

PERSONAL REFLECTION EXERCISE

Followers of Jesus recognize that every aspect of their lives are impacted by a relationship with him. There is no area of life that is void of his influence. That being said, we recognize that it is a life long process of giving over our lives to Jesus and his authority. In fact, on this side of heaven we will never achieve perfection, and yet we grow little by little throughout our lifetime becoming more like Jesus as we surrender more of ourselves to him.

There are 6 areas of life that we want to make sure we are growing in. This includes ourselves, our homes, our neighbours, at work or school, in our local church and finally our influence on others.



This personal reflection exercise is designed to get you to think about these aspects of life. The intent is not to make you feel guilty or ashamed, but simply a way for you to reflect on your life and determine what areas you may not be completely submitted to Jesus. You may not even be aware of some of these aspects, and perhaps this reflection will help you to see things in a new light.

Before you begin, make sure you have some time of quiet reflection in a place that is comfortable for you. Take your time as you read through the statements for each category. Prayerfully consider what you are thinking about and feeling as you read each statement. As you are able, make some notes.

The goal is to identify one or two areas where you believe you need to take some new steps. As you do, it is our desire to come alongside you to help guide you on this journey.



YOURSELF

Reflect on the following statements to help you understand how you are engaging yourself in a relationship with God and in other areas. Write down any thoughts that come to mind.

- I have regular habits that help me intentionally connect with God. (eg bible reading, prayer, journal)
- I understand how I am made, my personality and my unique skills and abilities.
- I have been baptized.
- I have a growing understanding of the teachings of scripture and their impact on my everyday life.
- I have an increased awareness/sensitivity of God speaking to me.
- I am caring for my body. (eg exercise, eating well, etc)



WORK/SCHOOL

Reflect on the following statements to help you understand how you are engaging at work or school from a faith perspective. Write down any thoughts that come to mind.

- I see my work/school as a place of ministry.
- I understand what it means for me to intentionally serve Christ at work/school.
- I meet with other Christians in my realm of work/school to support each other.
- My actions at work/school bring honour to Christ.
- I live a balanced life.



NEIGHBOURS

Reflect on the following statements to help you understand how you are engaging your “neighbours”. Write down any thoughts that come to mind.

- I understand what it means to verbally share my faith and I do it.
- My sphere of friends goes beyond my own cultural and economic reality.
- I have an increasing passion to help the disadvantaged – locally and globally.
- I regularly serve in the City of London to make it a great place to live.
- I have an increasing passion for a specific area of the world and am actually helping – through prayer, giving and serving.



HOME

Reflect on the following statements to help you understand how you are engaging in your relationships at home. Write down any thoughts that come to mind.

- I like my spouse and our relationship is growing/deepening.
- I am actively involved in my children’s lives.
- I am intentionally training my children.
- I honour my parents and siblings.
- I understand my role as an uncle, aunt, grandparent, etc. for extended family.
- I manage money well, tithe consistently and am financially generous.
- Christ is a central part/aspect of home life.



CHURCH

Reflect on the following statements to help you understand how you are engaging with your involvement at North Park. Write down any thoughts that come to mind.

- I am committed to the community of North Park demonstrated through regular attendance.
- I regularly pray for the leaders and ministries of North Park.
- I am a member of North Park.
- I serve regularly in a ministry at North Park.
- I am part of a smaller community where we grow in faith, care for each other, and serve.
- I regularly give financially as an act of worship to support the ministries at North Park.



OTHERS

Reflect on the following statements to help you understand how you are influencing others. Write down any thoughts that come to mind.

- I believe that I need to be intentional about assisting others in their own faith journey.
- I can list the names of the individual(s) that I regularly meet with to help them deepen their faith in Christ.
- I have a process that I use to help others grow in their faith.
- I have the leadership abilities to lead a group of people in their faith journey and am doing this. (i.e. Group of 10+)
