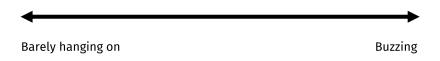
REFLECTION

Use this handout to help you reflect on your spiritual life. The purpose is not to induce guilt, but to help with ongoing growth. It would be good to revisit your Personal Life Statement as part of this exercise. Are there ways it might need to be revised?

'Continue in your faith, established and firm...' (Colossians 1:23)

• Where are you in your relationship with him?





'To learn to pray all of the time we have to pray some of the time.' ALISON WHITE

• Why might you be there?

• Which is your preferred 'pathway' for the spiritual life?

What is your next step?

