

Vineyard Women Mentoring Month Two

Soul Care

INTRODUCTION

Take some time, (maybe weekly or more often) before we meet again and prayerfully reflect on answering any of the 44 questions below that the Spirit highlights to you. If you have the time, answering all of them and reflecting on your answers, listening for the Spirit to speak is the best use of the questions.

If you have results from any of the following assessment tools, please send them to Rose by October 11th: Meyers Briggs, Enneagram, DISC, Strength Finders. If you have not used these assessments and you are interested you can find tests online. Books on the Enneagram I have found useful; Enneagram by Richard Rohr, The Essential Enneagram by David Daniels and Virginia Price.

Each meeting we will leave time for 1 or 2 women to share a current challenge that they would like feedback on from the group. If you would like to share in October, please email Rose and the first 2 respondents will share.

DISCUSSION QUESTIONS

Soul Care Questions – if we believe spiritual formation is happening all the time, and I would say we do, then we have to intentionally care for how we are being formed. Here are some questions to reflect on and answer honestly as a way to help be intentional about caring for your soul.

Acts 20:28 “Keep watch over yourselves and all the flock of which the Holy Spirit has made you overseers. Be shepherds of the church of God, which he bought with his own blood.”

1. What is the nature of your practices/habits in various areas such as work, leisure, exercise, self-care, soul care? Are they restorative, self-destructive, hit or miss or missing?
2. What three habits/practices are you drawn to develop/change?
3. What are presently the most powerful relationships, in your life, negative or positive?
4. How do these influence your life and figure into who you are becoming, the quality of your life?

DISCUSSION QUESTIONS

5. In view of who you want to become, what relationships need to be changed and what positive relationships need to be added and developed?
6. What roles do you play and what kind of life do you have in the lives of others: spouse, children, parents, best friend, co-workers, boss/supervisees, lay leaders, neighbors, enemies?
7. How does this relate to having downtime, recreation, outdoors enjoyment of creation/nature, service to others, the least, the lost, suffering with others, celebrating others?
8. What is your posture towards God, others and what is happening in your life? Thankful, unthankful, trusting, mistrusting, honest, hiding, in denial, drawing nearer, drawing away, patient, enduring, irritable, touchy, numb, jealous, envious, bitter, compassionate, excited, sympathetic, apathetic?
9. How are you responding to sufferings, to successes, to set-backs, to pressures, disappointments, to unpleasant surprises, with humility, grandiosity, shrinking back, barging ahead, stuck, tentative, decisive?
10. What do my habits or practices, relationships, experiences and responses to life circumstances reveal about my formation?
11. Who knows me well enough to call me out?
12. Is my faith community one where we/I can trust others with the risk of being honest about my need for transformation?
13. Do I trust them to speak into the critical areas of change needed in my life?
14. How vulnerable am I to submitting to God's shaping of me through the influence of others?
15. How open am I to let others help me discover areas of need that are unaware to me but clearer to my faith community?
16. Do I hear the cries of the least, last and lost, overlooked, vulnerable? Do I know who they are in my neighbors, workmates, in my city, my church?
17. Am I becoming legalistic, proud, performance obsessed or becoming more surrendered and abandoned to God and dependent on God's grace for change?
18. Am I becoming harder to live with, holier than thou, judging of others or more loving to others?
19. Am I able to love those who don't treat me well?
20. What community marked and formed you? How?
21. Who are you marking? What individual? What community or group? How?
22. Am I the kind of leader our people want to follow or have to follow?
23. In your life these days: What is heavy? What isn't fitting well?
24. In your ministry these days: What is heavy? What isn't fitting well?
25. Is my prayer life primarily perfunctory quiet time or more a conversation with God

DISCUSSION QUESTIONS

throughout my day?

26. What are my first thoughts upon waking and my last upon sleeping? Do I have a time to offer myself and my day to God and a time to review my day with God?
27. Is my body trying to speak to me through illness, aches, pains and exhaustion?
28. Do I spend time praying for what I am hoping God will do in me, my family, my friends and enemies and those I minister to and do I carry that prayerfulness for others with me during my day?
29. Does God have enough of my attention that he can interrupt me and my agenda and am I present enough to others that they can too?
30. Can I tell the difference between my thoughts and those from the Spirit of God or the enemy?
31. Do I know of a blind-spot, sin, unaddressed addiction or strong hold of the enemy that is keeping me from God's best for me and others?
32. Do I have practices that put my body, mind, heart, soul and relationships into God's hands for transformation or am I just trying harder and harder at the moment of temptation?
33. Is there anyone in my life who knows everything about me and regularly listens to me and speaks truth into my life?
34. Are there any areas in my life that I have given up hope to change?
35. In what ways has my busy life of service masked or even enhanced dysfunctional behavior?
36. How have you experienced ministry success as a "ravenous people-pleasing monster"?
37. What are the signs that you are headed for a crash landing in ministry and life?
38. How have you experienced busyness (including busyness at church) to be barrier in seeking closeness with God?
39. When you think about who you are as a person, is your identity centered in what you do, in God, in family, or in some other source?
40. What does it mean to "cast your cares" on Jesus? What spiritual practice might help you deal with your worries?
41. What is your current pace of ministry? Is the pace you are going sustainable?
42. When has God's creation prompted a response of worship and awe towards God?
43. How do you recognize and identify the image of God in yourself?
44. Who is your true self, what God designed you to do and be?