

CHRISTIAN LEADERSHIP REFLECTIONS

PERSONAL REFLECTION GUIDE

Caring for Your Soul

https://www.cccc.org/news_blogs/john/2016/08/29/caring-for-your-soul/

Reflection Questions

1. Take a moment to consider the question “Who are you?”
 - a. Is your spirituality connected more directly to your work as a ministry leader or more directly to God?
 - b. If your spirituality is connected to your work, admit the reality of the situation and take steps to correct it.
 - c. If your spirituality is connected to God, do you have safeguards in place to prevent it from drifting to your work?
2. Review the types of Christian spirituality listed in the blog post. Which ones do you relate to most? Explore them further.
3. Have you ever met with a spiritual director?
 - a. If yes, what was the outcome of your experience?
 - b. If no, what might make you consider doing so?
 - c. Either way, what aspect of Christian spirituality would you like some help with?
4. Some ways to expand your spirituality are through guided retreats, visiting meaningful places or other churches, and taking courses. Research possible activities and diarize one today!
5. Are you taking a day of Sabbath rest each week? Make that your first priority in caring for your soul.