

# JOURNAL

If you were going to describe the state of your spiritual life right now using one of the following song titles, which would you choose and why?

Bless the Broken Road	I Saw God Today
My Head Hurts, My Feet Stink, and I Don't Love Jesus	I Been Roped and Thrown by Jesus in the Holy Ghost
Just Got Started Lovin' You	So Small
What a Friend I have in Jesus	Bridge Over Troubled Water
Trading My Sorrows	Back When I Knew it All
What Hurts the Most	Another Try
I Could Sing of Your Love Forever	Something Inside So Strong
The Last Word in Lonesome is Me	I Like Big "BUTS..."
Open the Eyes of My Heart	Feels Like Home
You Can't Roller Skate in a Buffalo Herd	I Keep Forgettin' I Forgot About You
I'm just a Bug on the Windshield of Life	If Love Were Oil, I'd Be a Quart Low

**Other:** \_\_\_\_\_

**Why?**

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## **SPIRITUAL TYPES**

### **A Head Spirituality**

This is an intellectual “thinking” spirituality that favors what it can see, touch and vividly imagine. This type will usually choose activity based on corporate gathering: more study, better sermons and some sort of theological renewal within the worshipping community. This style produces theological reflection and crafts position papers on ethical issues. It supports education and publication and causes us to examine the texts of our hymns to see if we are singing what we actually believe. Content is primary and preserving the faith from generation to generation is important.

### **A Heart Spirituality**

For this type, it is all heart – combined with the concrete, real life stuff. The transformational goal is that of personal renewal. Theologically, this experience stresses that God is real in the here and now. Prayer is usually extemporaneous and a focus on service to others is the witness of one’s faith. This style contributes warmth of feeling, energy and freedom of expression others sometimes lack.

### **A Mystic Spirituality**

This type tends to “hear from God” rather than “speak to God.” The aim is union with the Holy and although this is never completely achievable, only the continued attempt or “the journey” satisfies. People attracted to this type of spirituality are often by nature contemplative, introspective, intuitive and focused on an inner world as real to them as the exterior one. This style contributes the wisdom of quieting outside distractions that enable one to attend more fully to the inner voice.

### **A Kingdom Spirituality**

This type is single-minded with a deeply focused, almost crusading type of spirituality. Their aim is simply to obey God and to witness to God’s coming reign. They are inclined to be assertive, even aggressive, in desire to implement a vision of the world as the dominion of God on earth. From a faith standpoint, this type frequently sacrifices their personal lives for their hope that the kingdom will be realized on earth. They equate prayer and theology with action. They have their vision of the ideal and your opinion and mine will hardly matter when placed alongside that vivid, driving image.

Which do you think describes you best (you may choose a combination)?

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Based on your answer, what kinds of things do you think you would tend to engage in as a way of feeding your spiritual needs/desires?

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Based on these things, where would you place your

**SPIRITUAL LOCATION?**

**Searching**

Not sure where I am or what I believe. Am looking for myself and for God. Am wondering about the church, Christianity, God. Wandering around, not much direction. Dealing with trauma, difficulty, illness.

**Changing**

Moving in a different direction than before. Releasing old wounds. Reaching for a new way to be. Interested in knowing a different kind of God. Coming out of a life changing experience. Desire to be different. Trying to change from the inside out.

**Connecting**

Want community, friends, a spiritual family. Desire to play and worship with others. Need a prayer or study group with people that are like me. Want to participate in a small group. Ready to have some fun!!

## **Preparing**

Want to learn how to teach, or serve in a ministry or what my gifts are. Desire to expand my understanding of sacred texts or world religions or theological ideas. Want to prepare to live out my call or passion. Would like to practice my prayer life more deeply or learn to be servant leader.

## **Serving**

Ready to use my gifts to serve others. Want to serve in a ministry. Need to give outside myself in order to do some of my own healing. Think I should give a little while I'm recovering or laying low. Want to do justice work or be involved in acts of compassion. Ready to work with children or young people.

## **Listening**

Need to do things that help me listen for God. Desire to do something creative while listening for my life to speak to me. Want to dance and garden and play to see what comes up in my spirit. Need to quiet my mind so I can hear my heart. Want to learn how to listen for the still small voice.

My Spiritual Location is (you may choose a combination)

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