

Spiritual Strengths Inventory

Take your time to walk through these questions and reflect upon your spiritual strengths.

How can your particular gifts, ideas, and experiences help you draw closer to God?

Support Questions

- What people have supported or inspired you in your faith?
- Who are the people upon whom you can depend within your faith community?
- What faith communities have been especially helpful to you in the past?
- What places, objects, songs, or experiences have made you feel especially close to God?
- How do these people support you? What do they do that makes you feel cared for and loved?
- What was special about these communities? Is there a way for you to find a similar community now?

Esteem Questions

- When God looks at you, what do you think God delights in most?
- How do you seek to do God's will?
- What is it about your life and accomplishments that gives glory to God?
- What gives you a genuine sense of peace?

Meaning Questions

- How do you find meaning in your daily work?
- When do you feel most fulfilled?
- What are the sources of transcendence in your life?
- What do you think God is calling you to do?

Motivation Questions

- How do you want your prayer life or your relationship with God to change?
- What steps do you think you need to take to begin these changes?
- How can the people in your support network help you with these changes?
- How do you want your relationship with your faith community to change?
- What is the smallest step you could take to initiate one of these changes?
- How can God help you with these changes?

Survival Questions

- How have you managed to hold onto your faith thus far, given all the challenges you have encountered?
- What was your relationship with God like as you faced these challenges?
- How have the challenges in your faith journey given you special strength, insight, or skill?
- How has your faith helped you rise to the challenges set before you?
- What have you learned about yourself during your struggles with faith or vocation?
- What are the qualities of God on which you can rely?

Exception Questions

- When your relationship with God was stronger, what was different?
- What parts of your faith would you like to recapture, reinvent, or relive?
- When your spirit felt more nourished, what about your life, beliefs, relationships, or community was different?
- What moments or incidents in your life have given you special understanding or guidance from God?

Possibility Questions

- What do you want your relationship with God to look like now?
- What are your special talents and abilities? How have you used them in service to God?
- How do you like to pray? How do you know when you are connecting to God through prayer?
- How will you know when your relationship with God is stronger? How will you feel, think, and act?