



APPLICATION TOOL 16

Spiritual Leadership: Deepening Your Spiritual Life

Use as many of the following questions as you wish to help you reflect on your spiritual life today and, perhaps, ways that you would like to grow in your spiritual life as a leader.

1. Which spiritual practices do you engage in?

	Daily	Weekly	Monthly	Yearly
• Solitude and silence				
• Reflecting on Scripture (Lectio Divina)				
• Daily Examen: God in Daily Life				
• Keeping Sabbath				
• Weekend worship at your church				
• Daily devotional and Bible reading				
• Keeping a journal				
• Praying in nature				
• Contemplative prayer				
• Scriptural prayer				
• Intercessory prayer				
• Praise prayer				
• Thanksgiving prayer				
• Jesus prayer				
• Other:				
• Other:				

2. How is your prayer life today? Consider the following questions:
 - When do you pray?
 - Where do you pray?
 - What do you do during your prayer time—e.g., read the Bible, contemplate, listen to music, be silent, or recite traditional prayers?

 - What do you pray *for* or pray *about*?

3. How has your prayer life changed or grown or evolved over the course of your life? What was your prayer life like when you were a child? a teenager? a young adult? a midlife adult? an older adult? (Answer as many as apply to you.)

4. Which prayer traditions have been helpful to you? How? When? Why, or why not?

5. What new ways of praying have you tried? Have they been helpful? How? Why, or why not?

6. Has there ever been a time when you made no effort to pray and “gave things a rest,” either inadvertently or on purpose, in your prayer life? Why? What was this like? Looking back, can you see any benefits from this experience?

7. Have you ever felt “stuck” in your prayer? When? How? What do you do about it?

8. Has there ever been a time when you couldn’t pray, but felt sustained by the prayers offered on your behalf?

9. Have you experienced any change in God's faithfulness to you?

10. Have you experienced any change in your faithfulness to God?

11. When were the prayer times when you felt closest to God? Why?

12. Would you say that prayer is an integral part of your everyday life today? Why or why not? If not, how could it be?

Resources for Developing Your Spiritual Life

- Barton, Ruth Haley. *Strengthening the Soul of Your Leadership*. Downers Grove: InterVarsity, 2008.
- Barton, Ruth Haley Barton. *Sacred Rhythms: Arranging Our Lives for Spiritual Transformation*. Downers Grove: InterVarsity, 2006.
- Benson, Robert. *In Constant Prayer*. Nashville: Thomas Nelson, 2008.
- Calhoun, Adele Ahlberg. *Spiritual Disciplines Handbook—Practices That Transform Us*. Downers Grove: InterVarsity, 2005.
- McLaren, Brian. *Finding Our Way Again—The Return of the Ancient Christian Practices*. Nashville: Thomas Nelson, 2008.
- Redmont, Jane. *When in Doubt, Sing: Prayer in Daily Life*. Notre Dame: Sorin, 2008.
- Rhoades, Tricia McCary. *Sacred Chaos: Spiritual Disciplines for the Life You Have*. Downers Grove: InterVarsity, 2008.
- Rupp, Joyce. *Prayer*. Maryknoll: Orbis, 2007.
- Thompson, Marjorie. *Soul Feast: An Invitation to the Christian Spiritual Life*. Louisville: Westminster/John Knox, 2005.
- Wicks, Robert J. *Prayerfulness—Awakening the Fullness of Life*. Notre Dame: Sorin, 2009.
- Wolpert, Daniel. *Creating a Life with God: The Call of Ancient Prayer Practices*. Nashville: Upper Room, 2003.
- Wolpert, Daniel. *Leading a Life with God: The Practice of Spiritual Leadership*. Nashville: Upper Room, 2003.