

Prayer Group Personal Discovery Survey: Rate Yourself on the following Qualities at this time in your life

Gratitude – Make it an Active Practice

Gratitude: A choice to focus on the abundance we have in the present versus what we are missing. How we lose it: comparison to others – it is the thief of Joy.

Rate yourself 1-10, 1 being not practicing gratitude at all, 10 practicing gratitude in all aspects of your life.

1	2	3	4	5	6	7	8	9	10

- When do you feel the most grateful?
a) At home b) At work c) Outside / Nature d) Other
- Describe a moment when you felt grateful
- What system of practicing gratitude works for you?
a) Writing it down b) taking a picture c) Other

Authenticity & Self-Acceptance - Rediscover who you are, Embrace who you are

Authenticity / Self-Acceptance: Being self-aware and loving how you were designed, understanding what brings you happiness, what your passions are and pursuing them.

Rate yourself 1-10, 1 being not liking yourself at all, 10 loving the person God created you to be.

1	2	3	4	5	6	7	8	9	10

- Describe your happy place.
- Name something you have done / read that has allowed you to get to know yourself better.
- Describe a moment when you felt really good about yourself.

Community – Connecting with others

Connecting with others: relationships where you are truly present with one another, where you feel known, seen and respected by another person, where you feel safe to be vulnerable.

Rate yourself 1-10, 1 feeling disconnected and alone most of the time, 10 feeling connected to family and friends all of the time.

1	2	3	4	5	6	7	8	9	10

- Who brings out the best in you? Think of people who after you spend time with them you are filled with joy and peace rather than feeling depleted.

Fearlessness – Have the guts to go for it

Joshua 1:9 'Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.'

Rate yourself 1-10, 1 feeling debilitated by your fears, 10 stepping outside your comfort zone on a regular basis.

1	2	3	4	5	6	7	8	9	10

Fearlessness: Strength and Perseverance to grow, continuously change - God loves us too much to keep us exactly the same.

- When is the last time you did something out of your comfort zone? Describe

Giving Back – Reap the Rewards of Sharing

Matthew 25:30 ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’

Rate yourself 1-10, 1 not really doing anything to help others, 10 actively seeking opportunities to give back every day.

1	2	3	4	5	6	7	8	9	10

Giving Back: As Ghandi says ‘The best way to find yourself is to lose yourself in the service of others’

1. If you had all of the time and money in the world, where would you volunteer? How would you give back?

Healthy Living – Taking Care of Yourself

Rate yourself 1-10, 1 not taking care of yourself at all, 10 actively taking care of myself at all times.

1	2	3	4	5	6	7	8	9	10

Healthy Living: As Ralph Waldo Emerson wrote ‘The First Wealth is Health’.

1. How do you take care of yourself?

My Child, You may not know me, but I know everything about you. Psalm 139:1 I know when you sit down and when you rise up. Psalm 139:2 I am familiar with all your ways. Psalm 139:3 Even the very hairs on your head are numbered. Matthew 10:29-31 For you were made in my image. Genesis 1:27 In me you live and move and have your being. Acts 17:28 For you are my offspring. Acts 17:28 I knew you even before you were conceived. Jeremiah 1:4-5 I chose you when I planned creation. Ephesians 1:11-12 You were not a mistake, for all your days are written in my book. Psalm 139:15-16 I determined the exact time of your birth and where you would live. Acts 17:26 You are fearfully and wonderfully made. Psalm 139:14 I knit you together in your mother's womb. Psalm 139:13 And brought you forth on the day you were born. Psalm 71:6 I have been misrepresented by those who don't know me. John 8:41-44 I am not distant and angry, but am the complete expression of love. 1 John 4:16 And it is my desire to lavish my love on you. 1 John 3:1 Simply because you are my child and I am your Father. 1 John 3:1 I offer you more than your earthly father ever could. Matthew 7:11 For I am the perfect father. Matthew 5:48 Every good gift that you receive comes from my hand. James 1:17 For I am your provider and I meet all your needs. Matthew 6:31-33 My plan for your future has always been filled with hope. Jeremiah 29:11 Because I love you with an everlasting love. Jeremiah 31:3 My thoughts toward you are countless as the sand on the seashore. Psalm 139:17-18 And I rejoice over you with singing. Zephaniah 3:17 I will never stop doing good to you. Jeremiah 32:40 For you are my treasured possession. Exodus 19:5 I desire to establish you with all my heart and all my soul. Jeremiah 32:41 And I want to show you great and marvelous things. Jeremiah 33:3 If you seek me with all your heart, you will find me. Deuteronomy 4:29 Delight in me and I will give you the desires of your heart. Psalm 37:4 For it is I who gave you those desires. Philippians 2:13 I am able to do more for you than you could possibly imagine. Ephesians 3:20 For I am your greatest encourager. 2 Thessalonians 2:16-17 I am also the Father who comforts you in all your troubles. 2 Corinthians 1:3-4 When you are brokenhearted, I am close to you. Psalm 34:18 As a shepherd carries a lamb, I have carried you close to my heart. Isaiah 40:11 One day I will wipe away every tear from your eyes. Revelation 21:3-4 And I'll take away all the pain you have suffered on this earth. Revelation 21:3-4 I am your Father, and I love you even as I love my son, Jesus. John 17:23 For in Jesus, my love for you is revealed. John 17:26 He is the exact representation of my being. Hebrews 1:3 He came to demonstrate that I am for you, not against you. Romans 8:31 And to tell you that I am not counting your sins. 2 Corinthians 5:18-19 Jesus died so that you and I could be reconciled. 2 Corinthians 5:18-19 His death was the ultimate expression of my love for you. 1 John 4:10 I gave up everything I loved that I might gain your love. Romans 8:31-32 If you receive the gift of my son Jesus, you receive me. 1 John 2:23 And nothing will ever separate you from my love again. Romans 8:38-39 Come home and I'll throw the biggest party heaven has ever seen. Luke 15:7 I have always been Father, and will always be Father. Ephesians 3:14-15 My question is... Will you be my child? John 1:12-13 I am waiting for you. Luke 15:11-32

*Love, Your Dad
Almighty God*