God is not interested in an abstract thing called your spiritual life; God is interested in your life. – John Ortberg
Key Question: *What kind of person do you want to become?*

**Process of Transformation**

*Grace is the invitation:*
Life comes to us as a gift, as grace.

*Habit is the integration:*
We become what we habitually do.

*Love is the manifestation:*
Love the Lord your God and love your neighbor as yourself.

*Life is the destination:*
Your home. Your work. Your community. Your relationships. The created world.
### I. Discovery: Where are you, now, in this season of your life?

On a continuum of discontentment to contentment, rate these areas in your present season of life:

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(With 1 being discontent and 10 being content)

- **Home Life**
- **Community Life**
- **Physical Health**
- **Emotional Health**
- **Spiritual Wellbeing**
- **Financial Life**
- **Vocation/Work Life**

In what areas are you or, have you become, more content? ______________________________

What steps or actions did you take to move into more contentment with this area of your life?

Where did you find encouragement along the way?

What did you learn about yourself in this process?

How is/was God present with you on that journey?

In what areas are you, or have you become, more discontent? ____________________________

What would help you move out of discontentment?

Are your hopes realistic?

Do you envision doing this alone or with a companion or group?

How can you imagine God being present with you on that journey?
II. What are possible “paths” forward?

Let the same mind be in you that was in Christ Jesus  
(Philippians 2:5)

**Quiet Mind:**
Be still and know that I am God?  (Psalm 46:10)  
I am at peace with myself and my place in the world.  
My mind is calm and clear even when juggling multiple issues.  
I am confident and courageous in anxious and fearful times.

Which, if any, of the statements above is true for you in this season of your life?

What are these practices?

In the past, I have found these practices helpful:

I would like to discover helpful practices to quiet my mind.  _____ yes  _____ no
**Engaged Mind:**

*Be transformed by the renewing of your mind. (Romans 12:2)*

- I am focused when interacting with others or doing tasks.
- I am curious and actively pursue new ideas/insights on my own.
- I have a sense of adventure and am up for challenges.

Which, if any, of the statements above is true for you in this season of your life?

*I am currently challenging my mind in these ways:*

*I consciously think about the connections between my faith and my daily life.*

Never..........Always.

*These areas of study are or have been particularly fascinating to me in the past:*

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**Additional Notes:**
Do you not know that you are God’s temple and that God’s Spirit dwells in you?  
(I Corinthians 3:16)

Relational Body:

Love one another with affection; outdo one another in showing honor. (Romans 12:10)

My relationships are life giving and challenging.

I am fully aware of my effects (positively and negatively) on others.

I desire to be connected to others in Christian community (worship/small groups).

Which, if any, of the statements above is true for you in this season of your life?

My family could grow closer if we:

I could benefit by deepening these existing relationships:

These are the kinds of groups/relationships that have been life-giving for me in the past:

How much time would you be willing to invest in a new relationship with a small group or person for the sake of growing in your life of faith?  _________ wk/mo.
Physical Body:

Your body is the temple of the Holy Spirit who is in you. (I Corinthians 6:19)
My nutritional choices and habits are healthy.
I exercise regularly.
I get adequate sleep each night.

Which, if any, of the statements above is true for you in this season of your life?

Currently I am intentionally working on my physical body in these ways:

If I could focus more on one area of physical health, what would it be?
_____Exercise
_____Nutrition
_____Sleep

What investment of time am I able to make to move forward in one of these areas?
_____wk/mo

Additional Notes:
I pray that you may be strengthened in your inner being with power through the Spirit… as you are rooted and grounded in love. (Ephesians 3: 16-17)

**Inner Spirit:**
The fruits of the spirit are love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control. (Galatians 5:22-23)

- I have frequent experiences of joy.
- I practice gratitude on a daily basis.
- I consciously think of ways to be more loving each day.
- I look for opportunities to be generous in time and money.

Which, if any, of the statements above is true for you in this season of your life?

In the past, these practical exercises have helped me exhibit these fruits of the spirit (see list above):

I would like guidance on how to exhibit these fruits of the spirit (see list above):

_____ yes  _____ no
Connective Spirit:

Love your neighbor as yourself (Luke 10:27).
I am a compassionate person and seek ways to express it.
   I look for ways to extend myself in service to others.
   I have a passion for justice or advocacy and am actively pursuing it.

Which, if any, of the statements above is true for you in this season of your life?

I have been active in these service activities in the past:

In the future, I could imagine being involved in these kinds of service activities:

As I look forward, I am drawn to work with these kinds of people/issues:
   _____ Homeless/poverty
   _____ Disabilities
   _____ Global concerns
   _____ Abuse Issues
   _____ Other?

Additional Notes:
III. A Path to Peace for You

*What can you celebrate about where you are right now?*

*What are one or two areas of discontentment that you would like to renew?*

*What is one area of Mind, Body or Spirit (see previous inventory) you would most like to renew? What would you imagine yourself doing?*

*What has made you most alive in the past? Are you still finding ways to do that particular exercise/activity? Why? Why Not?*

*What aspect of your life is holding you back now, weighing you down? In other words, if you could take on one or more issues that would help you feel and live more freely what would it be?*

*What decisions do you need to make to integrate them into your daily/weekly life pattern?*

*Do you have someone that will walk the path with you?*

For a list of classes/exercises/resources, visit the Adult Ministry link at: www.peacegahanna.org
455 Clark State Rd., Gahanna, Ohio 43230
www.peacegahanna.org info@peacegahanna.org 614-337-1000
Office Hours: Monday-Thursday, 8:30am-4pm; Friday, 9am-noon
Sunday Worship Services:
8:30am (Traditional, Sanctuary) 9:45am & 11am (Contemporary, ConneXions Center)