

Spiritual MOT

2023

A guide for your personal, confidential use this Lent...

Before you begin, here are some verses you might like to meditate on, and a prayer to pray:

Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any hurtful way in me, and lead me in the way everlasting. *Psalms 139: 23-24*

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life? *Matthew 6:25-27*

A prayer:

Take, O Lord, and receive all my liberty, my memory, my understanding, and my entire will.

Whatever I have or hold, You have given me; I restore it all to You and surrender it wholly to be governed by Your will.

Give me only Your love and Your grace,
and I am rich enough and ask for nothing more.

Amen

The Present

Your relationship with God...

1. Do you feel your relationship with God through Bible study, prayer, church attendance, and acts of service is stronger, weaker, or about the same as in the past?
2. What have you been learning, encouraged or challenged by recently?
3. What is your pattern of prayer and Bible reading? Do you meet with God on a daily basis?
4. What (if anything) is hampering your relationship with God? (e.g. pressures in life, ungodly habits, concerns about your faith etc)
5. What do you think would most assist your growth in faith?

Home, friendships and family...

6. How settled is your home life? Are there any aspects you would like to be different?

7. Who are your closest friends?

8. In what ways do your friendships help or hinder your relationship with God?

9. Where do you meet people who are not yet Christians?

Occupation/ main daily responsibilities

10. What are your main daily responsibilities / occupation (not leisure or a hobby)?

This may be paid employment or as a carer for children or family member, studying, applying for work, volunteering, home-maker.

11. On a scale of one to ten, how satisfying do you find your main daily responsibilities/ occupation? Why?

12. How does your faith affect your occupation/ main daily responsibilities?

Pressure points...

13. Circle any of the following that cause you anxiety:

health

relationships

finances

occupation

other

14. How long has this been the case, and is there anything that will change this situation in the foreseeable future?

15. Do you have regular time away from work/ responsibilities?

16. What question do you need to answer that you'd rather not be asked?

Church life...

17. What aspects of belonging to St Mary Magdalene, Wandsworth Common do you most appreciate?

18. In what ways do you contribute to the life of the church or other Christian organisations?

19. What could our church do to better equip and encourage your following of Jesus?

The Future

20. Looking ahead five years, in what ways (if any) would you like to be different to now?

21. Circle the spiritual disciplines in which you would like to see progress:

study, prayer alone, fasting, confession, fellowship, worship, obedience

celebration, rest, prayer with others, service, generosity, chastity, lament

evangelism, meditation, teaching, simplicity, discernment, friendship, silence

physical exercise, journalling, listening, retreat, creativity

22. Are there areas of the church's life and outreach in the community and wider world in which you think your gifts lie and where you feel called to serve?

23. In what ways do you feel called to serve society, family or community?

24. What would be the most exciting thing you can imagine God asking you to do?

25. Are there any other matters, not already covered, that might be significant for you?

Action & Prayer Points

Part of the value of doing a Spiritual MOT like this is to identify things that you want to do, to change, or to focus on in the coming year. You may like to use this page to summarise points from the other questions, and to have as a checklist to come back to over the coming months.

As it 'says on the cover', this Spiritual MOT is entirely personal and confidential to you. But if it has raised a question or concern that you would like to discuss further, please contact one of the clergy and we can arrange a time to meet or suggest someone else you may be able to talk to.

With our prayers as you embark on your 'Spiritual MOT'

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What are the action points you want to address in the coming year?

Which points would you particularly value prayer for over the coming year?

Ideas, issues, or challenges for the congregation/leadership at St Mary Magdalene?