

Student Spiritual Formation Audit

Practice helps the information we take become a part of who we are and transform our lives.

The goal of this exercise is to take an inventory of all the forces that are currently forming you.

- **If done well, this might take you a good amount of time. We recommend you carve out a quiet time and place to spend enough time in thought and reflection and prayer.**
- **Invite the Spirit of Jesus to come and illuminate your mind, silence the voice of the evil one, and to “give you the Spirit of wisdom and revelation, so that you may know him better,” and that “the eyes of your heart may be enlightened.”***
- **Remember to answer honestly and non-judgmentally. You will likely feel your heart drift toward shame and denial, both of which will sabotage the effectiveness of this exercise.**
- **Above all, do this exercise *with* God. Slowly and prayerfully, and with your heart at peace.**

*Ephesians 1:17-18

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

Morning routine:

Activities of a typical day:

Evening routine:

Activities of a typical weekend:

Reflection: How do you think your habits are shaping you as a person? (see the two lists at the end of this form for a list of possible effects)

Relationships – What relationships make up most of your life?

Family:

Friends:

School:

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 bring out in me when I'm around them?

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

What story 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? Friends? Success? Status? Freedom?)

What stories do you believe about the meaning of life? (What do you think matters most? Your education? Friends? Achievement? Something else?)

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

Environment – What does culture tell me is normal, important, valuable?

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

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

Generation: What are my generation's values?

Digital algorithm: What are the algorithms of my screens saying about life?

Family and Background: What have I learned from my family and economic background?

Reflection: How am I being formed or deformed by the cultural forces that are “normal” in my city/nation/generation/social media feed, but possibly far from the vision of Jesus?

Experience – What life experiences have most shaped me into who I am today?

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

Traumatic events: Have I experienced a traumatic event? What story have I learned from that?

Key experiences: What are the key moments of the timeline of my life that have a significant impact on my story?

Spiritual milestones: 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 forget and hold on to? What am I still missing?

Possible effects of following “the pattern of this world”:

- Stress
- Anxiety
- Hurry
- Distraction
- Comparison
- Jealousy
- Insecurity
- Fear
- Loneliness
- Isolation
- People-pleasing
- Peer pressure
- Anger
- Irritation
- Resentment
- Outrage
- Pride
- Arrogance
- Lying
- Gossip
- Sarcasm
- Put-downs
- Bullying
- Contempt
- Division
- Impatience
- Impulsiveness
- Laziness
- Discontent
- Materialism
- Addiction
- Pornography
- Lust
- Numbness
- Shame
- Discouragement
- Overwhelm
- Exhaustion
- Overwork
- Fear of missing out

Possible markers of following the Way of God’s Kingdom:

- Love
- Joy
- Peace
- Patience
- Kindness
- Gentleness
- Self-control
- Faithfulness
- Trust
- Hope
- Compassion
- Growing in Wisdom
- Generosity
- Contentment
- Gratitude
- Honesty
- Integrity
- Humility
- Courage
- Acceptance
- Forgiveness
- A clear sense of purpose
- A clear sense of direction
- Restfulness
- Unhurried living
- Simplicity
- Diligence
- Creativity
- Vulnerability
- Authenticity
- Healthy friendships
- Relational connection
- Community
- Being present
- Trusting God
- A sense of belonging
- Diversity
- Harmony
- Encouragement
- Serving others
- Putting others first
- Knowing your identity in God
- Freedom from needing everyone's approval
- Confidence without arrogance