

Journaling & Small Group Check In

1. *How is it with your soul? Or How am I doing?*

Up Down
Energized Drained
Close to God Far From God
At peace Restless
Content..... Troubled
Other _____ Other _____

2. *What challenges me most right now is...* _____

3. *What has blessed me or encouraged me since the last time we met is*

4. Where I have sensed God speaking to me or teaching me is...

Three Simple Rules

1. **Do no harm:**

Areas of harm >>> Anger, Cynicism, Avoidance, Apathy, Pride, Blaming, Judging, Gossip/Spreading Rumors, Ignoring, Put Downs, Negativity

How have I worked to overcome these negative patterns? _____

Where have I struggled? Where have I messed up? _____

Where have I made progress? _____

2. **Do good:**

Family > Neighbors > Friends > Those In Need > Community > Region > Nation > World

What comes to mind when I consider what I've done to make things better for others? _____

3. **Love God**

Worship / Prayer / Bible Study & Reflection / Devotional Reading / Small Group

What is drawing me closer to God? _____

What insights have come to me in my spiritual practices? _____

What help do I need from the group to grow spiritually or to take the next step in my relationship with God? _____