

HEAD HEART HANDS

Individual Reflection Questions

HEAD



How has your study of the Word deepened your understanding of Biblical truth?

What life decisions or challenges have you recently filtered through the Gospel?

What have you learned about God's character lately?

How does your understanding of God's salvation plan give you confidence and peace?

Are you able to see both blessings and challenges through God's perspective?

What is your understanding of Biblical discipleship?

HEART



How has your time in the Word recently convicted you of sin?

How has your time spent with Christ strengthened your love for Him?

In what area of your life has Jesus deepened your trust?

How do you regularly seek to be responsive to the Holy Spirit's prompting?

In what ways are praise and worship part of your daily life?

How motivated are you to strengthen your family, friends, or D-Group relationships?

Are you willing to be vulnerable in sharing struggles and praises with others?

How willing are you to participate in spiritually sharpening conversations?

How strong of a priority is inviting Jesus into your relationships?

How deeply do you desire to learn more about Jesus and His plans for all of us?

How concerned are you for the spiritual welfare of others?

HANDS



Which spiritual disciplines are the easiest for you to practice?

Prayer, Reading, Fasting, Worship, Reflection, Service, Confession, Celebration

Which spiritual disciplines do you struggle with the most?

Can you think of an example of obedience that God has helped you with?

Is there a sinful habit or area of disobedience you would like prayer to overcome?

How are you serving your spouse and family well? Your church family? Your community?

Do you intentionally spend time and energy to reach out to the lost? How?

Have you prayerfully considered taking a leadership role in a D-Group or ministry?

Is there anyone you are currently discipling?