

Spiritual Inventory

Draft March 18, 2021 modified June 1, 2021

This is a basic spiritual inventory that helps you think through your spiritual life and identify some key dimensions that you could talk through with a spiritual coach. It explores three dimensions of the person's spiritual life (experience, habits and knowledge) and three contexts of a person's spiritual life (prayer, mission, community). It is intended to capture some of the important aspects of a person's spiritual life:

- for the sake of receiving personal spiritual coaching (this inventory could be used for coaching in 2-3 sessions by a coach with basic training)
- for the sake of automatically determining areas of further growth
- for the sake of automatically leading a person to personalized resources for spiritual growth
- for the sake of helping a person think through the various dimensions of the spiritual life and discipleship
- for the sake of matching a person with other disciples for small groups or community
- for the sake of helping a pastor to know his parishioners or a group leader to know members of the group

Name

Email

Spiritual experience and self-knowledge

In this section, you are asked about your spiritual experience. You do not need to write out your experience here. Just a few words will be enough so that when you talk with a coach later, you will remember what you want to talk about in more depth. (for example, Richmond--monument row.)

1a. Briefly describe one of the strongest experiences of God's personal love for you starting with the most strong/impactful. You do not need to write out your experience here. Just a few words will be enough so that when you talk with a coach later, you will remember what you want to talk about in more depth. (for example: "Richmond--monument row"). You will be asked to describe up to two more of these experiences.

Which if any of these descriptions would go with your experience?

(1) lifted up above all things, focused on God alone

- (2) spiritual joy
- (3) increase in faith,
- (4) increase in hope,
- (5) increase in love
- (6) tears of repentance or love for God
- (7) peace, inner stillness.
- (8) Other: _____

Keep these experiences in mind as you answer the rest of the questions.

1b. Briefly describe another one of the strongest experiences of God's personal love for you starting with the most strong/impactful. You do not need to write out your experience here. Just a few words will be enough so that when you talk with a coach later, you will remember what you want to talk about in more depth. (for example: "Richmond--monument row"). You will be asked to describe up to one more of these experiences.

Which if any of these descriptions would go with your experience?

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- (7) peace, inner stillness.
- (8) Other: _____

Keep these experiences in mind as you answer the rest of the questions.

1c. Briefly describe one more of the strongest experiences of God's personal love for you starting with the most strong/impactful. You do not need to write out your experience here. Just a few words will be enough so that when you talk with a coach later, you will remember what you want to talk about in more depth. (for example: "Richmond--monument row").

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- (3) increase in faith,
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- (6) tears of repentance or love for God
- (7) peace, inner stillness.
- (8) Other: _____

Keep these experiences in mind as you answer the rest of the questions.

2a. Briefly describe one of the strongest experiences of failure, disillusionment or discouragement you have had in your faith life--in ministry, in prayer, in personal

relationships, etc.--in which you felt that you ran into the limits of your self and what you are capable of and which led to a change in your relationship with God. You do not need to write out your experience here. Just a few words will be enough so that when you talk with a coach later, you will remember what you want to talk about in more depth. (for example: "Richmond--monument row"). You will be asked to describe up to two more of these experiences.

Which of these descriptions would go with your experience:

- (1) drawn to low and earthly things,
- (2) sadness and discouragement
- (3) lack of faith
- (4) lack of hope
- (5) lack of love,
- (6) inner disturbance, distraction.
- (7) Other: _____

Keep these experiences in mind as you answer the rest of the questions.

2b. Briefly describe another one of the strongest experiences of failure, disillusionment or discouragement you have had in your faith life--in ministry, in prayer, in personal relationships, etc.--in which you felt that you ran into the limits of your self and what you are capable of and which led to a change in your relationship with God. You do not need to write out your experience here. Just a few words will be enough so that when you talk with a coach later, you will remember what you want to talk about in more depth. (for example: "Richmond--monument row"). You will be asked to describe up to one more of these experiences.

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Keep these experiences in mind as you answer the rest of the questions.

2c. Briefly describe one more of the strongest experiences of failure, disillusionment or discouragement you have had in your faith life--in ministry, in prayer, in personal relationships, etc.--in which you felt that you ran into the limits of your self and what you are capable of and which led to a change in your relationship with God. You do not need to write out your experience here. Just a few words will be enough so that when you talk with a coach later, you will remember what you want to talk about in more depth. (for example: "Richmond--monument row").

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- (6) inner disturbance, distraction.
- (7) Other: _____

Keep these experiences in mind as you answer the rest of the questions.

Unless otherwise specified, the following are answered on a Likert scale: 1-5 ranging from (1) strongly disagree to (3) neither agree nor disagree to (5) strongly agree

1. I feel that I am growing in my prayer life
2. I have come to know and have experienced God's personal love for me
3. How do you relate (or have you related) with God (check all that apply)? As Father? Friend? Brother? Savior? Lord? Master? Other?
4. I feel confident in my ability to recognize God's voice and discern His direction in the course of my life.
5. Even if I still struggle, I make an intentional decision every day to live in accord with God's will.
6. I have had significant experience(s) of discouragement, disillusionment, failure, darkness or dryness in my faith life (in ministry, in prayer, in personal relationships related to faith).
7. I have experienced significant difficulties in prayer, for example, feeling that God is absent or has abandoned me, feeling faithless or hopeless or loveless, feeling a distaste for prayer or for spiritual things
8. I know myself well enough to know the regular temptations, negative inner voices, and/or lies that I struggle with.
9. I know what it means to have a "conversation" with God.
10. I regularly converse with God
11. I am able to describe things that God has said to me.
12. I feel that God is mostly close to me.
13. I feel that God is mostly far away from me.
14. I can describe a time that God felt very close to me.
15. I can describe a time when God felt very far away from me.

Style of prayer

1. I am able to remain in one place and focus my attention for an extended period of time (rather than finding myself immediately feeling restless and in need of a distraction).
2. I believe that God hears my prayers.
3. I spend a significant percent of my time in prayer asking God for help for other people.
4. I spend a significant percent of my time in prayer asking God for help for myself.
5. I spend a significant percent of my time in prayer asking God for forgiveness.
6. I spend a significant percent of my time in prayer expressing my thanksgiving to God.
7. I spend a significant percent of my time in prayer meditating on (thinking about) mysteries of faith (Scripture, God's qualities, God's Presence).
8. I spend a significant percent of my time in prayer just being with God in silent attention towards Him (adoration).
9. God speaks to me.
10. Even if I struggle to do it I know how to listen to God in prayer.
11. When God speaks to me, it usually comes to me in mental images.
12. When God speaks to me, there is usually a feeling that comes along with it.
13. When God speaks to me, I usually have a bodily sensation.
14. When God speaks to me, it is usually in the form of words in my mind.
15. [Narrative] As best as possible, describe your last experience of making a prolonged time (30-60 minutes) in private prayer. Try to describe what you did, where your thoughts were, how you were feeling and anything else that was happening inside of you.

Faith community

1. I have at least one close personal relationship with another human being with whom I can share anything in my heart.
2. I have at least three close personal relationships with people with whom I can freely share my faith in Jesus Christ.
3. I have a relationship with a community of believers (a church or prayer group who know me and know each other - usually at least 10 people) with whom I can pray

and worship and who inspire me and help me grow in faith.

4. My faith life is growing through my human relationships.
5. My faith life is growing through my relationship with my parish or my Christian community.
6. I have relationships in my life in which there are offenses I refuse to forgive.
7. I have relationships with people who challenge me to grow in my faith.
8. I have people in my life with whom I can pray.

Mission

1. I am able to share the story of my personal faith journey with others.
2. I regularly help others to grow in faith through some form of spiritual mentoring.
3. I have a sense of my personal mission from God.
4. I know my unique human strengths, gifts or talents.
5. I use my unique human strengths, gifts or talents in the service of God.
6. I use spiritual gifts in prayer and the service of God (e.g. tongues, prophecy, healing, words of knowledge, words of wisdom, exorcism, etc.)
7. I have taken a personality assessment (e.g. temperaments or Myers-Briggs)
8. I have taken the Strengthfinders assessment or another similar assessment.
9. I have taken a spiritual gifts inventory (e.g. Siena Institute's Called and Gifted assessment)
10. I work together with others in living out my Christian mission.
11. I know that I am uniquely made by God for a purpose that I am uniquely qualified to carry out.

Religious practice (habits for practicing faith)

1. I have firmly established habits of prayer that I am satisfied with.
2. I would like to develop my habits of prayer further.
3. Even if I still struggle, I believe my habits of prayer have led to growth in my relationship with God over the last year.

4. In this section you describe your daily, weekly, monthly and seasonal prayer habits. “Seasonal” refers to liturgical season such as Advent and Lent. You should only check off a particular practice once. For example, if you go to Mass weekly, do not check it off as monthly or annual. If you attend Mass multiple times a week, check whatever is closer (2 days is closer to weekly; 5 days is closer to daily; twice a year is closer to seasonally; 10 times a year is closer to monthly)

Activity	Daily	Weekly	Monthly	Seasonally	Tried it
Mass					
Confession					
Praise and worship					
Lectio Divina					
Meditation					
Eucharistic Adoration					
Liturgy of the Hours					
Day of Recollection					
Weekend Retreat					
5-day retreat (or longer)					
pilgrimage					
Other					
Other					
Other					

(5) Are there any of these practices that you would like to learn more about?

- Mass
- Confession
- Praise and worship
- Lectio Divina
- Meditation
- Eucharistic Adoration
- Liturgy of the Hours
- Day of Recollection
- Weekend Retreat
- 5-day retreat (or longer)
- pilgrimage
- Other

(6) What habits of self-denial (asceticisms such as fasting from food, drink, technology, media) do you engage in daily? Weekly? Monthly? Seasonally? “Seasonal” refers to liturgical season such as Advent and Lent. You should only check off a particular practice once. For example, if you fast weekly, do not check it off as monthly or annually. If you fast multiple times a week, check whatever is closer (2 days is closer to weekly; 5 days is closer to daily; twice a year is closer to seasonally; 10 times a year is closer to monthly). “Tried it” indicates that you have done this before in your life but not in a repeated way.

Activity	Daily	Weekly	Monthly	Seasonally	Tried it
Fast from food					
Fast from technology					
Fast from alcohol					
Cold Showers					
Abstain from particular food/drink					
No air conditioning					
Sleep on the floor					
Prayer vigils (rise early, reduce sleep)					
Other					
Other					
Other					

(7) Are there any of these practices that you would like to learn more about?

- Fast from food
- Fast from technology
- Fast from alcohol
- Cold Showers
- Abstain from particular food/drink (e.g. coffee, sweets)

- No air conditioning
- Sleep on the floor
- Prayer vigils (rise early, reduce sleep)
- Other

Knowledge of the faith

For each of the following questions, indicate how confident you feel that you can answer these questions and explain them to a spiritual coach in a substantial and meaningful way in accord with the teachings of Christ and His Church:

1. I understand and can explain what it means to say that Jesus is true God and true Man.
2. I understand and can explain what it means to say that Jesus is my Savior.
3. I understand and can explain what it means to say that God is a Trinity of Persons united as one God—Father, Son and Holy Spirit.
4. I understand and can explain what means that the Eucharist is truly Jesus Christ in His Body, Blood, Soul and Divinity.
5. I understand and can explain the meaning and importance of the Paschal Mystery (Christ's Passion, Death and Resurrection).
6. I understand what the Church is and I can explain it in terms of the mystical Body of Christ.
7. I understand what the Church is and I can explain it in terms of the Kingdom of God.
8. I know the moral laws (Ten Commandments) including Jesus's interpretation of them.
9. I understand and can explain that the moral laws are fulfilled in the New Commandment Christ gave us to love one another.
10. I can explain what it means to be holy (a saint) and I know that God is providing everything I need to become a saint.
11. I can tell the story of salvation history presented in the Scriptures.
12. I have a firm grasp on the books and teaching of the Old Testament.
13. I have a firm grasp on the books and the teaching of the four Gospels.
14. I have a firm grasp on the Letters of St. Paul.
15. I understand and can explain how Sunday worship in the Mass is the source, center and summit of the Christian life.