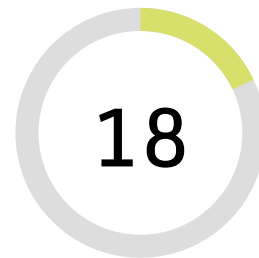
YOUR DOMAIN
SCORES AT A
GLANCE:
POSITIVE
SCALES



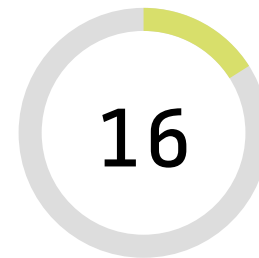
CONNECTING TO
SELF & OTHERS



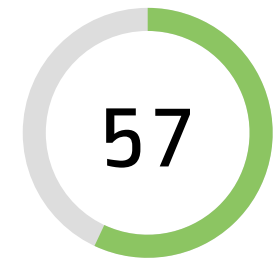
CONNECTING TO
GOD



CONNECTING TO
SPIRITUAL
COMMUNITY



CONNECTING TO
SPIRITUAL
PRACTICES



CONNECTING TO
GOD'S KINGDOM

UNDERSTANDING YOUR SCORES:

MEAN SCORES (SCORED FROM 1-6)
1 = VERY FALSE OF ME 6 = VERY TRUE OF ME

SCALED SCORES (SCORED FROM 1-100)

POSITIVE SCALES
 ● 1-33 = STRUGGLING ● 34-66 = GROWING STEADILY ● 67-100 = THRIVING

NEGATIVE SCALES
 ● 1-33 = THRIVING ● 34-66 = GROWING STEADILY ● 67-100 = STRUGGLING



GETTING THE MOST OUT OF YOUR REPORT

Below you'll find some tips to prepare yourself to get the most out of your report, and an overview of what's in your report.

1. FOSTER A MINDSET OF OPENNESS TO THE HOLY SPIRIT.

The work of spiritual growth is not yours alone. The Holy Spirit comes alongside you in this process. However, you have to open yourself to the work of the Spirit. Your mindset makes a difference in how you receive the feedback, and what you do with it. You have a role in fostering an open mind and heart. Take some time in prayer to commit to cooperate with the work of the Holy Spirit in this process.

2. DIGEST THE RESULTS OVER A PERIOD OF TIME.

There is a lot of information to process here, so I suggest that you reflect on just a little bit at a time. Digest the report in smaller chunks, rather than all at once.

3. LISTEN TO AND ACCEPT YOUR EMOTIONAL RESPONSES.

You'll probably experience a variety of feelings as you read and think about your report. Some of your scores and feedback may be encouraging. Others might be discouraging. Some might feel inaccurate and frustrating. It can be difficult to take stock of your spiritual life because it's such an important part of who you are. Growth in any area always requires receiving and accepting feedback, and accepting feedback is not for the faint of heart—it requires courage. This is a normal response to looking at feedback about yourself. Thinking about this ahead of time will help you to not be caught off guard by your responses, and to create space to accept your reactions to the report. Your emotional responses are all understandable. Accepting and paying attention to those responses will reveal more about your spiritual health.

4. PRAY ABOUT THIS EXPERIENCE AND REFLECT ON IT WITH YOUR SPIRITUAL COMMUNITY.

The goal of the scores is not to “color code” your spirituality or reduce it to a number. Your scores are reflections of your answers. They're meant to be a starting point to help you intentionally pursue spiritual growth in conversation with God and others in your life. If you find yourself wrestling with feedback, I would encourage you to bring these experiences before God with an open heart. Ask God to reveal anything in your heart he wants you to see and address. Some aspects of the feedback will feel less relevant and accurate than others. If you find yourself dismissing some or all of the feedback, it will be important to explore and understand the meaning behind why you're responding in this way.



The main purpose is not to compare yourself to others, as tempting and understandable as that might be. The purpose is for you to reflect on your relative spiritual strengths and growth opportunities. If you find yourself comparing yourself to others or feeling bad about your scores, there are reasons for this and it will be important to explore and understand why you're feeling this way. This may provide an important opportunity for healing and growth. The important thing is to reflect on your feedback, and your responses to the feedback, with an open heart before God, and with your spiritual community.

5. USE YOUR 6-WEEK PERSONALIZED GROWTH PLAN.

There's a lot of information in this feedback report. So it's natural to ask, "What am I supposed to do with this?" This 6-week growth plan is personalized just for you. It's based on your strengths and your growing edges, and will give you a concrete path forward, revealing exactly those areas that are most important for you to address right away.

6. WHAT'S IN THIS REPORT ?

- Section 1: Introduction & Overall Scores. In this section above, you'll find a brief introduction to your report with your scores on the five domains of The Connected Life.
- Section 2: Getting the Most Out of Your Report. This section you're reading now has some helpful tips for getting the most benefit from your report.
- Section 3: Your 6-Week Spiritual Growth Plan. This section identifies your unique spiritual codetype based on your spiritual strengths and growing edges. I recommend you start here as the first step after reading through your report.
- Section 4: Your Spiritual Profile. This section provides a quick glance at all 33 scale scores, grouped by domain.
- Section 5: In-Depth Analysis. For each scale, this section provides you with customized feedback and a soul project you can do right now to grow in your spiritual journey.

You've probably already glanced through your scores in the spiritual profile section. Before you dive into the feedback more deeply, I'd like to invite you to spend a few moments reflecting on this question:

What do you expect to see in your results? In what areas do you think you're growing steadily or thriving? In what areas do you think you're struggling? Write them down.

Compare this to your actual results and see how closely it matches. What does this reveal about yourself?



YOUR 6-WEEK GROWTH PLAN

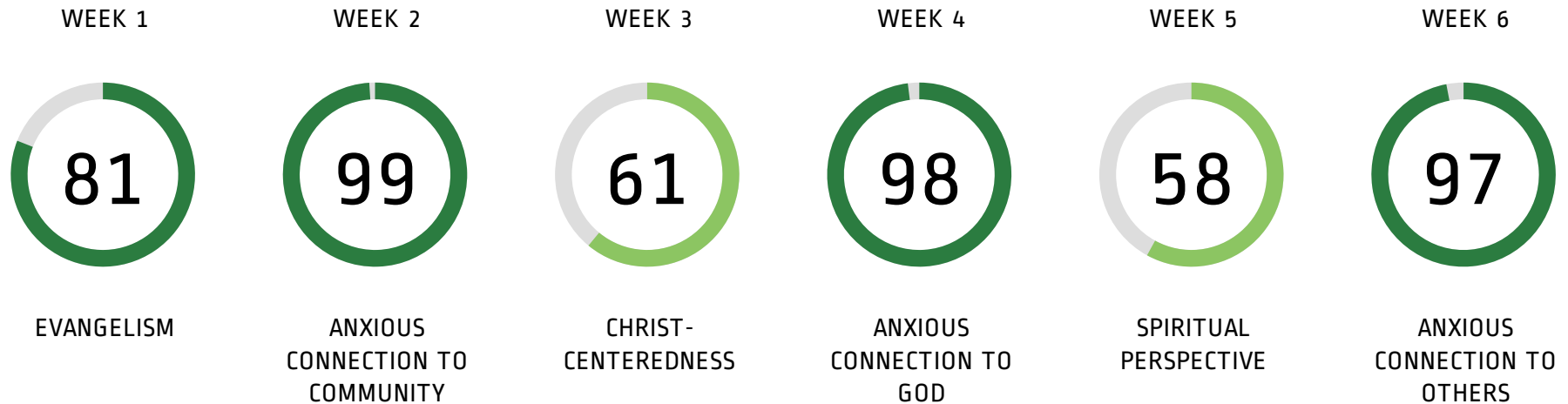
You've seen your scores. As you work through the report, you might be wondering, "What am I supposed to do now?" Well, I suggest you start right here.

Below you'll find an action-based growth plan, designed and personalized specifically for you, based on your spiritual strengths and spiritual growing edges.

We've identified both your areas of thriving (to build and ingrain them into your character) and the areas where you're struggling (to make significant improvements). This can be a difficult process, but your growth requires an honest self-assessment. Take your time, and process these with care.




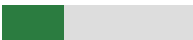
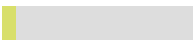



Focus on each of these six areas for one week at a time. For each area, read the feedback and do the soul project provided in the In-Depth Analysis section.

At the end of the six weeks, revisit your results, reflect on the ways you've grown and the ways you've been challenged, and develop a new plan focusing on other areas. You can do the soul projects at your own pace, and consider working through the process with a friend, small group, or class. The intent of the soul projects is for you to reflect on your spiritual health, and take action in your growth process.








YOUR SPIRITUAL PROFILE

DOMAIN	SCALE/DESCRIPTION	YOUR MEAN SCORE	YOUR SCALED SCORE [%]
 SELF & OTHERS	1 / SECURE CONNECTION TO OTHERS The Secure Connection to Others scale evaluates the degree to which you feel secure in your connection to other important people in your life.	2.80	4 
	2 / ANXIOUS CONNECTION TO OTHERS [NEGATIVE SCALE] The Anxious Connection to Others scale evaluates the degree to which you struggle with painful emotions about the most important relationships in your life.	5.60	97 
	3 / DISTANT CONNECTION TO OTHERS [NEGATIVE SCALE] The Distant Connection to Others scale evaluates the degree to which you minimize your need for others, and emotional connection to others.	2.40	32 
	4 / OWNING YOUR FAITH The Owning Your Faith scale evaluates the degree to which you are intrinsically motivated to grow in your relationship with God.	3.25	7 
	5 / FORGIVENESS The Forgiveness scale evaluates the degree to which you consistently experience forgiveness from God and the degree to which you forgive others who have hurt you in some way.	3.40	7 
	6 / AGAPE LOVE The Agape Love scale evaluates the degree to which you demonstrate Christ-like love and compassion for others.	4.80	48 
	7 / SPIRITUAL SELF-AWARENESS The Spiritual Self-Awareness scale evaluates the degree to which you are aware of your own limits and need for spiritual renewal.	3.40	13 

UNDERSTANDING YOUR SCORES:










MEAN SCORES (SCORED FROM 1-6)
1 = VERY FALSE OF ME 6 = VERY TRUE OF ME

SCALED SCORES (SCORED FROM 1-100)

POSITIVE SCALES  1-33 = STRUGGLING  34-66 = GROWING STEADILY  67-100 = THRIVING
NEGATIVE SCALES  1-33 = THRIVING  34-66 = GROWING STEADILY  67-100 = STRUGGLING



YOUR SPIRITUAL PROFILE

DOMAIN	SCALE/DESCRIPTION	YOUR MEAN SCORE	YOUR SCALED SCORE [%]
 GOD	8 / SECURE CONNECTION TO GOD The Secure Connection to God scale evaluates the degree to which you feel you can turn to God in times of distress, and trust that he will comfort and protect.	3.20	3 
	9 / ANXIOUS CONNECTION TO GOD (NEGATIVE SCALE) The Anxious Connection with God scale evaluates the degree to which you worry that God is not reliable and available for you in times of need or distress.	5.00	98 
	10 / DISTANT CONNECTION TO GOD (NEGATIVE SCALE) The Distant Connection to God scale evaluates the degree to which you experience emotional distance from God, and avoid relying on God during difficult times.	2.40	60 
	11 / AWARENESS OF GOD The Awareness of God scale evaluates the degree to which you have an awareness of God's presence, guidance, and direction in your life. This is one aspect of an overall sense of connecting to God in a direct way.	4.60	56 
	12 / INTIMACY WITH GOD The Intimacy with God scale evaluates the how close versus distant and dry you typically feel in your relationship with God.	3.80	28 
	13 / EXPERIENCING GOD IN PRAYER The Experiencing God in Prayer scale evaluates the degree of meaningful connection with God you experience in prayer.	2.80*	33 
	14 / EXPERIENCING GOD IN SPIRITUAL PRACTICES The Experiencing God in Spiritual Practices scale evaluates the degree of meaningful connection with God you typically experience when engaging in spiritual practices.	2.00*	7 
	15 / GRATITUDE The Gratitude scale evaluates the degree to which you experience and express gratitude in your daily life.	4.40	28 

UNDERSTANDING YOUR SCORES:

MEAN SCORES (SCORED FROM 1-6)


1 = VERY FALSE OF ME 6 = VERY TRUE OF ME

* SCORED OUT OF 4 (1 = NO CONNECTION, 4 = STRONG CONNECTION)


** SCORED OUT OF 7 (1 = NEVER, 7 = MORE THAN ONCE DAILY)

SCALED SCORES (SCORED FROM 1-100)


POSITIVE SCALES

 1-33 = STRUGGLING


 34-66 = GROWING STEADILY

 67-100 = THRIVING

NEGATIVE SCALES







 1-33 = THRIVING

 34-66 = GROWING STEADILY

 67-100 = STRUGGLING







YOUR SPIRITUAL PROFILE

DOMAIN	SCALE/DESCRIPTION	YOUR MEAN SCORE	YOUR SCALED SCORE [%]
 SPIRITUAL COMMUNITY	16 / SECURE CONNECTION TO COMMUNITY The Secure Connection to Community scale evaluates the degree to which you feel a secure connection to your spiritual community.	3.20	17 
	17 / ANXIOUS CONNECTION TO COMMUNITY (NEGATIVE SCALE) The Anxious Connection to Community scale evaluates the degree to which you struggle with painful emotions with respect to spiritual community.	5.60	99 
	18 / DISTANT CONNECTION TO COMMUNITY (NEGATIVE SCALE) The Distant Connection to Community scale evaluates the degree to which you minimize your need for, and emotional connection to, a spiritual community.	2.60	31 
	19 / SPIRITUAL COMMUNITY INVOLVEMENT The Spiritual Community Involvement scale evaluates the degree to which you are actively involved in and feel a sense of belonging to a spiritual community.	4.40	51 
	20 / SPIRITUAL FRIENDSHIP The Spiritual Friendship scale evaluates the degree to which you have spiritual mentoring or friendship relationships that encourage your spiritual growth.	3.80	28 

UNDERSTANDING YOUR SCORES:










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YOUR SPIRITUAL PROFILE

DOMAIN	SCALE/DESCRIPTION	YOUR MEAN SCORE	YOUR SCALED SCORE [%]
 SPIRITUAL PRACTICES	21 / CHRIST-CENTEREDNESS The Christ-centeredness scale evaluates the degree to which your life is centered around your relationship with God.	5.20	61 
	22 / PRAYER FREQUENCY The Prayer Frequency scale evaluates how consistently you engage in prayer.	4.60**	32 
	23 / SPIRITUAL PRACTICES FREQUENCY The Spiritual Practices Frequency scale evaluates how consistently you engage in spiritual practices.	4.40**	56 
	24 / USE OF MEDIA The Use of Media scale evaluates the degree to which you make decisions about your use of media based on its spiritual impact.	2.60	22 
	25 / TRANSFORMATIONAL SUFFERING The Transformational Suffering scale evaluates the degree to which you remain open to God and His work in your heart during trials and times of suffering.	4.20	25 
	26 / SPIRITUAL OPENNESS The Spiritual Openness scale evaluates the degree to which you are open to different perspectives on your faith, and to working through doubts about your faith.	3.20	5 
	27 / POSITIVE SPIRITUAL COPING The Positive Spiritual Coping scale evaluates the degree to which you cope with difficulties in a healthy way by staying connected to God.	3.60	10 
	28 / NEGATIVE SPIRITUAL COPING [NEGATIVE SCALE] The Negative Spiritual Coping scale evaluates the degree to which the way you cope with trials has a negative impact on your spiritual life.	4.40	95 

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SCALED SCORES (SCORED FROM 1-100)


POSITIVE SCALES

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NEGATIVE SCALES







 1-33 = THRIVING

 34-66 = GROWING STEADILY

 67-100 = STRUGGLING









YOUR SPIRITUAL PROFILE

DOMAIN	SCALE/DESCRIPTION	YOUR MEAN SCORE	YOUR SCALED SCORE [%]
 GOD'S KINGDOM	29 / SPIRITUAL PERSPECTIVE The Spiritual Perspective scale evaluates the degree to which you view your daily life through a spiritual lens.	5.00	58 
	30 / SPIRITUAL MEANING The Spiritual Meaning scale evaluates the degree to which you feel a sense of meaning and purpose in your life derived from your relationship with God.	5.20	50 
	31 / SERVICE TO LOCAL CHURCH The Service to the Local Church scale measures the degree to which you are involved in serving others within your local church.	4.40	58 
	32 / SERVICE OUTSIDE LOCAL CHURCH The Service Outside the Local Church scale measures the degree to which you are involved in serving others outside the context of your local church.	3.80	44 
	33 / EVANGELISM The Evangelism scale assesses the degree to which you are sensitive to God's leading in sharing your faith and supporting world missions.	4.80	81 

UNDERSTANDING YOUR SCORES:

MEAN SCORES (SCORED FROM 1-6)
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SCALED SCORES (SCORED FROM 1-100)

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NEGATIVE SCALES  1-33 = THRIVING  34-66 = GROWING STEADILY  67-100 = STRUGGLING



IN-DEPTH ANALYSIS

DOMAIN

SCALE/DESCRIPTION

YOUR MEAN SCORE

YOUR SCALED SCORE [%]



SELF & OTHERS

1 / SECURE CONNECTION TO OTHERS

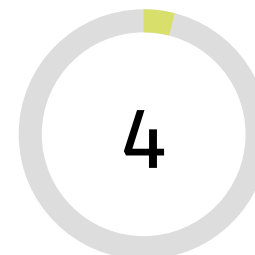
The Secure Connection to Others scale evaluates the degree to which you feel secure in your connection to other important people in your life.

STRUGGLING

You're struggling with Secure Connection to Others. You typically feel uncomfortable exploring your thoughts and feelings about your relationships with people who are important in your life. This means you are either not interested in sharing your life experiences with others, or it brings up a lot of unresolved painful issues for you. This suggests an insecure attachment or connection to others.

You most likely experience a low sense of spiritual well-being, spiritual meaning, commitment, community, and forgiveness. In particular, your score suggests struggles in growing through suffering, spiritual perspective, awareness of God, and secure attachment in peer relationships.

This insecure attachment with others may show up in a general pattern of not experiencing one's need for others (and often God), or experiencing a very strong need for others in a way that one loses a foundational sense of self-worth. This typically causes a lot of anxiety about others not being reliable or emotionally available. It may be helpful to reflect on the degree to which these two patterns capture your experience of your relationship with important people in your life. Discussing this with others who know you well will also likely be helpful. Consider your scores on the insecure attachment scales (Anxious and Distant, scales 2 and 3, respectively). If one of these patterns fits your experience more clearly, scales in these domains will likely be elevated.



POSITIVE SCALE

MEAN SCORES

1 = VERY FALSE OF ME

6 = VERY TRUE OF ME

SCALE SCORES

1-33 = STRUGGLING

34-66 = GROWING STEADILY

67-100 = THRIVING



WHAT YOU CAN DO NOW: SOUL PROJECT

STEP 1. PRAY: Ask God to reveal where your heart is with respect to secure connection to others.

STEP 2. REFLECT

- Read your feedback for this area and highlight or write down the parts that best capture your experience. What insights did this reveal or clarify?
- To what extent do you expect that important people in your life will be reliably there for you?
- How reliable are you for the people in your life? How can you be more reliable?
- How does your relational history with important people in your life [attachment filters] affect your gut level sense that others will be reliable?

STEP 3. READ: Spend 30 minutes with the following Scripture passages.

Instructions:

- Listen. Be still and quiet your heart before God. Pray and ask God to help you hear his voice. Read the passage below the first time to get the big picture. Listen for key words that stand out to you.
- Reflect. Read the passage a second time and reflect on how the passage is relevant to your life right now.
- Respond. Read the passage a third time and respond to what God has revealed to you.
- Be Present. Read the passage a fourth time focusing on God's presence with you.

“For you have been called to live in freedom—not freedom to satisfy your sinful nature, but freedom to serve one another in love. For the whole law can be summed up in this one command: ‘Love your neighbor as yourself.’ [Galatians 6:13-14 NLT]

STEP 4. WRITE: Write a paragraph or two on what you discovered, experienced, became aware of, etc., in steps 2 and 3 above.

STEP 5. ACT: Think of one way you can be more consistently supportive of someone important in your life [this could be a friend, spouse, close co-worker, etc.]. Do at least one thing this week [or one small thing each day this week] to show the person that you are responsive to his/her needs.



IN-DEPTH ANALYSIS

DOMAIN

SCALE/DESCRIPTION

YOUR MEAN SCORE

YOUR SCALED SCORE [%]



SELF & OTHERS

2 / ANXIOUS CONNECTION TO OTHERS [NEGATIVE SCALE]

The Anxious Connection to Others scale evaluates the degree to which you struggle with painful emotions about the most important relationships in your life.

STRUGGLING

You experience a significant degree of unresolved painful emotions related to your relationships with important people in your life. You are struggling with Anxious Connection to Others. Remember, this is a negatively scored scale, so the higher the score the more anxious the connection. You may become flooded with negative feelings when you discuss your relationship with others, and at times have difficulty talking about your life in a coherent way. Most likely you don't gain new insights about yourself when talking with others about yourself and your relationships.

You may experience a chronic sense of anger and hurt in your significant relationships. You may feel a very strong need for others in a way that causes you to lose a foundational sense of self-worth. When painful issues are triggered, your need for reassurance from others becomes very strong, often leading you to pursue comfort from others, at times in a demanding manner that drives others away and reinforces a gut-level sense of rejection and aloneness. This can lead to an alternating cycle of pursuing people, and then withdrawing from them. This pattern of coping with your emotions likely stems from an inconsistent or rejecting relational history.

It's likely that you experience a low sense of spiritual well-being, spiritual commitment, community, and forgiveness. In particular, it's likely that you experience lower levels of spiritual perspective on life, awareness of God, sense of meaning and purpose in life, commitment to relationship with God, and higher levels of anxious attachment to God and communities.

Consider discussing this pattern with others who know you well. Processing unresolved negative feelings in your important relationships with a spiritual mentor, friend, or therapist may be very helpful.



NEGATIVE SCALE

MEAN SCORES 1 = VERY FALSE OF ME 6 = VERY TRUE OF ME

SCALE SCORES ● 1-33 = THRIVING ● 34-66 = GROWING STEADILY ● 67-100 = STRUGGLING



WHAT YOU CAN DO NOW: SOUL PROJECT

STEP 1. PRAY: Ask God to reveal where your heart is with respect to anxious connection to others.

STEP 2. REFLECT

- Read your feedback for this area and highlight or write down the parts that best capture your experience. What insights did this reveal or clarify?
- What situations or issues in your life might be triggering anxiety, or fear of rejection in your relationships?
- How does your relational history with important people in your life (attachment filters) affect your gut level expectations about others being there for you when you need them?

STEP 3. READ: Spend 30 minutes with the following Scripture passages.

Instructions:

- Listen. Be still and quiet your heart before God. Pray and ask God to help you hear his voice. Read the passage below the first time to get the big picture. Listen for key words that stand out to you.
- Reflect. Read the passage a second time and reflect on how the passage is relevant to your life right now.
- Respond. Read the passage a third time and respond to what God has revealed to you.
- Be Present. Read the passage a fourth time focusing on God's presence with you.

"Then Jesus said, 'Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle, and you will find rest for your souls. For my yoke fits perfectly, and the burden I give you is light.'" [Matt 11:28-30 NLT]

STEP 4. WRITE: Write a paragraph or two on what you discovered, experienced, became aware of, etc., in steps 2 and 3 above.

STEP 5. ACT: Every day this week: 1) talk to one person you trust about what you learned from this soul project, and 2) meditate on the passage above for 10 minutes.



IN-DEPTH ANALYSIS

DOMAIN

SCALE/DESCRIPTION

YOUR MEAN SCORE

YOUR SCALED SCORE [%]



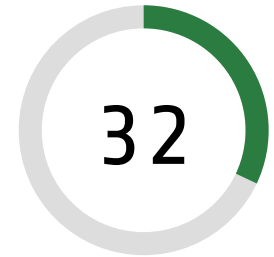
SELF & OTHERS

3 / DISTANT CONNECTION TO OTHERS (NEGATIVE SCALE)

The Distant Connection to Others scale evaluates the degree to which you minimize your need for others, and emotional connection to others.

THRIVING

Your score for Distant Connection to Others is low. And for this scale, which is scored negatively, that means you are thriving. Your score indicates that you do experience and express emotion in your important relationships. You tend to be "in tune" with your emotional experience of relationships with others. You also tend to draw on your emotions to understand yourself and your relationships better. You likely experience a more secure attachment and connection with others and God, although you may experience occasional anxiety in your relationships. Looking at the feedback for the anxious connection subscales will help you evaluate this.



NEGATIVE SCALE

MEAN SCORES

1 = VERY FALSE OF ME

6 = VERY TRUE OF ME

SCALE SCORES

● 1-33 = THRIVING

● 34-66 = GROWING STEADILY

● 67-100 = STRUGGLING



WHAT YOU CAN DO NOW: SOUL PROJECT

STEP 1. PRAY: Ask God to reveal where your heart is with respect to distant connection to others.

STEP 2. REFLECT

- Read your feedback for this area and highlight or write down the parts that best capture your experience. What insights did this reveal or clarify?
- How much do you tend to relate to others through head knowledge, or information exchange, rather than being emotionally present with them? What pain are you coping with when you do this?
- How does your relational history with important people in my life [attachment filters] affect your gut level expectations about whether it's OK to need and express emotion to others?

STEP 3. READ: Spend 30 minutes with the following Scripture passages.

Instructions:

- Listen. Be still and quiet your heart before God. Pray and ask God to help you hear his voice. Read the passage below the first time to get the big picture. Listen for key words that stand out to you.
- Reflect. Read the passage a second time and reflect on how the passage is relevant to your life right now.
- Respond. Read the passage a third time and respond to what God has revealed to you.
- Be Present. Read the passage a fourth time focusing on God's presence with you.

“Ever since I first heard of your strong faith in the Lord Jesus and your love for Christians everywhere, I have never stopped thanking God for you. I pray for you constantly, asking God, the glorious Father of our Lord Jesus Christ, to give you spiritual wisdom and understanding, so that you might grow in your knowledge of God. I pray that your hearts will be flooded with light so that you can understand the wonderful future he has promised to those he called. I want you to realize what a rich and glorious inheritance he has given to his people.” [Ephesians 1: 15-18 NLT]

“We loved you so much that we gave you not only God's Good News but our own lives, too.” [1 Thess. 2:8 NLT]

STEP 4. WRITE: Write a paragraph or two on what you discovered, experienced, became aware of, etc., in steps 2 and 3 above.

STEP 5. ACT: This week, when you encounter a painful/difficult experience that you'd normally not think or talk about, tell one person you trust about it.



IN-DEPTH ANALYSIS

DOMAIN

SCALE/DESCRIPTION

YOUR MEAN SCORE

YOUR SCALED SCORE [%]



SELF & OTHERS

4 / OWNING YOUR FAITH

The Owing Your Faith scale evaluates the degree to which you are intrinsically motivated to grow in your relationship with God.

STRUGGLING

You are struggling in the process of Owing Your Faith. It may be that you have not worked out what role, if any, you want spiritual practices to play in your life. You are likely not very intentional about engaging in spiritual practices and seeking out spiritual community. You likely find yourself going through the motions? spiritually. You may also struggle with feeling loved by God. You tend to respond to crises by withdrawing from God. It's likely that you experience a low sense of spiritual well-being. In particular, you most likely experience lower levels of awareness of God, intimacy with God, gratitude, a secure sense of connection with God, commitment to God, using spiritual resources to cope with challenges in a healthy way, and spiritual meaning. You may also experience higher levels of distant and anxious connection to God.

Not having fully owned your faith, it's as if the foundation of your faith is incomplete. That means you might be building or re-building the foundation of your faith, or may not be actively striving to grow spiritually. For teenagers and emerging adults, this is a normal part of growing up and becoming an adult. For adults, this could be a normal part of a recent conversion experience.

There could be a number of factors contributing to these experiences. You may have had negative experiences with Christian authority figures and feel that the Christian faith was forced on you. You may have made an initial commitment to Christianity but you have mixed feelings about fully committing your life to Christ. You may have doubts about the Christian faith, which causes you to feel hesitant about fully committing your life to God.

If any of this fits your experience, the most important thing you likely need is the space to process and decide what role, if any, you want your relationship with God to play in your life. If there are negative experiences hindering your commitment, spend some time reflecting on them and talk to a friend or mentor about them. The soul project below will assist you in doing this.



POSITIVE SCALE

MEAN SCORES

1 = VERY FALSE OF ME

6 = VERY TRUE OF ME

SCALE SCORES

1-33 = STRUGGLING

34-66 = GROWING STEADILY

67-100 = THRIVING



WHAT YOU CAN DO NOW: SOUL PROJECT

STEP 1. PRAY: Ask God to reveal where your heart is with respect to distant connection to others.

STEP 2. REFLECT

- Read your feedback for this area and highlight or write down the parts that best capture your experience. What insights did this reveal or clarify?
- Are there any specific situations or issues in your life in which you are just going through the motions spiritually?
- Are there any important people in your life who are clearly internally motivated to pursue God? If so, what can you learn from them?
- Are there particular doubts you have about God or your faith? Who can you talk with about these?

STEP 3. READ: Spend 30 minutes with the following Scripture passages.

Instructions:

- Listen. Be still and quiet your heart before God. Pray and ask God to help you hear his voice. Read the passage below the first time to get the big picture. Listen for key words that stand out to you.
- Reflect. Read the passage a second time and reflect on how the passage is relevant to your life right now.
- Respond. Read the passage a third time and respond to what God has revealed to you.
- Be Present. Read the passage a fourth time focusing on God's presence with you.

“Dear friends, you always followed my instructions when I was with you. And now that I am away, it is even more important. Work hard to show the results of your salvation, obeying God with deep reverence and fear. For God is working in you, giving you the desire and the power to do what pleases him. Do everything without complaining and arguing, so that no one can criticize you. Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people. Hold firmly to the word of life; then, on the day of Christ's return, I will be proud that I did not run the race in vain and that my work was not useless. But I will rejoice even if I lose my life, pouring it out like a liquid offering to God, just like your faithful service is an offering to God. And I want all of you to share that joy. Yes, you should rejoice, and I will share your joy.” [Philippians 2:12-18, NLT]

STEP 4. WRITE: Write a paragraph or two on what you discovered, experienced, became aware of, etc., in steps 2 and 3 above.

STEP 5. ACT: Identify one area in which you “know” you should be doing something, or living a certain way, but you're not. Write down why you think this is happening, and talk to one person about it this week. The goal is not to solve it; just to share it with another person you trust.



IN-DEPTH ANALYSIS

DOMAIN

SCALE/DESCRIPTION

YOUR MEAN SCORE

YOUR SCALED SCORE [%]



SELF & OTHERS

5 / FORGIVENESS

The Forgiveness scale evaluates the degree to which you consistently experience forgiveness from God and the degree to which you forgive others who have hurt you in some way.

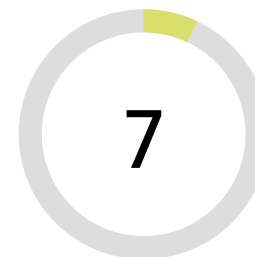
STRUGGLING

When it comes to forgiveness, you're struggling. Your responses indicate that you typically do not experience an ongoing sense of being forgiven by God. And it's likely that you experience significant struggles in forgiving others who have hurt you. Your score here suggests that you might exhibit higher levels of avoidance, revenge, and rumination when others have hurt you.

Based on your scores, you likely experience a low sense of spiritual well-being and lower levels of spiritual meaning, commitment, and community; insecure attachment to God; and lower levels of spiritual growth through suffering, spiritual perspective on life, and serving others.

This insecure attachment with God (and typically other people who play a big role or made an impact in your life) may show up in a general pattern of (1) not experiencing your need for God and others, or (2) experiencing a very strong need for God and others in a way that makes you lose a very basic sense of your own self-worth. In either case, your unresolved pain from a perceived offense can overwhelm your ability to understand others' perspectives, making it difficult to let go of hurt.

Reflect on the degree to which these two patterns capture your experience of your relationship with God and others. Consider how you tend to respond to hurt and your own sin in light of these patterns. Discuss this with others who know you well. Finally, compare your forgiveness score with your scores on attachment to God and attachment to others. If one of these patterns fits your experience more clearly, scales in these domains will likely be elevated.



POSITIVE SCALE

MEAN SCORES	1 = VERY FALSE OF ME	6 = VERY TRUE OF ME	
SCALE SCORES	1-33 = STRUGGLING	34-66 = GROWING STEADILY	67-100 = THRIVING



WHAT YOU CAN DO NOW: SOUL PROJECT

STEP 1. PRAY: Ask God to reveal where your heart is with respect to your experience of forgiveness with God and others.

STEP 2. REFLECT

- Read your feedback for this area and highlight or write down the parts that best capture your experience. What insights did this reveal or clarify?
- To what extent do you experience God truly forgiving you for your sin? How does this impact your ability to forgive others?
- How does your relational history with important people in your life (attachment filters) affect your gut level expectations about God forgiving you?

STEP 3. READ: Spend 30 minutes with the following Scripture passages.

Instructions:

- Listen. Be still and quiet your heart before God. Pray and ask God to help you hear his voice. Read the passage below the first time to get the big picture. Listen for key words that stand out to you.
- Reflect. Read the passage a second time and reflect on how the passage is relevant to your life right now.
- Respond. Read the passage a third time and respond to what God has revealed to you.
- Be Present. Read the passage a fourth time focusing on God's presence with you.

“When they came to a place called The Skull, they nailed him to the cross. And the criminals were also crucified—one on his right and one on his left. Jesus said, ‘Father, forgive them, for they don’t know what they are doing.’ And the soldiers gambled for his clothes by throwing dice.” [Luke 23:33-35 NLT].

STEP 4. WRITE: Write a paragraph or two on what you discovered, experienced, became aware of, etc., in steps 2 and 3 above.

STEP 5. ACT: Are there specific people you are struggling to forgive right now? Pick one person and write down his/her name, the issue[s], what might contribute to your difficulty forgiving, and what his/her perspective on the issue[s] might be. Then pray for that person once a day for one week.



IN-DEPTH ANALYSIS

DOMAIN

SCALE/DESCRIPTION

YOUR MEAN SCORE

YOUR SCALED SCORE [%]



SELF & OTHERS

6 / AGAPE LOVE

The Agape Love scale evaluates the degree to which you demonstrate Christ-like love and compassion for others.

GROWING STEADILY

You are growing steadily in Agape Love, indicating that you do show love and compassion for others at times. However, your score suggests that this may not be an ingrained part of your character. You might struggle at times with attending to others' needs, although the seeds of a life of love are evident. It may be helpful to consider any ministries you are involved in with this in mind. Consider reflecting on how you typically respond to others' needs in situations that are out of your comfort zone, or painful. This will bring to the surface your motives in serving and loving others, and enable you to bring these issues before God. The soul project for this area will help you develop your love for others more.



POSITIVE SCALE

MEAN SCORES	1 = VERY FALSE OF ME	6 = VERY TRUE OF ME	
SCALE SCORES	1-33 = STRUGGLING	34-66 = GROWING STEADILY	67-100 = THRIVING



WHAT YOU CAN DO NOW: SOUL PROJECT

STEP 1. PRAY: Ask God to reveal where your heart is with respect to how well you love others.

STEP 2. REFLECT

- Read your feedback for this area and highlight or write down the parts that best capture your experience. What insights did this reveal or clarify?
- Describe a time when you went outside your comfort zone to love someone. How did that impact the other person? What did you learn about yourself?
- How does your relational history (your attachment filters) affect your ability to love others?

STEP 3. READ: Spend 30 minutes with the following Scripture passages.

Instructions:

- Listen. Be still and quiet your heart before God. Pray and ask God to help you hear his voice. Read the passage below the first time to get the big picture. Listen for key words that stand out to you.
- Reflect. Read the passage a second time and reflect on how the passage is relevant to your life right now.
- Respond. Read the passage a third time and respond to what God has revealed to you.
- Be Present. Read the passage a fourth time focusing on God's presence with you.

"If I gave everything I have to the poor and even sacrificed my body, I could boast about it; but if I didn't love others, I would be of no value whatsoever. Love is patient and kind. Love is not jealous or boastful or proud or rude. Love does not demand its own way. Love is not irritable, and it keeps no record of when it has been wronged. It is never glad about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance." [1 Cor. 13:3-7 NLT].

STEP 4. WRITE: Write a paragraph or two on what you discovered, experienced, became aware of, etc., in steps 2 and 3 above.

STEP 5. ACT: Identify one person you'd like to show love to this week. Think about their needs, interests, and what would help them grow and flourish. Based on this, do one thing this week that would demonstrate love for this person; or it could be one small thing each day for a week (e.g., write a short encouraging note each day).



IN-DEPTH ANALYSIS

DOMAIN

SCALE/DESCRIPTION

YOUR MEAN SCORE

YOUR SCALED SCORE [%]



SELF & OTHERS

7 / SPIRITUAL SELF-AWARENESS

The Spiritual Self-Awareness scale evaluates the degree to which you are aware of your own limits and need for spiritual renewal.

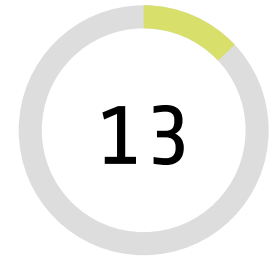
STRUGGLING

You are struggling with Spiritual Self-Awareness, suggesting that you tend not to be very aware of your own limitations, or don't notice when you are in need of spiritual renewal. This hinders your ability to maintain a vibrant relationship with God and to be available to serve others.

You might experience a slower rate of spiritual growth, lower levels of satisfaction with your rate of spiritual growth, and lower levels of overall spiritual well-being. You also likely experience lower levels of spiritual meaning, commitment, community, forgiveness, spiritual perspective, spiritual growth through trials, and prayer.

You may tend experience an insecure, and particularly distant, attachment to God and community, which may partially explain the low levels of self-awareness. Distant attachment tendencies can cause you to not be aware of your own feelings in general, which makes it difficult to monitor and manage feelings of burnout and the need for renewal. Anxious attachment tendencies can result in your anxiety clouding your awareness of your own emotions and need for rest and renewal.

It will be helpful for you to focus on tuning into your own emotions, and need for rest and spiritual renewal. In addition, it may be helpful to consider your attachment tendencies on the attachment to God, others, and community scales. This will help you better understand your lower levels of self-awareness. The soul project for this area will help you process this further.



POSITIVE SCALE

MEAN SCORES	1 = VERY FALSE OF ME	6 = VERY TRUE OF ME	
SCALE SCORES	1-33 = STRUGGLING	34-66 = GROWING STEADILY	67-100 = THRIVING



WHAT YOU CAN DO NOW: SOUL PROJECT

STEP 1. PRAY: Ask God to reveal where your heart is with respect to your self-awareness.

STEP 2. REFLECT

- Read your feedback for this area and highlight or write down the parts that best capture your experience. What insights did this reveal or clarify?
- What rhythms/activities have most helped you to experience spiritual renewal?
- What are the signs and symptoms that you're feeling burned out, spiritually dry, overwhelmed?

STEP 3. READ: Spend 30 minutes with the following Scripture passages.

Instructions:

- Listen. Be still and quiet your heart before God. Pray and ask God to help you hear his voice. Read the passage below the first time to get the big picture. Listen for key words that stand out to you.
- Reflect. Read the passage a second time and reflect on how the passage is relevant to your life right now.
- Respond. Read the passage a third time and respond to what God has revealed to you.
- Be Present. Read the passage a fourth time focusing on God's presence with you.

"So Jesus healed great numbers of sick people who had many different kinds of diseases, and he ordered many demons to come out of their victims....The next morning Jesus awoke long before daybreak and went out alone into the wilderness to pray." [Mark 1:34-35]

"Yes despite Jesus' instructions, the report of his power spread even faster, and vast crowds came to hear him preach and to be healed of their diseases. But Jesus often withdrew to the wilderness for prayer." [Luke 5:15-16 NLT]

STEP 4. WRITE: Write a paragraph or two on what you discovered, experienced, became aware of, etc., in steps 2 and 3 above.

STEP 5. ACT: Your action for this week is to write out a "spiritual renewal" plan: activities you will do on a regular basis (this could be daily, weekly, monthly and/or annually) that help you take in the spiritual nourishment you need. This will look different for each person. Figure out the activities and rhythms that work for you, write them down, and then implement them into your life.



IN-DEPTH ANALYSIS

DOMAIN

SCALE/DESCRIPTION

YOUR MEAN SCORE

YOUR SCALED SCORE [%]

8 / SECURE CONNECTION TO GOD

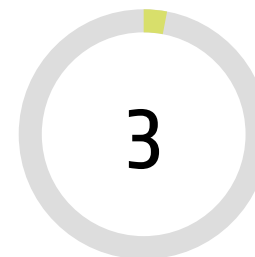
The Secure Connection to God scale evaluates the degree to which you feel you can turn to God in times of distress, and trust that he will comfort and protect.

STRUGGLING

You are struggling with Secure Connection to God, indicating that you typically feel uncomfortable exploring your thoughts and feelings about your relationship with God. You may feel disconnected from God have little interest in talking about your relationship with God in order to grow. Or, you may feel anxious in your relationship with God, such that talking about brings up unresolved pain. This suggests an insecure attachment (or connection) to God.

You likely experience a low sense of spiritual well-being, and lower levels of spiritual meaning, commitment, community, and forgiveness. In particular, you likely experience lower levels of spiritual growth through suffering, spiritual perspective, awareness of God, and secure attachment in peer relationships.

This insecure attachment to God (and typically with other important people) may show up in a general pattern of not experiencing your need for God and others, or experiencing a very strong need for God and others in a way that you lose your sense of self-worth. This can cause a lot of anxiety about God not being reliable or emotionally available. It may be helpful to reflect on the degree to which these two patterns capture your experience of your relationship with God and others. Discussing this with others who know you well will also likely be helpful. In addition, consider your scores on the insecure attachment scales (Anxious and Distant, scales 9 and 10, respectively). If one of these patterns fits your experience more clearly, scales in these domains will likely be elevated (i.e., in the struggling category).



POSITIVE SCALE

MEAN SCORES	1 = VERY FALSE OF ME	6 = VERY TRUE OF ME	
SCALE SCORES	1-33 = STRUGGLING	34-66 = GROWING STEADILY	67-100 = THRIVING



SELF & OTHERS



WHAT YOU CAN DO NOW: SOUL PROJECT

STEP 1. PRAY: Ask God to reveal where your heart is with respect to feeling secure in your relationship with God.

STEP 2. REFLECT

- Read your feedback for this area and highlight or write down the parts that best capture your experience. What insights did this reveal or clarify?
- To what extent do you feel, at a gut level, that you can turn to God for comfort or help and he will be there for you?
- How have does your relational history (your “attachment filters”) affect how secure you feel with God?
- How have your habits (both positive and negative) affected your sense of God being secure and reliable? Are there particular areas in your life where you need to experience God’s love consistently?

STEP 3. READ: Spend 30 minutes with the following Scripture passages.

Instructions:

- Listen. Be still and quiet your heart before God. Pray and ask God to help you hear his voice. Read the passage below the first time to get the big picture. Listen for key words that stand out to you.
- Reflect. Read the passage a second time and reflect on how the passage is relevant to your life right now.
- Respond. Read the passage a third time and respond to what God has revealed to you.
- Be Present. Read the passage a fourth time focusing on God’s presence with you.

“The Lord is my shepherd; I have everything I need. He lets me rest in green meadows; he leads me beside peaceful streams. He renews my strength. He guides me along right paths, bringing honor to his name. Even when I walk through the valley of death, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me. You prepare a feast for me in the presence of my enemies. You welcome me as a guest, anointing my head with oil. My cup overflows with blessings. Surely your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the Lord forever.” [Psalm 23 NLT].

“Yes despite Jesus’ instructions, the report of his power spread even faster, and vast crowds came to hear him preach and to be healed of their diseases. But Jesus often withdrew to the wilderness for prayer.” [Luke 5:15-16 NLT]

STEP 4. WRITE: Write a paragraph or two on what you discovered, experienced, became aware of, etc., in steps 2 and 3 above.

STEP 5. ACT: This week, 1) meditate on the passage above once each day for 10 minutes; and 2) write one paragraph about how the parental-type figures in your life have shaped your experience of God, and how your experience of God’s love has shaped your human relationships.



IN-DEPTH ANALYSIS

DOMAIN

SCALE/DESCRIPTION

YOUR MEAN SCORE

YOUR SCALED SCORE [%]



GOD

9 / ANXIOUS CONNECTION TO GOD [NEGATIVE SCALE]

The Anxious Connection with God scale evaluates the degree to which you worry that God is not reliable and available for you in times of need or distress.

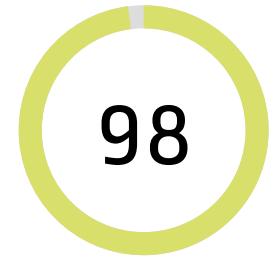
STRUGGLING

You might experience a significant degree of unresolved painful emotions related to your relationship with God. You're struggling with Anxious Connection to God. Remember, this scale is scored negatively, meaning the higher the score, the more anxious your connection to God is. You may become flooded with negative feelings when you discuss your relationship with God, and at times have difficulty talking about your spiritual life in a coherent way. Most likely you don't gain insights about yourself when talking with others about your relationship with God.

You may experience a chronic sense of anger and hurt with respect to God. You also might experience a very strong need for God and others in a way that makes you lose a foundational sense of self-worth. When painful issues surface, your need for reassurance from God and others likely becomes very strong. This may lead you to pursue comfort from others, at times in a demanding manner that drives others away and reinforces a gut-level sense of rejection and aloneness. This often leads to an alternating cycle of pursuing God through petitionary prayer or acts of service, and then withdrawing from God. This pattern of managing your emotions in your relationship with God typically stems from an inconsistent or rejecting relational history.

Your score suggests that you tend to experience a low sense of spiritual well-being, and lower levels of spiritual commitment, community, and forgiveness. You also likely experience lower levels of spiritual perspective on life, awareness of God, sense of meaning and purpose in life, commitment to God, and secure attachment in peer relationships.

Consider discussing this pattern with others who know you well. Processing unresolved negative feelings in your relationship with God with a spiritual mentor, friend, or therapist may be very helpful.



NEGATIVE SCALE

MEAN SCORES

1 = VERY FALSE OF ME

6 = VERY TRUE OF ME

SCALE SCORES

● 1-33 = THRIVING

● 34-66 = GROWING STEADILY

● 67-100 = STRUGGLING



WHAT YOU CAN DO NOW: SOUL PROJECT

STEP 1. PRAY: Ask God to reveal where your heart is with respect to feelings of anxiety in your relationship with God.

STEP 2. REFLECT

- Read your feedback for this area and highlight or write down the parts that best capture your experience. What insights did this reveal or clarify?
- What situations or issues in your life might be triggering anxiety, or fear of rejection in your relationship with God? How has this impacted your relationship with God and involvement in spiritual community?
- To what extent do you turn to God for comfort when you experience painful emotions? When you do turn to God, what is the experience typically like?

STEP 3. READ: Spend 30 minutes with the following Scripture passages.

Instructions:

- Listen. Be still and quiet your heart before God. Pray and ask God to help you hear his voice. Read the passage below the first time to get the big picture. Listen for key words that stand out to you.
- Reflect. Read the passage a second time and reflect on how the passage is relevant to your life right now.
- Respond. Read the passage a third time and respond to what God has revealed to you.
- Be Present. Read the passage a fourth time focusing on God's presence with you.

"O Lord, you have examined my heart and know everything about me. You know when I sit down or stand up. You know my thoughts even when I'm far away. You see me when I travel and when I rest at home. You know everything I do. You know what I am going to say even before I say it, Lord. You go before me and follow me. You place your hand of blessing on my head. Such knowledge is too wonderful for me, too great for me to understand! I can never escape from your Spirit! I can never get away from your presence! If I go up to heaven, you are there; if I go down to the grave, you are there. If I ride the wings of the morning, if I dwell by the farthest oceans, even there your hand will guide me, and your strength will support me. I could ask the darkness to hide me and the light around me to become night—but even in darkness I cannot hide from you. To you the night shines as bright as day. Darkness and light are the same to you. You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it. You watched me as I was being formed in utter seclusion, as I was woven together in the dark of the womb. You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed. How precious are your thoughts about me, O God. They cannot be numbered! I can't even count them; they outnumber the grains of sand! And when I wake up, you are still with me!" [Psalm 139: 1-18 NLT].

STEP 4. WRITE: Write a paragraph or two on what you discovered, experienced, became aware of, etc., in steps 2 and 3 above.

STEP 5. ACT: Every day this week for 10 min, talk to God about your anxieties/fears specifically related to your relationship with him, and read and meditate on the passage above.



IN-DEPTH ANALYSIS

DOMAIN

SCALE/DESCRIPTION

YOUR MEAN SCORE

YOUR SCALED SCORE [%]



GOD

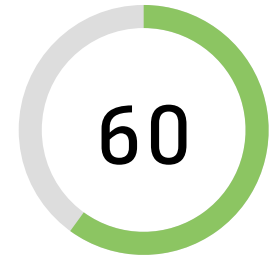
10 / DISTANT CONNECTION TO GOD (NEGATIVE SCALE)

The Distant Connection to God scale evaluates the degree to which you experience emotional distance from God, and avoid relying on God during difficult times.

GROWING STEADILY

You may not experience or express a lot of emotion in your relationship with God, but you do feel some sense of connection to God. Your score is in the middle range for Distant Connection to God. Remember, this scale is scored negatively, meaning the higher the score, the more distant your connection to God. This may not be a major struggle, but may be a recurring issue. You may shut down your need for God and others during stressful or painful times, but usually maintain some sense of connection to God. This could hinder your ability to talk about your relationship with God in a way that others feel connected to your story and to learn from these interactions.

Even if this is not a major issue, it may be helpful to consider discussing this pattern with others who know you well. Reflecting on your emotional responses to God in prayer, reading Scripture, and other spiritual practices may help strengthen your sense of emotional connection to God. If unresolved negative feelings toward God surface, processing them with a spiritual mentor, friend, or therapist will be helpful. Journaling can also be a helpful way to process these issues. The soul project below will help you take the next step in this area.



NEGATIVE SCALE

MEAN SCORES

1 = VERY FALSE OF ME

6 = VERY TRUE OF ME

SCALE SCORES

1-33 = THRIVING

34-66 = GROWING STEADILY

67-100 = STRUGGLING



WHAT YOU CAN DO NOW: SOUL PROJECT

STEP 1. PRAY: Ask God to reveal where your heart is with respect to feeling distant from God.

STEP 2. REFLECT

- Read your feedback for this area and highlight or write down the parts that best capture your experience. What insights did this reveal or clarify?
- To what extent do you stay emotionally connected to God when you're going through struggles?
- What are your gut level beliefs and feelings about whether it is OK to need and express emotion to God?
- How does your relational history (my attachment filters) affect your gut level expectations of whether it is OK to need and express emotion to God?

STEP 3. READ: Spend 30 minutes with the following Scripture passages.

Instructions:

- Listen. Be still and quiet your heart before God. Pray and ask God to help you hear his voice. Read the passage below the first time to get the big picture. Listen for key words that stand out to you.
- Reflect. Read the passage a second time and reflect on how the passage is relevant to your life right now.
- Respond. Read the passage a third time and respond to what God has revealed to you.
- Be Present. Read the passage a fourth time focusing on God's presence with you.

"When I think of the wisdom and scope of God's plan, I fall to my knees and pray to the Father, the Creator of everything in heaven and on earth. I pray that from his glorious, unlimited resources he will give you mighty inner strength through his Holy Spirit. And I pray that Christ will be more and more at home in your hearts as you trust in him. May your roots go down deep into the soil of God's marvelous love. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love really is. May you experience the love of Christ, though it is so great that you will never fully understand it. Then you will be filled with the fullness of life and power that comes from God." Ephesians 3:14-19 NLT]

STEP 4. WRITE: Write a paragraph or two on what you discovered, experienced, became aware of, etc., in steps 2 and 3 above.

STEP 5. ACT: Spend 10 minutes every day this week doing the following: 1) express your gratitude to God for one specific thing, and 2) then share one struggle with God.



IN-DEPTH ANALYSIS

DOMAIN

SCALE/DESCRIPTION

YOUR MEAN SCORE

YOUR SCALED SCORE [%]



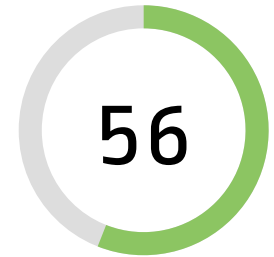
GOD

11 / AWARENESS OF GOD

The Awareness of God scale evaluates the degree to which you have an awareness of God's presence, guidance, and direction in your life. This is one aspect of an overall sense of connecting to God in a direct way.

GROWING STEADILY

You are growing steadily in your Awareness of God, indicating that at times you experience a sense of God's presence, guidance, and personal communication. However, you may struggle at times, not feeling a sense of God personally attending to you. It may be helpful to reflect on how God is specifically working in and through your life story to reveal himself, and to transform you into Christ's image. The soul project will help you take the next step in this area.



POSITIVE SCALE

MEAN SCORES	1 = VERY FALSE OF ME	6 = VERY TRUE OF ME	
SCALE SCORES	1-33 = STRUGGLING	34-66 = GROWING STEADILY	67-100 = THRIVING



WHAT YOU CAN DO NOW: SOUL PROJECT

STEP 1. PRAY: Ask God to reveal where your heart is with respect to your awareness of God's presence and communication.

STEP 2. REFLECT

- Read your feedback for this area and highlight or write down the parts that best capture your experience. What insights did this reveal or clarify?
- To what extent have you been aware of God's presence and how he is working in your life in recent months? How do you identify God's presence; that is, what is the experience like?
- Are there times when God has spoken to you specifically or vividly? How did you respond?

STEP 3. READ: Spend 30 minutes with the following Scripture passages.

Instructions:

- Listen. Be still and quiet your heart before God. Pray and ask God to help you hear his voice. Read the passage below the first time to get the big picture. Listen for key words that stand out to you.
- Reflect. Read the passage a second time and reflect on how the passage is relevant to your life right now.
- Respond. Read the passage a third time and respond to what God has revealed to you.
- Be Present. Read the passage a fourth time focusing on God's presence with you.

"I can never escape from your spirit! I can never get away from your presence! If I go up to heaven, you are there; if I go down to the place of the dead, you are there. If I ride the wings of the morning, if I dwell by the farthest oceans, even there your hand will guide me, and your strength will support me" [Psalm 139: 7-10].

STEP 4. WRITE: Write a paragraph or two on what you discovered, experienced, became aware of, etc., in steps 2 and 3 above.

STEP 5. ACT: Each day this week, spend 10 minutes in solitude tuning into God's presence. If it helps, you can repeat a short prayer: "Lord Jesus Christ, have mercy on me, a sinner." If your mind wanders, just bring it back to the prayer.



IN-DEPTH ANALYSIS

DOMAIN

SCALE/DESCRIPTION

YOUR MEAN SCORE

YOUR SCALED SCORE [%]



GOD

12 / INTIMACY WITH GOD

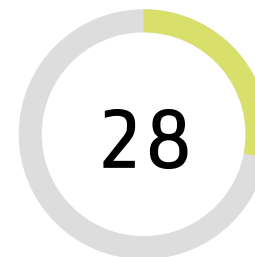
The Intimacy with God scale evaluates the how close versus distant and dry you typically feel in your relationship with God.

STRUGGLING

You are struggling in Intimacy with God, suggesting that you are experiencing significant spiritual dryness or conflicts during this period in your life. You might experience God as distant and feel very little desire to pray, or be involved in spiritual activities. This may reflect several different scenarios. If you are engaging in spiritual practices to the same degree as you have been in the recent past, and yet you have begun to experience this dryness, you may be experiencing what was referred to in the early church as a "dark night of the soul." In such experiences God is often working in individuals' hearts to help them deepen their desire for relationship with him. You find it helpful to discuss this with a spiritual mentor, continue engaging in spiritual practices, and bring this experience to God in prayer.

It's also possible that spiritual dryness is a long-standing pattern for you. This may partially result from lack of commitment and involvement in a spiritual community. It may be helpful to examine your feedback in the "Connecting Through Spiritual Community" and "Connecting Through Spiritual Practices" domains in light of this. Reflect on whether your involvement in a spiritual community and with spiritual mentors and friends is sufficient to sustain a vital sense of connection with God.

If you have experienced a crisis recently, it may be helpful to reflect on your crisis experience and how your low sense of intimacy with God may relate to this crisis. God often uses crises and suffering to bring about spiritual growth. However, in order to cooperate with the work of the Holy Spirit, it's important to continue processing the crisis and related suffering with God and others in your spiritual community. It may be helpful to examine your feedback on Transformational Suffering. The soul project below will also help you take the next step in your intimacy with God.



POSITIVE SCALE

MEAN SCORES

1 = VERY FALSE OF ME

6 = VERY TRUE OF ME

SCALE SCORES

1-33 = STRUGGLING

34-66 = GROWING STEADILY

67-100 = THRIVING



WHAT YOU CAN DO NOW: SOUL PROJECT

STEP 1. PRAY: Ask God to reveal where your heart is with respect to your intimacy with God.

STEP 2. REFLECT

- Read your feedback for this area and highlight or write down the parts that best capture your experience. What insights did this reveal or clarify?
- If you are feeling close to God now: What factors have contributed to this period of spiritual growth in your life? How can you continue to foster more intimacy?
- If you are feeling distant from God now: Are you engaging in spiritual practices to the same degree as before you felt distant? Is there anything the Lord is impressing on you during this time that might have been difficult to realize otherwise?
- Are there any patterns in your life, or habits, that are hindering your intimacy with God? If so, what are some intentional steps you can take to develop habits that promote intimacy with God?

STEP 3. READ: Spend 30 minutes with the following Scripture passages.

Instructions:

- Listen. Be still and quiet your heart before God. Pray and ask God to help you hear his voice. Read the passage below the first time to get the big picture. Listen for key words that stand out to you.
- Reflect. Read the passage a second time and reflect on how the passage is relevant to your life right now.
- Respond. Read the passage a third time and respond to what God has revealed to you.
- Be Present. Read the passage a fourth time focusing on God's presence with you.

“And the Holy Spirit helps us in our distress. For we don’t even know what we should pray for, nor how we should pray. But the Holy Spirit prays for us with groanings that cannot be expressed in words. And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God’s own will. And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them” [Romans 8:26-28].

STEP 4. WRITE: Write a paragraph or two on what you discovered, experienced, became aware of, etc., in steps 2 and 3 above.

STEP 5. ACT: This week, write out your spiritual story: how God has worked in your life from the beginning of your relationship until now. Divide it into chapters and give each chapter a title. Keep it brief—a short synopsis of each chapter. At the end of the week, share this someone close to you.



IN-DEPTH ANALYSIS

DOMAIN	SCALE/DESCRIPTION	YOUR MEAN SCORE	YOUR SCALED SCORE [%]
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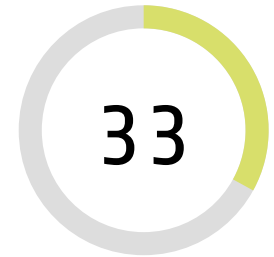
GOD

13 / EXPERIENCING GOD IN PRAYER

The Experiencing God in Prayer scale evaluates the degree of meaningful connection with God you experience in prayer.

GROWING STEADILY

You are growing steadily in Experiencing God in Prayer, suggesting that you generally feel some connection to God when you pray, but this experience may not be consistent. There may be times when you feel distant or disconnected from God when you pray, but this is not likely the most common experience you have. It's important to continue seeking a close connection to God through prayer as you grow and develop in all the different areas of your life. Two steps will help you do this. First, read your feedback with respect to your Secure Connection to God (scale 8); this will help you better understand your experience of God in prayer. Second, do the soul project for this component. This will help you take practical steps to connect to God through prayer.



POSITIVE SCALE

MEAN SCORES	1 = NO CONNECTION	4 = STRONG CONNECTION	
SCALE SCORES	● 1-33 = STRUGGLING	● 34-66 = GROWING STEADILY	● 67-100 = THRIVING



WHAT YOU CAN DO NOW: SOUL PROJECT

STEP 1. PRAY: Ask God to reveal where your heart is with respect to your experience of God in prayer.

STEP 2. REFLECT

- Read your feedback for this area and highlight or write down the parts that best capture your experience. What insights did this reveal or clarify?
- Is there a discrepancy or parallel between how frequently you are praying and your sense of connection to God? Why might this be?
- To what degree have you felt connected to God in prayer in recent months? Do you feel God is present and responsive?
- Are there types of prayer that help you feel particularly connected to God right now? How can you foster these forms of prayer more?

STEP 3. READ: Spend 30 minutes with the following Scripture passages.

Instructions:

- Listen. Be still and quiet your heart before God. Pray and ask God to help you hear his voice. Read the passage below the first time to get the big picture. Listen for key words that stand out to you.
- Reflect. Read the passage a second time and reflect on how the passage is relevant to your life right now.
- Respond. Read the passage a third time and respond to what God has revealed to you.
- Be Present. Read the passage a fourth time focusing on God's presence with you.

"Don't worry about anything; instead pray about everything. Tell God what you need and thank him for all he has done. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus." [Philippians 4:6-7 NLT].

STEP 4. WRITE: Write a paragraph or two on what you discovered, experienced, became aware of, etc., in steps 2 and 3 above.

STEP 5. ACT: Every day this week, spend 10 minutes in focused prayer using whatever form of prayer helps you feel most connected to God right now. After each prayer time, reflect on your experience of your time in prayer; write down one sentence or phrase that captures your experience.



IN-DEPTH ANALYSIS

DOMAIN	SCALE/DESCRIPTION	YOUR MEAN SCORE	YOUR SCALED SCORE [%]
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GOD

14 / EXPERIENCING GOD IN SPIRITUAL PRACTICES

The Experiencing God in Spiritual Practices scale evaluates the degree of meaningful connection with God you typically experience when engaging in spiritual practices.

STRUGGLING

You are struggling to Experience God in Spiritual Practices, suggesting that spiritual practices generally leave you feeling disconnected from God. People with scores in this range are often experiencing blocks in feeling connected to God. This is likely a growth area for you in your spiritual life that needs some focused attention. You likely experience a low sense of meaning and purpose in your life, disconnection from spiritual community, struggles to forgive others, and insecure in your connection to God.

This insecurity can show up in several different ways. You might not feel connected to God at all, or you might feel very worried about God not accepting you or abandoning you. As with prayer, when people feel distant from God even when they engage in spiritual practices, they feel like giving up on them. This is an understandable response, but not always the most helpful for your spiritual growth. I'd like to encourage you to continue engaging in spiritual practices, and to take steps to open yourself more to God. It's important to understand that this will take time but there are steps you can take. Two steps will help you do this. First, read your feedback on the Secure Connection to God scale (scale 8); this will help you better understand your experience of spiritual practices. Second, do the soul project for this component. This will help you take practical steps to connect to God through spiritual practices.



POSITIVE SCALE

MEAN SCORES	1 = NO CONNECTION	4 = STRONG CONNECTION	
SCALE SCORES	● 1-33 = STRUGGLING	● 34-66 = GROWING STEADILY	● 67-100 = THRIVING



WHAT YOU CAN DO NOW: SOUL PROJECT

STEP 1. PRAY: Ask God to reveal where your heart is with respect to your experience of God in spiritual practices.

STEP 2. REFLECT

- Read your feedback for this area and highlight or write down the parts that best capture your experience. What insights did this reveal or clarify?
- Is there a discrepancy or parallel between how frequently you are praying and your sense of connection to God? Why might this be?
- Are there types of spiritual practices that help you to feel particularly connected to God right now? How can you foster these spiritual practices more in your life?
- How does your relational history with important people in your life [attachment filters] affect your experience of spiritual practices? And vice versa?

STEP 3. READ: Spend 30 minutes with the following Scripture passages.

Instructions:

- Listen. Be still and quiet your heart before God. Pray and ask God to help you hear his voice. Read the passage below the first time to get the big picture. Listen for key words that stand out to you.
- Reflect. Read the passage a second time and reflect on how the passage is relevant to your life right now.
- Respond. Read the passage a third time and respond to what God has revealed to you.
- Be Present. Read the passage a fourth time focusing on God's presence with you.

"I have tried my best to find you—don't let me wander from your commands. I have hidden your word in my heart, that I might not sin against you. Blessed are you, O LORD; teach me your principles. I have recited aloud all the laws you have given us. I have rejoiced in following your decrees as much as in riches" [Psalm 119: 10-14 NLT].

STEP 4. WRITE: Write a paragraph or two on what you discovered, experienced, became aware of, etc., in steps 2 and 3 above.

STEP 5. ACT: Before you engage in spiritual practices this week [e.g., worship, reading Scripture, prayer, fasting] start with the practice of presenting yourself to God. Spend 5 minutes in silence preparing your heart. Ask God to accomplish his purposes through the practice and to help you open yourself to whatever he has for you.



IN-DEPTH ANALYSIS

DOMAIN	SCALE/DESCRIPTION	YOUR MEAN SCORE	YOUR SCALED SCORE [%]
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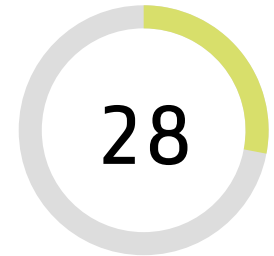
GOD

15 / GRATITUDE

The Gratitude scale evaluates the degree to which you experience and express gratitude in your daily life.

STRUGGLING

You are struggling with Gratitude, suggesting that you are not often thankful. Your score suggests that you tend focus on the negative in things in life (e.g., the glass is half empty). This can lead to feelings of bitterness that can have a negative effect on your relationships with God and others. This is likely a growth area for you in your spiritual life that needs some focused attention. Growth in this area will require effort to develop a grateful way of life. This is a process that will take some time; however, small, intentional steps can help you become a grateful person. The next step is to do the soul project below; this will help you to take practical steps to develop your gratitude toward God.



POSITIVE SCALE

MEAN SCORES	1 = VERY FALSE OF ME	6 = VERY TRUE OF ME	
SCALE SCORES	1-33 = STRUGGLING	34-66 = GROWING STEADILY	67-100 = THRIVING



WHAT YOU CAN DO NOW: SOUL PROJECT

STEP 1. PRAY: Ask God to reveal where your heart is with respect to your experience of gratitude.

STEP 2. REFLECT

- Read your feedback for this area and highlight or write down the parts that best capture your experience. What insights did this reveal or clarify?
- Think about how you have responded to recent events in your life. To what extent have you been thankful for the good things? Have you “considered it pure joy” when trials have come?
- How have important people in your life modeled gratitude for you? Who are the people in your life for whom I’m particularly thankful and why?

STEP 3. READ: Spend 30 minutes with the following Scripture passages.

Instructions:

- Listen. Be still and quiet your heart before God. Pray and ask God to help you hear his voice. Read the passage below the first time to get the big picture. Listen for key words that stand out to you.
- Reflect. Read the passage a second time and reflect on how the passage is relevant to your life right now.
- Respond. Read the passage a third time and respond to what God has revealed to you.
- Be Present. Read the passage a fourth time focusing on God’s presence with you.

“Always be full of joy in the Lord. I say it again—rejoice! Let everyone see that you are considerate in all you do..... “Tell God what you need, and thank him for all he has done.” [Philippians 4:4-5; 6b NLT].

STEP 4. WRITE: Write a paragraph or two on what you discovered, experienced, became aware of, etc., in steps 2 and 3 above.

STEP 5. ACT: Every day this week, write down three things for which you are grateful. If you have experienced trials recently, write down one thing you could be grateful for in the midst of the trial. Then pray through your list every day, thanking God for his blessings.



IN-DEPTH ANALYSIS

DOMAIN

SCALE/DESCRIPTION

YOUR MEAN SCORE

YOUR SCALED SCORE [%]



SPIRITUAL
COMMUNITY

16 / SECURE CONNECTION TO COMMUNITY

The Secure Connection to Community scale evaluates the degree to which you feel a secure connection to your spiritual community.

STRUGGLING

You are struggling with Secure Connection to Community, indicating that you typically feel uncomfortable exploring your thoughts and feelings about your spiritual community. You might either not be interested in sharing your experiences in community with others, or it brings up a lot of unresolved painful issues, which suggests an insecure attachment to your spiritual community.

Your score suggests that you generally experience lower levels of awareness of and intimacy with God, spiritual meaning, commitment, forgiveness, spiritual self-awareness, and service to the church. It's also likely that you don't have deep friendships in which you encourage each other spiritually, that you're not very involved in a spiritual community, and that you have an insecure connection with God and others.

This insecure attachment with others may show up in a general pattern of not experiencing your need for others, or an over-dependence on others. This typically causes a lot of anxiety about others not being reliable or emotionally available and transfers to one's experience with communities as groups. It may be helpful to reflect on the degree to which these two patterns capture your experience. Discussing this with others who know you well will also likely be helpful. In addition, consider your scores on the insecure attachment to community scales (Anxious and Distant, scales 17 and 18 respectively). If one of these patterns fits your experience more clearly, scales in these domains will likely be elevated. The soul project will help you process your experience and plan next steps to grow in your connection to community.



POSITIVE SCALE

MEAN SCORES	1 = VERY FALSE OF ME	6 = VERY TRUE OF ME	
SCALE SCORES	1-33 = STRUGGLING	34-66 = GROWING STEADILY	67-100 = THRIVING



WHAT YOU CAN DO NOW: SOUL PROJECT

STEP 1. PRAY: Ask God to reveal where your heart is with respect to your experience of feeling secure in your connection to spiritual community.

STEP 2. REFLECT

- Read your feedback for this area and highlight or write down the parts that best capture your experience. What insights did this reveal or clarify?
- Are there any significant people in your life who have modeled a secure, stable connection to a spiritual community over a period of time? If so, how has that impacted you?
- How does your relational history with important people in your life (attachment filters) affect your gut level sense of your community being secure and reliable?

STEP 3. READ: Spend 30 minutes with the following Scripture passages.

Instructions:

- Listen. Be still and quiet your heart before God. Pray and ask God to help you hear his voice. Read the passage below the first time to get the big picture. Listen for key words that stand out to you.
- Reflect. Read the passage a second time and reflect on how the passage is relevant to your life right now.
- Respond. Read the passage a third time and respond to what God has revealed to you.
- Be Present. Read the passage a fourth time focusing on God's presence with you.

“Dear brothers and sisters, if another Christian is overcome by sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself. Share each other's troubles and problems, and in this way obey the law of Christ.” [Galatians 6:1-2 NLT].

STEP 4. WRITE: Write a paragraph or two on what you discovered, experienced, became aware of, etc., in steps 2 and 3 above.

STEP 5. ACT: This week, do one thing to foster a stronger connection with your spiritual community. The one thing that will be most helpful to you will depend on your particular circumstances. For example, it could be sharing a prayer request with a group, starting a small group, attending a Worship service, Sunday school class, or service event, or meeting with a few close friends to talk about your spiritual growth. Pick one thing that feels like it will stretch you to become more deeply connected to your spiritual community, and do it this week.



IN-DEPTH ANALYSIS

DOMAIN

SCALE/DESCRIPTION

YOUR MEAN SCORE

YOUR SCALED SCORE [%]



SPIRITUAL
COMMUNITY

17 / ANXIOUS CONNECTION TO COMMUNITY [NEGATIVE SCALE]

The Anxious Connection to Community scale evaluates the degree to which you struggle with painful emotions with respect to spiritual community.

STRUGGLING

You are struggling with Anxious Connection to Community. Your score is high in this scale, indicating that you experience a significant degree of unresolved painful emotions with respect to your spiritual community. Remember, this scale is scored negatively, meaning the higher the score, the more anxious your connection to your community. Your score suggests that you tend to become flooded with negative feelings when you talk about your spiritual community. For example, you may feel confused and overwhelmed when you think about your spiritual community and have difficult making sense of your experiences. You most likely don't gain new insights about yourself when you reflect on, or talk about your spiritual community.

You may experience a chronic sense of anger and hurt in in relation to your spiritual community. You may experience a very strong need for others due to a low sense of self-worth. When painful issues are triggered, you have a strong need for reassurance leading you to pursue comfort from your community. You may do this in a demanding manner that drives others away and reinforces your gut-level sense of rejection and aloneness. This often leads to an alternating cycle of pursuing connection to a community, and then withdrawing from it. This pattern of coping with painful emotions often stems from an inconsistent or rejecting relational history.

It's likely that you experience a low sense of overall spiritual well-being, and lower levels of spiritual commitment, community, and forgiveness. It's also very likely that you experience lower levels of spiritual perspective on life, awareness of God, sense of meaning and purpose in life, commitment to God, and higher levels of anxious attachment to God and others.

Consider discussing this pattern with others who know you well. Processing unresolved negative feelings about your spiritual community with a spiritual mentor, friend, or therapist may be very helpful. The soul project will help you process the anxiety with community.



NEGATIVE SCALE

MEAN SCORES

1 = VERY FALSE OF ME

6 = VERY TRUE OF ME

SCALE SCORES

1-33 = THRIVING

34-66 = GROWING STEADILY

67-100 = STRUGGLING



WHAT YOU CAN DO NOW: SOUL PROJECT

STEP 1. PRAY: Ask God to reveal where your heart is with respect to your experience of feeling anxious about your connection to spiritual community.

STEP 2. REFLECT

- Read your feedback for this area and highlight or write down the parts that best capture your experience. What insights did this reveal or clarify?
- Are there any specific situations or issues in your life that are triggering anxiety, fear of rejection, etc, with respect to your spiritual community?
- To what extent do you turn to your community for support when you're upset? When you do turn to others for support, what is the experience like for you—helpful, short-lived, unsatisfying?
- How does your relational history with important people in your life [attachment filters] affect your gut level expectations about your community being there for you when you need them?

STEP 3. READ: Spend 30 minutes with the following Scripture passages.

Instructions:

- Listen. Be still and quiet your heart before God. Pray and ask God to help you hear his voice. Read the passage below the first time to get the big picture. Listen for key words that stand out to you.
- Reflect. Read the passage a second time and reflect on how the passage is relevant to your life right now.
- Respond. Read the passage a third time and respond to what God has revealed to you.
- Be Present. Read the passage a fourth time focusing on God's presence with you.

“All praise to the God and Father of our Lord Jesus Christ. He is the source of every mercy and the God who comforts us. He comforts us in all our troubles so that we can comfort others. When others are troubled, we will be able to give them the same comfort God has given us. You can be sure that the more we suffer for Christ, the more God will shower us with his comfort through Christ. So when we are weighed down by troubles, it is for your benefit and salvation! For when God comforts us, it is so that we, in turn, can be an encouragement to you. Then you can patiently endure the same things we suffer. We are confident that as you share in suffering, you will also share God's comfort.” [2 Cor. 1:3-11 NLT].

STEP 4. WRITE: Write a paragraph or two on what you discovered, experienced, became aware of, etc., in steps 2 and 3 above.

STEP 5. ACT: Every day this week: 1) talk to God about any anxieties or difficulties with respect to your spiritual community, and 2) meditate on the passage above for 10 minutes.



IN-DEPTH ANALYSIS

DOMAIN

SCALE/DESCRIPTION

YOUR MEAN SCORE

YOUR SCALED SCORE [%]



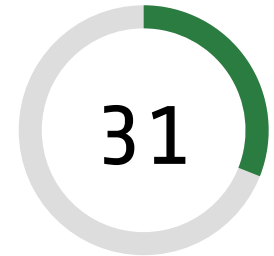
SPIRITUAL
COMMUNITY

18 / DISTANT CONNECTION TO COMMUNITY [NEGATIVE SCALE]

The Distant Connection to Community scale evaluates the degree to which you minimize your need for, and emotional connection to, a spiritual community.

THRIVING

You experience and express emotion in your spiritual community; when it comes to Distant Connection to Community, your score is low. Remember, this scale is scored negatively, meaning the lower the score, the less distant your connection to your community. Your score suggests that you tend to be "in tune" with your emotional experience in community, and feel connected to the people in your community. People with scores in this range in general experience a more secure attachment and connection to community, although some experience a significant degree of anxiety in their relationship with others. Looking at the feedback for the anxious connection subscales will help you evaluate this.



NEGATIVE SCALE

MEAN SCORES

1 = VERY FALSE OF ME

6 = VERY TRUE OF ME

SCALE SCORES

● 1-33 =
THRIVING

● 34-66 =
GROWING STEADILY

● 67-100 =
STRUGGLING



WHAT YOU CAN DO NOW: SOUL PROJECT

STEP 1. PRAY: Ask God to reveal where your heart is with respect to your experience of feeling distant from spiritual community.

STEP 2. REFLECT

- Read your feedback for this area and highlight or write down the parts that best capture your experience. What insights did this reveal or clarify?
- What are your gut level expectations about whether it is OK to need a community, and to express emotion to people in your community?
- How does your relational history with important people in your life [attachment filters] affect your gut level expectations of whether it is OK to need a community, and to express emotion to people your community?

STEP 3. READ: Spend 30 minutes with the following Scripture passages.

Instructions:

- Listen. Be still and quiet your heart before God. Pray and ask God to help you hear his voice. Read the passage below the first time to get the big picture. Listen for key words that stand out to you.
- Reflect. Read the passage a second time and reflect on how the passage is relevant to your life right now.
- Respond. Read the passage a third time and respond to what God has revealed to you.
- Be Present. Read the passage a fourth time focusing on God's presence with you.

“How we praise God, the Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms because we belong to Christ. Long ago, even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes. His unchanging plan has always been to adopt us into his own family by bringing us to himself through Jesus Christ. And this gave him great pleasure.” [Ephesians 1:3-5 NLT].

STEP 4. WRITE: Write a paragraph or two on what you discovered, experienced, became aware of, etc., in steps 2 and 3 above.

STEP 5. ACT: This week, share one challenge, either now or from your childhood, with people in your spiritual community.



IN-DEPTH ANALYSIS

DOMAIN

SCALE/DESCRIPTION

YOUR MEAN SCORE

YOUR SCALED SCORE [%]



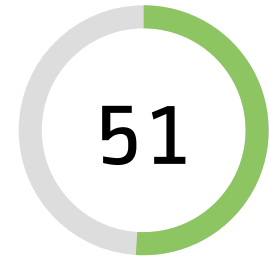
19 / SPIRITUAL COMMUNITY INVOLVEMENT

The Spiritual Community Involvement scale evaluates the degree to which you are actively involved in and feel a sense of belonging to a spiritual community.

GROWING STEADILY

You are growing steadily in your involvement with spiritual community. You feel a moderate sense of belonging to your spiritual community, and are likely involved in it. However, your involvement or sense of belonging may fluctuate somewhat. It's likely that you have several relationships that serve as an ongoing source of encouragement, support, and challenge. However, you might feel that your spiritual mentoring relationships or friendships are not strong enough to support your spiritual growth. It may be helpful to consider the degree of spiritual support you experience in your spiritual community, and to intentionally foster spiritually supportive relationships. The soul project below will help you take the next step in this area.

SPIRITUAL
COMMUNITY



POSITIVE SCALE

MEAN SCORES	1 = VERY FALSE OF ME	6 = VERY TRUE OF ME	
SCALE SCORES	1-33 = STRUGGLING	34-66 = GROWING STEADILY	67-100 = THRIVING



WHAT YOU CAN DO NOW: SOUL PROJECT

STEP 1. PRAY: Ask God to reveal where your heart is with respect to your experience of your involvement in spiritual community.

STEP 2. REFLECT

- Read your feedback for this area and highlight or write down the parts that best capture your experience. What insights did this reveal or clarify?
- To what extent do you feel you belong to a spiritual community? What factors impact your experience?
- Are there any specific situations or issues in your life now that are hindering you from being actively involved in a spiritual community?
- Are there ways you can be more involved in your spiritual community that draw on your talents, strengths, and passions?

STEP 3. READ: Spend 30 minutes with the following Scripture passages.

Instructions:

- Listen. Be still and quiet your heart before God. Pray and ask God to help you hear his voice. Read the passage below the first time to get the big picture. Listen for key words that stand out to you.
- Reflect. Read the passage a second time and reflect on how the passage is relevant to your life right now.
- Respond. Read the passage a third time and respond to what God has revealed to you.
- Be Present. Read the passage a fourth time focusing on God's presence with you.

“Without wavering, let us hold tightly to the hope we say we have, for God can be trusted to keep his promise. Think of ways to encourage one another to outbursts of love and good deeds. And let us not neglect our meeting together, as some people do, but encourage and warn each other, especially now that the day of his coming back again is drawing near.” [Hebrews 10:23-25 NLT].

STEP 4. WRITE: Write a paragraph or two on what you discovered, experienced, became aware of, etc., in steps 2 and 3 above.

STEP 5. ACT: This week, do one thing to participate in your spiritual community in a way that will stretch you to grow.



IN-DEPTH ANALYSIS

DOMAIN

SCALE/DESCRIPTION

YOUR MEAN SCORE

YOUR SCALED SCORE [%]



SPIRITUAL
COMMUNITY

20 / SPIRITUAL FRIENDSHIP

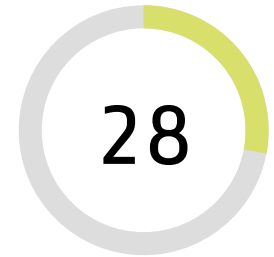
The Spiritual Friendship scale evaluates the degree to which you have spiritual mentoring or friendship relationships that encourage your spiritual growth.

STRUGGLING

You are struggling with Spiritual Friendship. Your scores for this scale suggest you likely have few, if any, relationships with a spiritual mentor or friend that focuses on helping you grow spiritually. You might be feeling isolated with respect to your spiritual life, isolated from your spiritual community, and stagnant in your spiritual growth process.

It's likely that you're experiencing a low degree of spiritual vitality across many areas. You likely experience a low sense of spiritual well-being, and lower levels of spiritual meaning, forgiveness, intimacy with God, frequency of spiritual practices and positive spiritual coping. It's very likely that you're experiencing some degree of insecure attachment to God, and lower levels of commitment, involvement in spiritual community, and a spiritual perspective on life. Attachment tendencies are likely at the root of many of the issues related to developing spiritual friendships and a close relationship with God.

The insecure attachment associated with low spiritual friendship may show up in a general pattern of not experiencing your need for God and others, or experiencing a lot of anxiety in your relationships and a low sense of self-worth. It may be helpful to reflect on the degree to which these two patterns capture your experience of your relationship with God and others. Discussing this with others who know you well will also likely be helpful. The soul project for this area will help you take the next step in developing your spiritual friendships.



POSITIVE SCALE

MEAN SCORES	1 = VERY FALSE OF ME	6 = VERY TRUE OF ME	
SCALE SCORES	1-33 = STRUGGLING	34-66 = GROWING STEADILY	67-100 = THRIVING



WHAT YOU CAN DO NOW: SOUL PROJECT

STEP 1. PRAY: Ask God to reveal where your heart is with respect to your experience of spiritual friendship.

STEP 2. REFLECT

- Read your feedback for this area and highlight or write down the parts that best capture your experience. What insights did this reveal or clarify?
- Do you have any spiritual friendships in which you intentionally focus on encouraging each other's spiritual growth? If so, which ones? How can you develop those more?
- Are there any specific situations or issues in your life now that are hindering you from maintaining and developing spiritual friendships?
- Are there any people in your life who could provide spiritual mentoring? How would you go about developing that relationship?

STEP 3. READ: Spend 30 minutes with the following Scripture passages.

Instructions:

- Listen. Be still and quiet your heart before God. Pray and ask God to help you hear his voice. Read the passage below the first time to get the big picture. Listen for key words that stand out to you.
- Reflect. Read the passage a second time and reflect on how the passage is relevant to your life right now.
- Respond. Read the passage a third time and respond to what God has revealed to you.
- Be Present. Read the passage a fourth time focusing on God's presence with you.

"Is there any encouragement from belonging to Christ? Any comfort from his love? Any fellowship together in the Spirit? Are your hearts tender and sympathetic? Then make me truly happy by agreeing wholeheartedly with each other, loving one another, and working together with one heart and purpose.

Don't be selfish; don't live to make a good impression on others. Be humble, thinking of others as better than yourself. Don't think only about your own affairs, but be interested in others, too, and what they are doing. Your attitude should be the same that Christ Jesus had. Though he was God, he did not demand and cling to his rights as God. He made himself nothing; he took the humble position of a slave and appeared in human form. And in human form he obediently humbled himself even further by dying a criminal's death on a cross."
[Philippians 2:1-8 NLT]

STEP 4. WRITE: Write a paragraph or two on what you discovered, experienced, became aware of, etc., in steps 2 and 3 above.

STEP 5. ACT: This week, initiate meeting with someone who shares a desire to grow spiritually and focus on discussing your spiritual growth with each other.



IN-DEPTH ANALYSIS

DOMAIN

SCALE/DESCRIPTION

YOUR MEAN SCORE

YOUR SCALED SCORE [%]



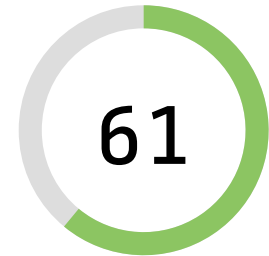
21 / CHRIST-CENTEREDNESS

The Christ-centeredness scale evaluates the degree to which your life is centered around your relationship with God.

GROWING STEADILY

You are growing steadily in Christ-centeredness. You are likely involved in some of the foundational aspects of the Christian life. Your score suggest that you typically spend time with God at least periodically, have some ongoing involvement in a spiritual community and various ways of serving others. However, some of these habits may be inconsistent. It may be helpful to reflect on how ingrained these various practices are, and select one or two to focus on developing them further. The soul project will assist you in doing this.

SPIRITUAL PRACTICES



POSITIVE SCALE

MEAN SCORES	1 = VERY FALSE OF ME	6 = VERY TRUE OF ME	
SCALE SCORES	1-33 = STRUGGLING	34-66 = GROWING STEADILY	67-100 = THRIVING



WHAT YOU CAN DO NOW: SOUL PROJECT

STEP 1. PRAY: Ask God to reveal where your heart is with respect to your experience of committing all aspects of your life to God.

STEP 2. REFLECT

- Read your feedback for this area and highlight or write down the parts that best capture your experience. What insights did this reveal or clarify?
- What does the way you spend your time say about your commitment to God, and to grow spiritually?
- Are there any specific situations or issues in your life now that are hindering you from pursuing relationship with God in all areas of your life?
- Are there particular areas in which you need to strengthen your commitment, and re-orient your life around your relationship with God?

STEP 3. READ: Spend 30 minutes with the following Scripture passages.

Instructions:

- Listen. Be still and quiet your heart before God. Pray and ask God to help you hear his voice. Read the passage below the first time to get the big picture. Listen for key words that stand out to you.
- Reflect. Read the passage a second time and reflect on how the passage is relevant to your life right now.
- Respond. Read the passage a third time and respond to what God has revealed to you.
- Be Present. Read the passage a fourth time focusing on God's presence with you.

"Is there any encouragement from belonging to Christ? Any comfort from his love? Any fellowship together in the Spirit? Are your hearts tender and sympathetic? Then make me truly happy by agreeing wholeheartedly with each other, loving one another, and working together with one heart and purpose.

Don't be selfish; don't live to make a good impression on others. Be humble, thinking of others as better than yourself. Don't think only about your own affairs, but be interested in others, too, and what they are doing. Your attitude should be the same that Christ Jesus had. Though he was God, he did not demand and cling to his rights as God. He made himself nothing; he took the humble position of a slave and appeared in human form. And in human form he obediently humbled himself even further by dying a criminal's death on a cross."
[Philippians 2:1-8 NLT]

STEP 4. WRITE: Write a paragraph or two on what you discovered, experienced, became aware of, etc., in steps 2 and 3 above.

STEP 5. ACT: This week, reflect on what God has done in your life, your gratitude for this, and then identify one area you'd like to work on actively surrendering to God. Write this down, including steps you'll take to surrender this area to God.



IN-DEPTH ANALYSIS

DOMAIN

SCALE/DESCRIPTION

YOUR MEAN SCORE

YOUR SCALED SCORE [%]

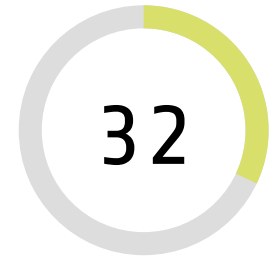


22 / PRAYER FREQUENCY

The Prayer Frequency scale evaluates how consistently you engage in prayer.

STRUGGLING

You are struggling with Prayer Frequency, suggesting that prayer is not a consistent or important part of your life. In general, you tend to not be motivated to pray. This is likely a growth area for you that needs some focused attention. You may really want to pray, but struggle to get yourself to actually pray consistently. You may also feel bad or guilty about this. This is a common and normal feeling. In addition, there may be times when you really don't want to pray. You may not have any desire to connect to God, or you may be confused or angry at God. This, then, becomes your starting point with God. When you can, openly acknowledge this and ask God to help you open your heart to him wherever you are in your feelings toward him. And ask him to help you pray. Doing the soul project for this component will help you better understand why you're struggling with prayer and to take steps toward growth.



POSITIVE SCALE

MEAN SCORES

1 = NEVER

7 = MORE THAN ONCE DAILY

SCALE SCORES

1-33 = STRUGGLING

34-66 = GROWING STEADILY

67-100 = THRIVING

SPIRITUAL PRACTICES



WHAT YOU CAN DO NOW: SOUL PROJECT

STEP 1. PRAY: Ask God to reveal where your heart is with respect to how often you pray.

STEP 2. REFLECT

- Read your feedback for this area and highlight or write down the parts that best capture your experience. What insights did this reveal or clarify?
- Are there any obstacles you feel toward engaging in prayer in general, or certain forms of prayer (e.g., contemplative prayer, asking God for things)?
- Do you spend time listening to God? Why or why not?

STEP 3. READ: Spend 30 minutes with the following Scripture passages.

Instructions:

- Listen. Be still and quiet your heart before God. Pray and ask God to help you hear his voice. Read the passage below the first time to get the big picture. Listen for key words that stand out to you.
- Reflect. Read the passage a second time and reflect on how the passage is relevant to your life right now.
- Respond. Read the passage a third time and respond to what God has revealed to you.
- Be Present. Read the passage a fourth time focusing on God's presence with you.

“When you pray, don’t babble on and on as people of other religions do. They think their prayers are answered only by repeating their words again and again. Don’t be like them, because your Father knows exactly what you need even before you ask him! Pray like this: Our Father in heaven, may your name be honored. May your kingdom come soon. May your will be done here on earth, just as it is in heaven. Give us our food for today, and forgive us our sins, just as we have forgiven those who have sinned against us. And don’t let us yield to temptation, but deliver us from the evil one.” [Matt. 6:9-13 NLT].

STEP 4. WRITE: Write a paragraph or two on what you discovered, experienced, became aware of, etc., in steps 2 and 3 above.

STEP 5. ACT: Set a specific time to prayer each day this week and then pray for 10 minutes each day, using one of the following forms of prayer each day. [Adoration/Worship, Confession, Thanksgiving, Ask God for specific requests for you and to help you grow in specific ways, Share a struggle, Pray for others, Contemplative prayer—silence before God and/or repeat short phrase such as, “Lord Jesus Christ, have mercy on me a sinner.”]



IN-DEPTH ANALYSIS

DOMAIN

SCALE/DESCRIPTION

YOUR MEAN SCORE

YOUR SCALED SCORE [%]



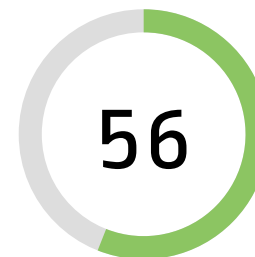
23 / SPIRITUAL PRACTICES FREQUENCY

The Spiritual Practices Frequency scale evaluates how consistently you engage in spiritual practices.

GROWING STEADILY

Spiritual practices (e.g., worship, reading Scripture, fellowship, prayer) are an important, but inconsistent, part of your life. Your spiritual life would still benefit from focused attention on spiritual practices. Everyone struggles with engaging in spiritual practices at times. When you do, it is important to remember that spiritual practices are not about checking off an obligation on a list, but they are more like training. They shape your character so that you can live for Christ more fully and enjoy your relationship with him more. While God invites you to read the Bible, engage in fellowship with other Christians, and worship him (among other spiritual practices), and works through these practices, it's still important to do your part in engaging in spiritual practices to the extent you are able. I hope you will be encouraged to develop an even closer relationship with God through spiritual practices. The next step that will help you do this is to do the soul project for this area. This will help you take practical steps to nourish your soul through spiritual practices.

SPIRITUAL PRACTICES



POSITIVE SCALE

MEAN SCORES

1 = NEVER

7 = MORE THAN ONCE DAILY

SCALE SCORES

1-33 = STRUGGLING

34-66 = GROWING STEADILY

67-100 = THRIVING



WHAT YOU CAN DO NOW: SOUL PROJECT

STEP 1. PRAY: Ask God to reveal where your heart is with respect to how often you engage in spiritual practices.

STEP 2. REFLECT

- Read your feedback for this area and highlight or write down the parts that best capture your experience. What insights did this reveal or clarify?
- Are there any obstacles you feel toward engaging in certain spiritual practices?
- What spiritual practice is most difficult for you to engage in at this time in your life? Why? What spiritual practice helps you feel most connected to God right now?

STEP 3. READ: Spend 30 minutes with the following Scripture passages.

Instructions:

- Listen. Be still and quiet your heart before God. Pray and ask God to help you hear his voice. Read the passage below the first time to get the big picture. Listen for key words that stand out to you.
- Reflect. Read the passage a second time and reflect on how the passage is relevant to your life right now.
- Respond. Read the passage a third time and respond to what God has revealed to you.
- Be Present. Read the passage a fourth time focusing on God's presence with you.

"I have tried my best to find you—don't let me wander from your commands. I have hidden your word in my heart, that I might not sin against you. Blessed are you, O LORD; teach me your principles. I have recited aloud all the laws you have given us. I have rejoiced in following your decrees as much as in riches." [Psalm 119: 10-14 NLT].

STEP 4. WRITE: Write a paragraph or two on what you discovered, experienced, became aware of, etc., in steps 2 and 3 above.

STEP 5. ACT: Plan out your daily, weekly, and quarterly rhythm of spiritual practices. Write down the practices you will engage in and when. Be specific. Share your plan with one person.



IN-DEPTH ANALYSIS

DOMAIN

SCALE/DESCRIPTION

YOUR MEAN SCORE

YOUR SCALED SCORE [%]



24 / USE OF MEDIA

The Use of Media scale evaluates the degree to which you make decisions about your use of media based on its spiritual impact.

STRUGGLING

You are struggling with Use of Media, meaning that you do not generally consider how your use of technology and social media (to the extent you use them) impact your spiritual life. Maybe you have noticed some negative impacts, but you've not taken much time to think about how your use of and exposure to social media shapes your spiritual life. It will likely be helpful to spend some time reflecting on how your media use impacts your spiritual life and developing some guidelines for how you will use media. You may want to discuss this with friends or mentors and get their input on what has helped them to manage their media use.

SPIRITUAL
PRACTICES



POSITIVE SCALE

MEAN SCORES	1 = VERY FALSE OF ME	6 = VERY TRUE OF ME	
SCALE SCORES	1-33 = STRUGGLING	34-66 = GROWING STEADILY	67-100 = THRIVING



WHAT YOU CAN DO NOW: SOUL PROJECT

STEP 1. PRAY: Ask God to reveal where your heart is with respect to your experience of use of media.

STEP 2. REFLECT

- Read your feedback for this area and highlight or write down the parts that best capture your experience. What insights did this reveal or clarify?
- How does the amount of time you spend using media impact your relationship with God? Are there certain situations or feelings that cause you to use media too much?
- What are the signs and symptoms you need to watch for that indicate that you're using media too much? Or that the content of the media you're using is having a negative spiritual impact?
- How can you be more intentional about your use of media—to not allow it to have a negative spiritual impact, and to use it in spiritually healthy ways?

STEP 3. READ: Spend 30 minutes with the following Scripture passages.

Instructions:

- Listen. Be still and quiet your heart before God. Pray and ask God to help you hear his voice. Read the passage below the first time to get the big picture. Listen for key words that stand out to you.
- Reflect. Read the passage a second time and reflect on how the passage is relevant to your life right now.
- Respond. Read the passage a third time and respond to what God has revealed to you.
- Be Present. Read the passage a fourth time focusing on God's presence with you.

“Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.⁹ Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.” [Phil. 4:6-8 NLT].

STEP 4. WRITE: Write a paragraph or two on what you discovered, experienced, became aware of, etc., in steps 2 and 3 above.

STEP 5. ACT: Write out your own personal guidelines for using media that will help you be more intentional to use it in ways that promote spiritual growth.



IN-DEPTH ANALYSIS

DOMAIN

SCALE/DESCRIPTION

YOUR MEAN SCORE

YOUR SCALED SCORE [%]



SPIRITUAL PRACTICES

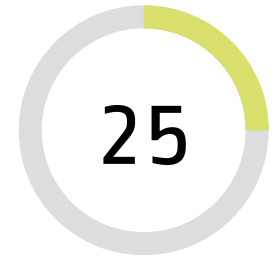
25 / TRANSFORMATIONAL SUFFERING

The Transformational Suffering scale evaluates the degree to which you remain open to God and His work in your heart during trials and times of suffering.

STRUGGLING

You are struggling with respect to Transformational Suffering, suggesting that you do not typically experience God working through your trials or weaknesses. You might have a difficult time being dependent on others, including God, and you tend to respond to trials and suffering by either shutting God and others out of your emotional life, or by becoming anxiously dependent on God and others in such a way that little processing and growth occurs.

You likely experience a low sense of spiritual well-being, and lower levels of spiritual meaning, commitment, community, forgiveness. You may also experience an insecure attachment to God. This may reflect several different scenarios. An insecure attachment may show up in a general pattern of not experiencing your need for God and others, or experiencing a very strong need for God and others and a low sense of self-worth. It may be helpful to reflect on the degree to which these two patterns capture your experience of your relationship with God and others. Considering your scores on the attachment scales may be helpful. Discussing this with others who know you well will also likely be helpful. The soul project will help you reflect on and grow in the way you respond to suffering.



POSITIVE SCALE

MEAN SCORES	1 = VERY FALSE OF ME	6 = VERY TRUE OF ME	
SCALE SCORES	1-33 = STRUGGLING	34-66 = GROWING STEADILY	67-100 = THRIVING



WHAT YOU CAN DO NOW: SOUL PROJECT

STEP 1. PRAY: Ask God to reveal where your heart is with respect to your experience of growing through suffering.

STEP 2. REFLECT

- Read your feedback for this area and highlight or write down the parts that best capture your experience. What insights did this reveal or clarify?
- For any trials you've experienced recently, how did you respond to God and others during these trials? Do you typically respond this way to trials?
- How do trials and suffering affect your trust in God? How does your relational history with caregivers impact this?
- What helps you draw closer to God during trials?

STEP 3. READ: Spend 30 minutes with the following Scripture passages.

Instructions:

- Listen. Be still and quiet your heart before God. Pray and ask God to help you hear his voice. Read the passage below the first time to get the big picture. Listen for key words that stand out to you.
- Reflect. Read the passage a second time and reflect on how the passage is relevant to your life right now.
- Respond. Read the passage a third time and respond to what God has revealed to you.
- Be Present. Read the passage a fourth time focusing on God's presence with you.

"As the deer longs for streams of water, so I long for you, O God. I thirst for God, the living God. When can I go and stand before him? Day and night I have only tears for food, while my enemies continually taunt me, saying, "Where is this God of yours? My heart is breaking as I remember how it used to be: I walked among the crowds of worshipers, leading a great procession to the house of God, singing for joy and giving thanks amid the sound of a great celebration! Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again—my Savior and my God! Now I am deeply discouraged, but I will remember you—even from distant Mount Hermon, the source of the Jordan, from the land of Mount Mizar. I hear the tumult of the raging seas as your waves and surging tides sweep over me. But each day the Lord pours his unfailing love upon me, and through each night I sing his songs, praying to God who gives me life. 'O God my rock,' I cry, 'Why have you forgotten me? Why must I wander around in grief, oppressed by my enemies?' Their taunts break my bones. They scoff, 'Where is this God of yours?' Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again—my Savior and my God!" [Psalm chapter 42 NLT].

STEP 4. WRITE: Write a paragraph or two on what you discovered, experienced, became aware of, etc., in steps 2 and 3 above.

STEP 5. ACT: For any trials you're going through, pray about them each day for 10 minutes, and reflect on how this trial can help you grow.



IN-DEPTH ANALYSIS

DOMAIN

SCALE/DESCRIPTION

YOUR MEAN SCORE

YOUR SCALED SCORE [%]



SPIRITUAL
PRACTICES

26 / SPIRITUAL OPENNESS

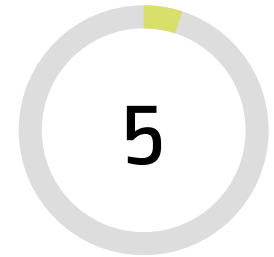
The Spiritual Openness scale evaluates the degree to which you are open to different perspectives on your faith, and to working through doubts about your faith.

STRUGGLING

You're struggling with Spiritual Openness. This suggests that you are not typically open to different viewpoints about your faith and your own growth process. You might often view doubts as a weakness, and do not typically acknowledge spiritual doubts in general, or doubts about God or your relationship with God or Jesus. At times, you may actively avoid nagging doubts, questions, or different viewpoints.

This may contribute to lower levels of spiritual well-being, spiritual meaning, commitment, community, forgiveness, and higher levels of insecure attachment to God. This may reflect several different scenarios. This insecure attachment may show up in a general pattern of not experiencing your need for God and others, or experiencing a lot of anxiety in your relationships along with a low sense of self worth. It may be helpful to reflect on the degree to which these two patterns capture your experience of your relationship with God and others. It may also be helpful to discuss this with a spiritual mentor or friend.

Difficulty being open to other perspectives on the spiritual growth process and to your own doubts can result from numerous factors. However, it's often rooted in insecurity in your relationships with God and other important people. Different viewpoints on your faith or your personal growth process may feel threatening, and you may fear losing your sense of identity. If this fits your experience, the root issue to focus on in conversation with others close to you and in prayer is the security of your sense of connection with God and others. The soul project below will help you take the next step in this area.



POSITIVE SCALE

MEAN SCORES	1 = VERY FALSE OF ME	6 = VERY TRUE OF ME	
SCALE SCORES	1-33 = STRUGGLING	34-66 = GROWING STEADILY	67-100 = THRIVING



WHAT YOU CAN DO NOW: SOUL PROJECT

STEP 1. PRAY: Ask God to reveal where your heart is with respect to your experience of spiritual openness.

STEP 2. REFLECT

- Read your feedback for this area and highlight or write down the parts that best capture your experience. What insights did this reveal or clarify?
- To what extent are you open to your own doubts about God, or how he is working in your life?
- How do you respond to people who have a different perspective on God, certain theological positions, or your own spiritual growth? Do you tend to dismiss them or their views? If so, what might be some factors contributing to this?
- How does your relational history with important people in your life [attachment filters] affect the way you deal with spiritual doubts or different perspectives on spirituality?

STEP 3. READ: Spend 30 minutes with the following Scripture passages.

Instructions:

- Listen. Be still and quiet your heart before God. Pray and ask God to help you hear his voice. Read the passage below the first time to get the big picture. Listen for key words that stand out to you.
- Reflect. Read the passage a second time and reflect on how the passage is relevant to your life right now.
- Respond. Read the passage a third time and respond to what God has revealed to you.
- Be Present. Read the passage a fourth time focusing on God's presence with you.

"The Lord is my light and my salvation—so why should I be afraid? The Lord is my fortress, protecting me from danger, so why should I tremble? When evil people come to devour me, when my enemies and foes attack me they will stumble and fall. Though a mighty army surrounds me, my heart will not be afraid. Even if I am attacked, I will remain confident. The one thing I ask of the Lord—the thing I seek most—is to live in the house of the Lord all the days of my life, delighting in the Lord's perfections and meditating in his Temple. For he will conceal me there when troubles come; he will hide me in his sanctuary. He will place me out of reach on a high rock. Then I will hold my head high above my enemies who surround me. At his sanctuary I will offer sacrifices with shouts of joy, singing and praising the Lord with music." [Psalm 27: 1-6; NLT].

STEP 4. WRITE: Write a paragraph or two on what you discovered, experienced, became aware of, etc., in steps 2 and 3 above.

STEP 5. ACT: This week, share with one person either [or both]: 1) a doubt about God or your faith you've struggled with; and/or 2) a view about yourself or your spiritual growth someone has expressed that you don't like and with which you struggle. The goal is not to resolve it, but just to bring it into relationship with someone you trust.



IN-DEPTH ANALYSIS

DOMAIN

SCALE/DESCRIPTION

YOUR MEAN SCORE

YOUR SCALED SCORE [%]



SPIRITUAL PRACTICES

27 / POSITIVE SPIRITUAL COPING

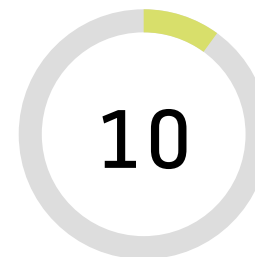
The Positive Spiritual Coping scale evaluates the degree to which you cope with difficulties in a healthy way by staying connected to God.

STRUGGLING

You are struggling with Positive Spiritual Coping, and this suggests that you don't typically cope with trials in a way that keeps you spiritually engaged in your relationship with God. You may have a difficult time finding meaning in your suffering, working collaboratively with God on problems, turning to God for comfort, and approaching trials as an opportunity to grow spiritually. This is generally associated with higher levels of negative spiritual coping, although these are distinct components so you should also consider your score on the negative spiritual coping scale as well (scale 28).

You likely experience lower levels of spiritual well-being, growing through suffering, spiritual meaning, commitment, community, forgiveness, awareness of God, and intimacy with God. It's also likely that you experience higher levels of anxious attachment to God, and particularly higher levels of distant attachment to God. If the latter is the case, it may be that your way of coping is to detach from God.

This may reflect several different scenarios. An insecure-distant attachment may show up in a general pattern of not experiencing your need for God and others, or an insecure-anxious attachment may show up in experiencing a lot of anxiety in your relationships and a low sense of self-worth. It may be helpful to reflect on the degree to which these two patterns capture your experience and impact they way you cope with difficulties. Discussing this with others who know you well will also likely be helpful. The soul project will help you reflect on and grow in the way you cope with difficulties.



POSITIVE SCALE

MEAN SCORES	1 = VERY FALSE OF ME	6 = VERY TRUE OF ME	
SCALE SCORES	1-33 = STRUGGLING	34-66 = GROWING STEADILY	67-100 = THRIVING



WHAT YOU CAN DO NOW: SOUL PROJECT

STEP 1. PRAY: Ask God to reveal where your heart is with respect to your experience of coping with trials in a positive way.

STEP 2. REFLECT

- Read your feedback for this area and highlight or write down the parts that best capture your experience. What insights did this reveal or clarify?
- How have you coped with recent trials in relation to my faith? Is this the way you usually cope?
- Are there ways your faith and relationship with God have helped you cope in the past?
- Is there anyone in your life that models how to rely on God in coping with difficulties? How has this impacted you?

STEP 3. READ: Spend 30 minutes with the following Scripture passages.

Instructions:

- Listen. Be still and quiet your heart before God. Pray and ask God to help you hear his voice. Read the passage below the first time to get the big picture. Listen for key words that stand out to you.
- Reflect. Read the passage a second time and reflect on how the passage is relevant to your life right now.
- Respond. Read the passage a third time and respond to what God has revealed to you.
- Be Present. Read the passage a fourth time focusing on God's presence with you.

“Dear brothers and sisters, whenever trouble comes your way, let it be an opportunity for joy. For when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be strong in character and ready for anything.”
[James 1:2-4 NLT].

STEP 4. WRITE: Write a paragraph or two on what you discovered, experienced, became aware of, etc., in steps 2 and 3 above.

STEP 5. ACT: For any trials you're going through, spend 5 minutes every day this week in prayer actively surrendering it to God. Then, reflect on your role in coping with and growing through the trial.



IN-DEPTH ANALYSIS

DOMAIN

SCALE/DESCRIPTION

YOUR MEAN SCORE

YOUR SCALED SCORE [%]



SPIRITUAL PRACTICES

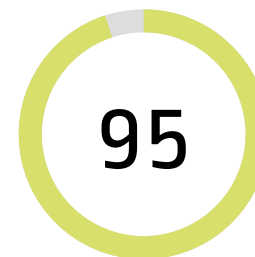
28 / NEGATIVE SPIRITUAL COPING (NEGATIVE SCALE)

The Negative Spiritual Coping scale evaluates the degree to which the way you cope with trials has a negative impact on your spiritual life.

STRUGGLING

You typically cope with trials in a way that has a significant negative impact on your relationship with God. You're struggling with a positive way to cope with problems. Remember, this scale is scored negatively, so the higher your score, the more negative your approach to spiritual coping. Your score suggests that when you experience trials, you may experience despair, feel abandoned by God, withdraw from God and become self-sufficient, or want God to completely take over resolving difficulties without your involvement. Struggling in this category is generally associated with lower levels of positive spiritual coping, although these are distinct components so you should also consider your score on the negative spiritual coping scale (scale 28) as well.

It's likely that you experience lower levels of spiritual well-being, growth through suffering, spiritual meaning, commitment, community, forgiveness, awareness of God, and intimacy with God. It's also likely that you experience some degree of insecurity in your relationship with God. You may have distant attachment tendencies that lead you to detach from God when coping with trials. This is growth area for you, so it will likely be helpful to do the soul project and reflect more on how you tend to cope with difficulties in relation to your faith.



NEGATIVE SCALE

MEAN SCORES 1 = VERY FALSE OF ME 6 = VERY TRUE OF ME

SCALE SCORES ● 1-33 = THRIVING ● 34-66 = GROWING STEADILY ● 67-100 = STRUGGLING



WHAT YOU CAN DO NOW: SOUL PROJECT

STEP 1. PRAY: Ask God to reveal where your heart is with respect to your experience of coping with trials in a negative way.

STEP 2. REFLECT

- Read your feedback for this area and highlight or write down the parts that best capture your experience. What insights did this reveal or clarify?
- Are there ways you've coped with trials recently that negatively impacted your faith? If so, how did it have a negative impact?
- How does your relational history with important people in your life (attachment filters) contribute to negative ways of coping?
- To the extent you cope negatively with trials, what is the trigger feeling that starts a negative spiral?

STEP 3. READ: Spend 30 minutes with the following Scripture passages.

Instructions:

- Listen. Be still and quiet your heart before God. Pray and ask God to help you hear his voice. Read the passage below the first time to get the big picture. Listen for key words that stand out to you.
- Reflect. Read the passage a second time and reflect on how the passage is relevant to your life right now.
- Respond. Read the passage a third time and respond to what God has revealed to you.
- Be Present. Read the passage a fourth time focusing on God's presence with you.

"And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words. And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God's own will. And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.

Can anything ever separate us from Christ's love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute or in danger, or threatened with death? . . . No, despite all these things, overwhelming victory is ours through Christ, who loved us. And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord" [Romans 8:26-29; 35; 37-39 NLT].

STEP 4. WRITE: Write a paragraph or two on what you discovered, experienced, became aware of, etc., in steps 2 and 3 above.

STEP 5. ACT: This week, reflect on and write down one thing you can actively do to stop negative coping spiral from starting or continuing, and to initiate positive ways of coping.



IN-DEPTH ANALYSIS

DOMAIN

SCALE/DESCRIPTION

YOUR MEAN SCORE

YOUR SCALED SCORE [%]



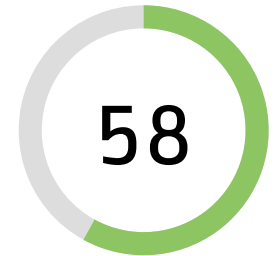
GOD'S KINGDOM

29 / SPIRITUAL PERSPECTIVE

The Spiritual Perspective scale evaluates the degree to which you view your daily life through a spiritual lens.

GROWING STEADILY

You are growing steadily in Spiritual Perspective. That means that you sometimes see life through a spiritual lens; however, this has not yet become a consistent way of processing relationships and life events. You likely desire to depend on God and follow his agenda for your life; however, at times your natural response to events and relationships doesn't factor in a broader spiritual perspective. The beginnings of a spiritual perspective on life are evident and that's a great thing. People's perspectives can often be clearly seen through trials. It may be helpful to reflect on how you have responded to recent trials in your life in light of the degree to which you intentionally processed how God was working. As events unfold in your life, consider developing the habit of intentionally reflecting on your initial responses, your deeply held values that are revealed in your responses, how these compare to the spiritual values you are striving to live out, and how God is working in and through the events and relationships in your life. The soul project in this area will also help you take the next step.



POSITIVE SCALE

MEAN SCORES	1 = VERY FALSE OF ME	6 = VERY TRUE OF ME	
SCALE SCORES	1-33 = STRUGGLING	34-66 = GROWING STEADILY	67-100 = THRIVING



WHAT YOU CAN DO NOW: SOUL PROJECT

STEP 1. PRAY: Ask God to reveal where your heart is with respect to your experience of spiritual perspective.

STEP 2. REFLECT

- Read your feedback for this area and highlight or write down the parts that best capture your experience. What insights did this reveal or clarify?
- To what extent do your gut level responses to life events align with God's ways and the purposes of His kingdom? Think about this in light of specific events in your life.
- Is there anyone in your life who has a strong spiritual perspective on life? What can you learn from his or her example?
- To what extent is there a discrepancy between your professed values and the values you live out in daily life? Are there particular areas in which this is most pronounced?

STEP 3. READ: Spend 30 minutes with the following Scripture passages.

Instructions:

- Listen. Be still and quiet your heart before God. Pray and ask God to help you hear his voice. Read the passage below the first time to get the big picture. Listen for key words that stand out to you.
- Reflect. Read the passage a second time and reflect on how the passage is relevant to your life right now.
- Respond. Read the passage a third time and respond to what God has revealed to you.
- Be Present. Read the passage a fourth time focusing on God's presence with you.

"The message of the cross is foolish to those who are headed for destruction! But we who are being saved know it is the very power of God. God has made the wisdom of this world look foolish. Since God in his wisdom saw to it that the world would never know him through human wisdom, he has used our foolish preaching to save those who believe. It is foolish to the Jews, who ask for signs from heaven. And it is foolish to the Greeks, who seek human wisdom. But to those who called by God to salvation, both Jews and Gentiles, Christ is the power of God and the wisdom of God. This foolish plan of God is wiser than the wisest of human plans, and God's weakness is stronger than the greatest of human strength" [1 Cor. 1:18; 20b-22; 24-25 NLT].

STEP 4. WRITE: Write a paragraph or two on what you discovered, experienced, became aware of, etc., in steps 2 and 3 above.

STEP 5. ACT: This week, interview someone you feel has a strong spiritual perspective as evidenced by how they live and respond to trials [preferably an older mentor figure, but this could also be a peer]. This can be just 15 min, preferably in person, but you can also ask the person to respond to questions over email. Here are two sample questions you can use, and feel free to add or modify these:

1. How has your response to trials and suffering in your life changed as you've grown spiritually? What were the turning points in the changes?
2. What are the most core values that shape how you live your life? Can you give me some examples?



IN-DEPTH ANALYSIS

DOMAIN

SCALE/DESCRIPTION

YOUR MEAN SCORE

YOUR SCALED SCORE [%]



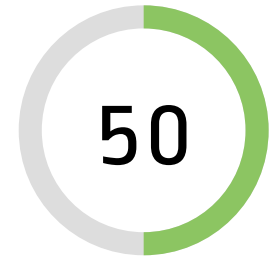
GOD'S KINGDOM

30 / SPIRITUAL MEANING

The Spiritual Meaning scale evaluates the degree to which you feel a sense of meaning and purpose in your life derived from your relationship with God.

GROWING STEADILY

You are growing steadily in Spiritual Meaning, suggesting that sometimes you experience a sense of meaning and purpose in your life; yet this may be inconsistent or unclear. This may result from a number of factors, such as inconsistent involvement in a spiritual community, or lack of a clear sense of God's specific direction for you at this stage in your life. It may be helpful to reflect on how God is specifically working in your life. Others with scores in this range typically benefit from an intentional focus on this area. The soul project will help you do this.



POSITIVE SCALE

MEAN SCORES

1 = VERY FALSE OF ME

6 = VERY TRUE OF ME

SCALE SCORES

1-33 = STRUGGLING

34-66 = GROWING STEADILY

67-100 = THRIVING



WHAT YOU CAN DO NOW: SOUL PROJECT

STEP 1. PRAY: Ask God to reveal where your heart is with respect to your experience of spiritual meaning.

STEP 2. REFLECT

- Read your feedback for this area and highlight or write down the parts that best capture your experience. What insights did this reveal or clarify?
- Are there times when you feel like your life is lacking a sense of meaning and purpose? How do you respond to God during those times?
- To what extent do you feel God has a purpose for your life? What, specifically, gives you the strongest sense of purpose and meaning in your life? How can you cultivate this more in your life?

STEP 3. READ: Spend 30 minutes with the following Scripture passages.

Instructions:

- Listen. Be still and quiet your heart before God. Pray and ask God to help you hear his voice. Read the passage below the first time to get the big picture. Listen for key words that stand out to you.
- Reflect. Read the passage a second time and reflect on how the passage is relevant to your life right now.
- Respond. Read the passage a third time and respond to what God has revealed to you.
- Be Present. Read the passage a fourth time focusing on God's presence with you.

“Then Jesus said to the disciples, ‘If any of you wants to be my follower, you must put aside your selfish ambition, shoulder your cross, and follow me. If you try to keep your life for yourself, you will lose it. But if you give up your life for me, you will find true life. And how do you benefit if you gain the whole world but lose your own soul in the process? Is anything worth more than your soul?’ [Matt. 16:24-26].

STEP 4. WRITE: Write a paragraph or two on what you discovered, experienced, became aware of, etc., in steps 2 and 3 above.

STEP 5. ACT: Write down the things that make your life feel the most meaningful. Sometime this week, interview an older mentor figure that you feel has lived/is living a meaningful life. Draw some wisdom from them about what has made their life meaningful. It would be preferable to do this in person, but you can also talk over the phone or ask the person to respond to questions over email.

1. What have been the most meaningful experiences of your life? What role did you play in making these experiences come about? What did you learn from these experiences?
2. If you could go back and change decisions or things you did in the past to make your life more meaningful and purposeful, what would you change?



IN-DEPTH ANALYSIS

DOMAIN

SCALE/DESCRIPTION

YOUR MEAN SCORE

YOUR SCALED SCORE [%]



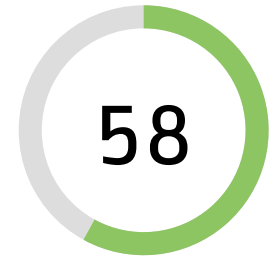
GOD'S KINGDOM

31 / SERVICE TO LOCAL CHURCH

The Service to the Local Church scale measures the degree to which you are involved in serving others within your local church.

GROWING STEADILY

You are growing steadily in Service to the Local Church. Your score indicates that you are likely involved in serving others in your local church in some way. This may involve volunteering your time, helping people with emotional and physical needs, or serving in a variety of other ways. Your score suggests you're engaged in some level of service within the local church, but this may not be a core commitment. It may be helpful to reflect on the types of service you are involved in, how these fit your sense of calling, and the degree to which you are devoted to serving others. The soul project will help you reflect on this.



POSITIVE SCALE

MEAN SCORES	1 = VERY FALSE OF ME	6 = VERY TRUE OF ME	
SCALE SCORES	1-33 = STRUGGLING	34-66 = GROWING STEADILY	67-100 = THRIVING



WHAT YOU CAN DO NOW: SOUL PROJECT

STEP 1. PRAY: Ask God to reveal where your heart is with respect to serving your local church.

STEP 2. REFLECT

- Read your feedback for this area and highlight or write down the parts that best capture your experience. What insights did this reveal or clarify?
- What ways of serving others within your church cause you to “feel God’s pleasure”? How can you foster these ways of serving?
- What role do you believe serving your local church should play in your life? How consistent is your life with this?

STEP 3. READ: Spend 30 minutes with the following Scripture passages.

Instructions:

- Listen. Be still and quiet your heart before God. Pray and ask God to help you hear his voice. Read the passage below the first time to get the big picture. Listen for key words that stand out to you.
- Reflect. Read the passage a second time and reflect on how the passage is relevant to your life right now.
- Respond. Read the passage a third time and respond to what God has revealed to you.
- Be Present. Read the passage a fourth time focusing on God’s presence with you.

“As God’s messenger, I give each of you this warning: Be honest in your estimate of yourselves, measuring your value by how much faith God has given you. Just as our bodies have many parts and each part has a special function, so it is with Christ’s body. We are all parts of his one body, and each of us has different work to do. And since we are all one body in Christ, we belong to each other, and each of us needs all the others.

God has given each of the ability to do certain things well. So if God has given you the ability to prophesy, speak out when you have faith that God is speaking through you. If your gift is that of serving others, serve them well. If you are a teacher, do a good job of teaching. If your gift is to encourage others, do it! If you have money, share it generously. If God has given you leadership ability, take the responsibility seriously. And if you have a gift for showing kindness to others, do it gladly.” [Romans 12:3-13 NLT].

STEP 4. WRITE: Write a paragraph or two on what you discovered, experienced, became aware of, etc., in steps 2 and 3 above.

STEP 5. ACT: This week, take one action toward serving your local church. It could be actually serving, talking to someone about opportunities for service, or thinking about ways you can be more effective in the ways you’re already serving. Then write down one goal for how you’d like to serve or improve your effectiveness in the near future.



IN-DEPTH ANALYSIS

DOMAIN

SCALE/DESCRIPTION

YOUR MEAN SCORE

YOUR SCALED SCORE [%]



GOD'S KINGDOM

32 / SERVICE OUTSIDE LOCAL CHURCH

The Service Outside the Local Church scale measures the degree to which you are involved in serving others outside the context of your local church.

GROWING STEADILY

You are growing steadily in Service Outside the Local Church. This may involve volunteering your time in your local community, helping people with emotional and physical needs, or serving in a variety of other ways. However, this may not be a core commitment for you. You may not be intentional about using your time and talents to serve in a broader context than your local church. It may be helpful to reflect on the types of service you are involved in, how these fit your sense of calling, and the degree to which you are devoted to serving others in general. The soul project will help you reflect on this.



POSITIVE SCALE

MEAN SCORES	1 = VERY FALSE OF ME	6 = VERY TRUE OF ME	
SCALE SCORES	1-33 = STRUGGLING	34-66 = GROWING STEADILY	67-100 = THRIVING



WHAT YOU CAN DO NOW: SOUL PROJECT

STEP 1. PRAY: Ask God to reveal where your heart is with respect to serving outside your local church.

STEP 2. REFLECT

- Read your feedback for this area and highlight or write down the parts that best capture your experience. What insights did this reveal or clarify?
- Are there any specific situations or life circumstances in your life now that are hindering you from compassionate service to others beyond your church—in your neighborhood, local community, and work with others?
- Are there particular ways you would like to get involved in service outside your local church context? How can you foster this?

STEP 3. READ: Spend 30 minutes with the following Scripture passages.

Instructions:

- Listen. Be still and quiet your heart before God. Pray and ask God to help you hear his voice. Read the passage below the first time to get the big picture. Listen for key words that stand out to you.
- Reflect. Read the passage a second time and reflect on how the passage is relevant to your life right now.
- Respond. Read the passage a third time and respond to what God has revealed to you.
- Be Present. Read the passage a fourth time focusing on God's presence with you.

“And they began to argue among themselves as to who would be the greatest in the coming Kingdom. Jesus told them, ‘In this world the kings and great men order their people around, and yet they are called ‘friends of the people.’ But among you, those who are the greatest should take the lowest rank, and the leader should be like a servant. Normally the master sits at the table and is served by his servants. But not here! For I am your servant.” [Luke 22: 24-27 NLT].

“Dear brothers and sisters, what’s the use of saying you have faith if you don’t prove it by your actions? That kind of faith can’t save anyone. Suppose you see a brother or sister who needs food or clothing, and you say, ‘Well, good-bye and God bless you; stay warm and eat well’—but then you don’t give that person any food or clothing. What good does that do? So you see, it isn’t enough just to have faith. Faith that doesn’t show itself by good deeds is no faith at all—it is dead and useless.” [James 2:14-17 NLT].

STEP 4. WRITE: Write a paragraph or two on what you discovered, experienced, became aware of, etc., in steps 2 and 3 above.

STEP 5. ACT: This week, spend 10 minutes each day praying about your can serve God’s kingdom more effectively with your time, talents, and resources. At the end of the week, write down one conclusion from your time in prayer.



IN-DEPTH ANALYSIS

DOMAIN

SCALE/DESCRIPTION

YOUR MEAN SCORE

YOUR SCALED SCORE [%]



GOD'S KINGDOM

33 / EVANGELISM

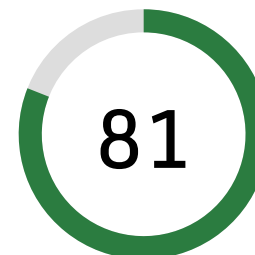
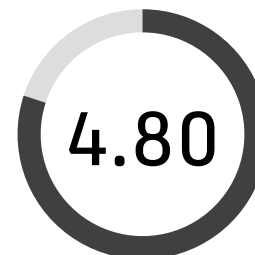
The Evangelism scale assesses the degree to which you are sensitive to God's leading in sharing your faith and supporting world missions.

THRIVING

You are thriving in Evangelism, indicating that you are actively involved in sharing your faith with others as God leads you. It's likely that you are aware of the world missions movement and involved in supporting this movement in various ways.

You generally experience higher levels of overall spiritual well-being, positive spiritual coping, growth through suffering, involvement in spiritual community, spiritual perspective, and commitment to God. It's very likely that you experience higher levels of awareness of God, intimacy with God, a secure attachment to God, and service outside the local church.

Your deep intimacy and secure connection to God provides a foundation from which you can share the message of God's love with others. While this is a strength, it may be helpful to consider your current patterns of evangelism and involvement in world missions. The soul project will help you do this.



POSITIVE SCALE

MEAN SCORES

1 = VERY FALSE OF ME

6 = VERY TRUE OF ME

SCALE SCORES

1-33 = STRUGGLING

34-66 = GROWING STEADILY

67-100 = THRIVING



WHAT YOU CAN DO NOW: SOUL PROJECT

STEP 1. PRAY: Ask God to reveal where your heart is with respect to your experience of evangelism.

STEP 2. REFLECT

- Read your feedback for this area and highlight or write down the parts that best capture your experience. What insights did this reveal or clarify?
- Are there any examples in which you followed God's lead to share your faith and felt God working through you? What can you learn from these experiences?
- Are there any specific situations or life circumstances that are hindering you from following God's lead to share my faith? Do you feel prepared to share the basics of your faith and the gospel message?
- What steps can you take to be more intentional about sharing your faith?

STEP 3. READ: Spend 30 minutes with the following Scripture passages.

Instructions:

- Listen. Be still and quiet your heart before God. Pray and ask God to help you hear his voice. Read the passage below the first time to get the big picture. Listen for key words that stand out to you.
- Reflect. Read the passage a second time and reflect on how the passage is relevant to your life right now.
- Respond. Read the passage a third time and respond to what God has revealed to you.
- Be Present. Read the passage a fourth time focusing on God's presence with you.

"You are the salt of the earth. But what good is salt if it has lost its flavor? Can you make it useful again? It will be thrown out and trampled underfoot as worthless. You are the light of the world—like a city on a mountain, glowing in the night for all to see. Don't hide your light under a basket! Instead, put it on a stand and let it shine for all. In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father." [Matt 5:13-16 NLT].

STEP 4. WRITE: Write a paragraph or two on what you discovered, experienced, became aware of, etc., in steps 2 and 3 above.

STEP 5. ACT: This week, spend 10 minutes each day praying about being sensitive to God's leading in sharing your faith.