

Spiritual Formation Audit

Adapted from resources on *Practicing the Way*

Jesus tells us to “abide” in him in John 15. Yet the reality is, we’re already abiding. For better or worse, we’ve been shaped by our family, friends, coworkers, our history and geography, our habits, and experiences. This exercise is designed to help you sift through the various layers of your formation.

Here are a few things to keep in mind as you take it:

1. **Don’t fill this out while you’re in a hurry. We recommend you carve out a quiet time and place to spend ample time in thoughtful reflection and prayer.**
2. **Invite the Spirit of Jesus to come and illuminate your mind, silence the voice of the evil one, and “give you the Spirit of wisdom and revelation, so that you may know him better” and “the eyes of your heart may be enlightened.”(Ephesians 1:17–18)**
3. **Remember to answer honestly and non-judgmentally. You may feel your heart drift toward guilt or denial, both of which will sabotage the effectiveness of this exercise.**
4. **Above all, do this exercise with God—slowly and prayerfully, and with your heart at peace.**

Habits — What habits make up your everyday life? Write out your habits.

Morning routine:

Activities of a typical workday:

Evening routine:

Activities of a typical weekend:

Reflection: How do you think your habits are shaping you as a person?

Relationships - What relationships make up most of your life?

Family:

Friends:

Work:

Community:

Other:

Reflection: How are these people shaping you as a person? The key questions to ask are: What kind of person do I become when I'm around this person? What do they draw out in me or suppress in me?

Stories you believe - What are the “stories” you have come to believe?

What stories do you believe about God? (What is he like/not like? How does he feel toward you?)

What stories do you believe about yourself? (How does God see you? How do others see you? What kind of person are you? What do you see for your future?)

What stories do you believe about happiness? (What do you think will make you most happy and peaceful? Is it God? Money? Marriage? Success? Vacation?)

What stories do you believe about the meaning of life? (What do you think matters most? Perhaps your career? Family? Health? Something else?)

Reflection: What are the core stories of my life? Are they forming me as a person?

Environment - What are the cultural distinctives of your environment?

City: What is my city of origin like? What is it known for?

Nation: What is my nation like? What are its highest cultural values?

Generation: What are my generation's values?

Digital algorithm: What are the algorithms feeding me news, information, and social connection like?

Ethnic and/or socio-economic group: What are the values and cultural norms and expectations of my cultural heritage and socio-economic class?

Reflection: How am I being affected by cultural forces in my city/nation/generation/social media feed?

Experience — What life experiences have most shaped you into who you are today?

Family of origin: What is my family like? What are its highest values? Deepest dysfunctions? Greatest legacy?

Traumatic events: Have I experienced a traumatic event? Do I still feel physical or mental effects of it?

Key experiences: What are the key moments on the timeline of my life that have altered the trajectory of my story?

Spiritual Autobiography: What are the key moments of my spiritual journey thus far?

Reflection: How have my experiences formed and deformed me over the years? Where do I still need healing? What do I need to never forget and hold on to? What am I still missing?

In Romans, Paul talks about “the pattern of this world” that is opposed to the purposes of Christ. Circle any of the following effects you feel in your life as a result of this “pattern of the world” around you.

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| • Stress | • Outrage | • Disconnection | • Discontent |
| • Hurry | • Pride | • Lying | • Debt |
| • Anxiety | • Distraction | • Dirty speech | • Laziness |
| • Fear | • Numbness | • Sarcasm | • Alcoholism |
| • Insecurity | • Overwhelmed | • Put downs | • Addiction |
| • Hypervigilance | • Exhaustion | • Dishonor of authority | • Substance abuse |
| • Jealousy | • Discouragement | • Contempt | • Impulsiveness |
| • Anger | • Loneliness | • Careerism | • Lust |
| • Irritation | • Isolation | • Overwork | • Pornography |
| • Impatience | • Shame | • Materialism | • Racism |
| • Resentment | • Division | | • Bigotry |

In the same passage, Paul also talked about being “transformed by the renewing of your mind.” Circle any of the following effects you feel in your life as a result of following the way of Christ.

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| • Love | • Hope | • Community | • Harmony |
| • Joy | • Unhurried living | • Sense of belonging | • Vulnerability |
| • Peace | • Simplicity of life | • Equity | • Compassion |
| • Patience | • Calm | • Diversity | • Restfulness |
| • Kindness | • Generosity | • Trust | • Diligence |
| • Gentleness | • Contentment | • Acceptance | • A sense of meaning and purpose |
| • Faithfulness | • Freedom | • Authenticity | • A clear sense of direction |
| • Self-control | • Warmth and affection | • Honesty | • Creativity |
| • Faith | • Relational connection | • Integrity | • Growth |