

Reflection Exercise/Questions

The below exercise and reflection has been adapted from Bill Gaultiere's "Sacred Pathways and Soul Shepherding Inventories."* Reflect on and answer the questions. Then share and discuss your responses with someone you trust and respect spiritually (e.g., a mentor, a small group leader, a soul friend, etc.)

1. Looking back on the inventory, do you believe that you are experiencing God in meaningful ways? If not, why do you think this is the case?

2. Do you desire to experience/connect with God more regularly? Why or why not?

3. Based on the Sacred Pathways Inventory, what are the most helpful of the pathways for you personally? Give an example.

4. What is one way that you can intentionally leverage the pathways that connect you to God to experience God more regularly?

*The Sacred Pathway Inventory categories were adapted from *Sacred Pathways: Discovering your Soul's Path to God* by Gary Thomas. Bill Gaultiere modified Gary's pathways, especially Social Justice. The questions in this Sacred Pathways Inventory are inspired by Gary's survey, but are his own. Bill also used a different format for presenting and scoring his survey questions.

5. Of the pathway(s) that you ranked lowest, who in your life do you know that experiences God regularly in this way? How might that person be able to help you appreciate this pathway?

Knowing Christ:

Please take time to read the below Scripture:

⁷ But whatever gain I had, I counted as loss for the sake of Christ. ⁸ Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. (Philippians 3:7-8)

#1) As you reflect on these verses, what might God be saying to you?

#2) Who specifically will you process your responses on these two pages with?