



Calvary Baptist Church
Open to all. Closed to none.

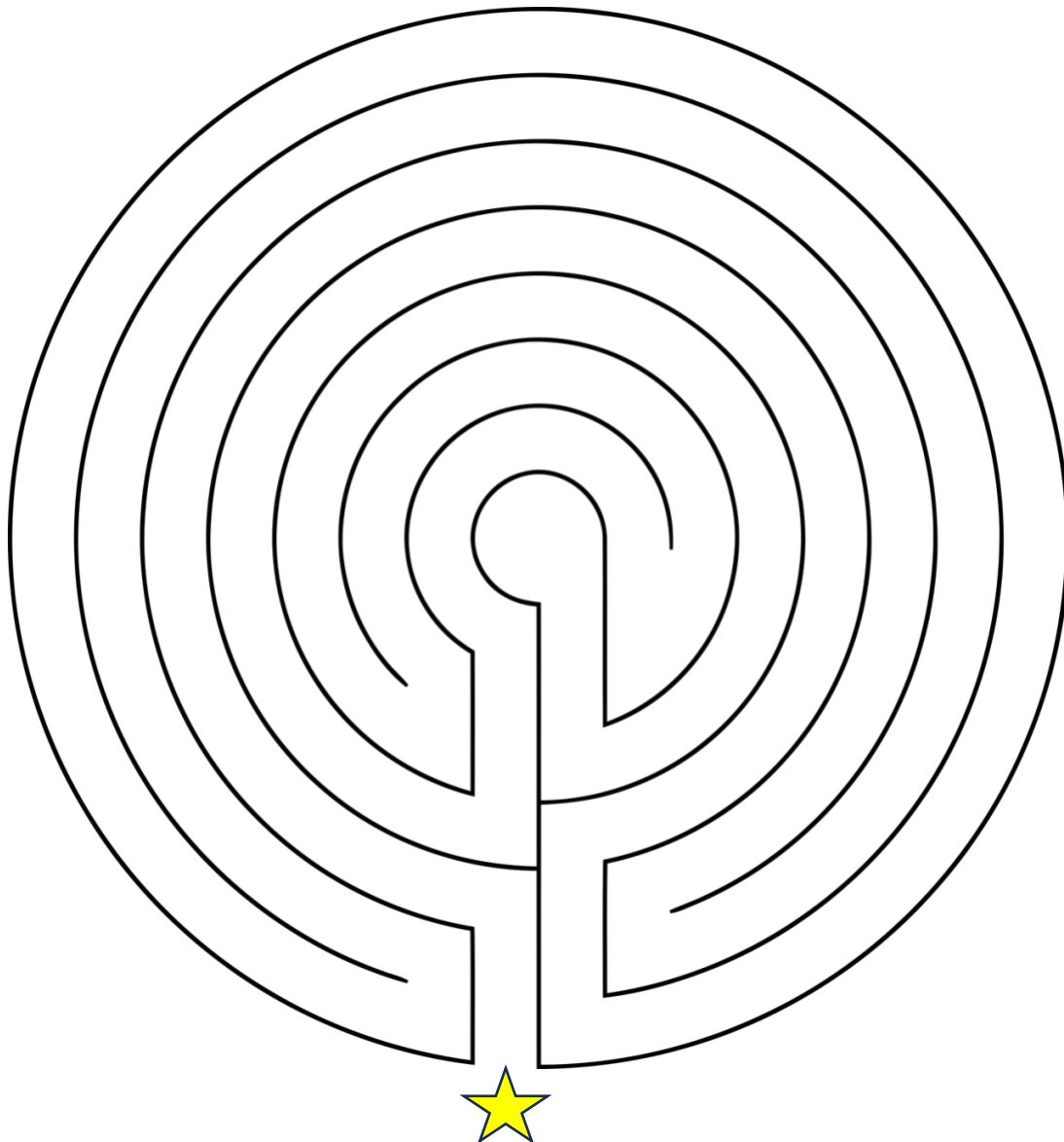
Soul Assessment



The following questions are an invitation for you to observe your awareness about your soul / spirit / experience of faith / spiritual life / connection to the Divine. By this we mean *“a relationship with God where, by actively seeking God in your life, you experience a depth of connection and sense of mutual relationship.”* Soul Care, Ltd.

CENTERING

Start by taking a few deep breaths. Starting at the star, trace your finger through the labyrinth until you reach the center. Take a few more deep breaths. Then trace your finger through the labyrinth back to the star. You may focus on your breathing as you trace the labyrinth, or repeat a simple phrase such as “God be with me” or “I am beloved” or “Christ, center me.”



As you go through these questions, answer the ones that apply to you and your journey. Give yourself permission to skip the questions that do not resonate. There is no right or wrong way to answer these questions.

SOUL EXPLORATION

1. When you think of your soul's role in your wellbeing, how would you say your soul's health is today?

2. What signals have you learned about yourself that allow you to know things are not going well with your soul's health? How have you chosen to respond to those signals?

3. How do you understand your soul / spirit in terms of its existence before your birth and/or after your death?

4. How does your body, mind, and heart impact your soul's health and wellbeing?

SOUL GROWING

1. What does it look like to you to care for your soul in this season of life?
2. Who supports the wellbeing of your soul and how do they go about doing that?
3. How do you connect with the wisdom/intuition of your soul? Do you trust the wisdom of your soul? If so, how did you come to that trust? If not, what might that trust look like?
4. Think of a couple of key turning points in your journey of faith. Describe them. How did it feel to go through them? How is the wellbeing of your soul different as a result of those turning points?

SOUL EXPERIENCES

1. In what ways, if any, do your senses (touch, taste, see, smell, hear) engage your soul's wellbeing?

2. Describe any mystical experiences you have had. What do you feel those experiences are communicating to you?

3. What, if any, threshold or "thin space" moments have you experienced?

4. Have you had any experiences that you couldn't explain but left you with a feeling that something divine, cosmic, or other worldly took place?

SOUL STRUGGLE

1. If you've experienced a "dark night of the soul" what has helped you find your way through?
2. What questions about God or faith do you wrestle with?
3. Have you experienced any injury or trauma to your soul, and if you have, do you have the resources you need to tend to its healing?
4. How often do you feel isolated and alone in your spiritual journey? What beliefs or thoughts make you feel most alone?

5. What are the thoughts or experiences that cause disruption in your soul?

6. What beliefs make you feel guilt or shame?

SOUL STRENGTHENING PRACTICES

1. When life is unsteady or unknown, how do you ground yourself in God?
2. What does prayer mean to you? How do you experience prayer?
3. Do you feel like you communicate with God? If so, how frequently do you experience that communication or connection? What aides you in that experience?

4. Which practices feed your soul / spirit / faith and why? How frequently do you engage with these practices? (For example: journaling, corporate worship, prayer, reading Scripture, *lectio divina*, prayer beads, being in nature, eating/fellowshipping with others, receiving communion, listening to music, singing, meditation, centering prayer, going on retreat, etc.)

5. Where does your soul feel closest to God?

6. How does experiencing God through a faith community affect your spiritual wellbeing?

SOUL REST

1. What does sabbath mean to you? Do you consistently engage in sabbath?

2. How often do you reflect on your soul's wellness?

3. What does it look like to allow your soul to rest?

SOUL FLOURISHING

1. What helps you have a sense of grounded-ness or centeredness in God?
2. What experiences allow or support your soul to feel light and/or at peace?
3. What allows you to feel comfortable being vulnerable with others about your spiritual health and faith journey?
4. When you imagine your soul at peace or your soul being fully “well” – what does that look like or feel like? Does an image or experience come to mind?

CLOSING RITUAL

As you conclude this assessment, you are invited to do whatever ritual allows you to release, process, or center yourself as you move forth from this space. For example, you may burn your answers, tear them up, bury them, or crumple up the paper. You could read and share your answers with a trusted person in your life or place these answers in a Bible or journal so you can return to them later. If you would like to speak with one of the pastors, please reach out to them.