Discernment Skills

Enrichment Exercise

Exercise: Relationship Reflections

It is important to periodically reflect on the state of your relationships- with God, your neighbor, and yourself. We all have relationship strengths and weaknesses. Use this reflection guide to identify your strengths in your relationship with God, with others in your life, and with yourself. You will also identify an area that you can work on. Mark the degree to which you agree with each statement.

God:

You shall love the Lord your God with all your heart, and with all your soul, and with all your mind. This is the greatest and first commandment (Matthew 22:37-38)

I have a robust and daily prayer life

Strongly Disagree ———— Disagree ————-——- Neutral ———————— Agree ————————- Strongly Agree

I seek to grow in my knowledge and understanding of my faith on a regular basis

Strongly Disagree ———— Disagree ————-——- Neutral ———————— Agree ————————- Strongly Agree

I make frequent use of the sacraments of Confession and Holy Eucharist

Strongly Disagree ———— Disagree ————-——- Neutral ———————— Agree ————————- Strongly Agree

Your Neighbor:

And a second is like it: 'You shall love your neighbor as yourself.' (Matthew 22:39)

I have a strong community of family and friends who are integral to my flourishing

Strongly Disagree ———— Disagree ————-——- Neutral ———————— Agree ————————- Strongly Agree

I regularly invest in my relationships with others through quality time and conversation

Strongly Disagree ———— Disagree ————-——- Neutral ———————— Agree ————————- Strongly Agree

I am generous with my time and talents in meeting the needs of my friends and family

Strongly Disagree ———— Disagree ————-——- Neutral ———————— Agree ————————- Strongly Agree

Yourself:

Are not five sparrows sold for two pennies? And not one of them is forgotten before God. Why, even the hairs of your head are all numbered. Fear not; you are of more value than many sparrows. (Luke 12:6-7)

I have a positive sense of my own self-worth

Strongly Disagree ———— Disagree ————-——- Neutral ————————— Agree ————————- Strongly Agree

My sense of myself is determined by the fact that I am a beloved child of God

Strongly Disagree ———— Disagree ————-——- Neutral ————————— Agree ————————- Strongly Agree

I have a positive appreciation of my gifts and strengths

Strongly Disagree ———— Disagree ————-——- Neutral ————————— Agree ————————- Strongly Agree

Reflect:

Examine yourselves, to see whether you are holding to your faith. Test yourselves. Do you not realize that Jesus Christ is in you? (2 Corinthians 13:5)

Self-reflection can help us gain a deeper understanding of ourselves and our connections with others. Examining our thoughts and emotions can lead to personal growth and the ability to identify areas for self-improvement. If you marked a neutral, Disagree, or Strongly Disagree in any area, it could indicate opportunities for growth. Pray this week that God will show you ways to improve in those areas. Write one action step you can take"

For each relationship (God, neighbor, yourself), what is your greatest strength?

God: _____

Neighbor: _____

Yourself: _____

For the areas in which I have an opportunity to grow, what is one action step I can take?

God: _____

Neighbor: _____

Yourself: _____