



Spiritual Life of the Leader

We are spiritual beings. God has created us to express our souls in a variety of ways. Using the Spiritual Life Template you will examine the ways you are living out your spiritual life.

Read about the main components of the Spiritual Life Template and then fill one out for yourself.

The Spiritual Life Template is a tool to help you share with others your spiritual journey. This can be used in a small group accountability setting or with leadership groups to help people talk about their spirituality.

1. In which spiritual discipline(s) do you want to grow?

One of the foundational aspects of United Methodist Christians is the way they approach the spiritual life as an ongoing process of growth and maturity. The early Methodists talked about Wesley's Means of Grace, that through the practice of spiritual disciplines a believer's life is formed in Christ. In the earliest forms, Methodists met on a regular basis in classes to hold one another accountable for the way they were growing in faith in practice.

2. What is your plan for continued spiritual growth and development?

- a. **How do you connect with God?** It is easy to get so caught up in the work of the church that we forget that at its most basic level Christianity is about having a relationship with God through our faith in Jesus Christ. Paying attention to our relationship with God is key to our personal vitality.
- b. **How are you connecting with others?** Like our relationship to Jesus, our relationships with those around us need our attention and focus. Each moment we spend with another person is an opportunity to share the grace of the moment. Just as others need us, we need them to shape us and to form us into mature followers of Jesus Christ.
- c. **What arts feed your soul?** The Creator has equipped us to be creative. Take time to develop your artistic side – it will both feed you and connect you to others in different ways.
- d. **How are you taking care of your body?** We are physical beings and as a result the way we take care of our bodies affects every aspect of our relationship to God and to others. When we invest time in exercise and healthy eating we are enhancing our ability to be effective in ministry.

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Complete instructions on how to use this is found in [TeamWorks: Spiritual Life of the Leaders](#) by Craig Kennet Miller

Reproducible – For more ideas of how to use this contact Craig Kennet Miller at cmiller@UMCdiscipleship.org

Spiritual Life Template

1. In which spiritual discipline(s) do you want to grow?

- Weekly worship
- Daily Bible reading
- Daily prayer
- Frequency of communion:
 Weekly Monthly Other
- Service to others
- Fasting or abstinence
- Tithing/Giving
- Family prayer
- Other:

Tip: How does your church teach & mentor people in these disciplines?

Wesley's Means of Grace

- **The public worship of God**
- **The ministry of the Word, either read or expounded**
- **The Lord's Supper**
- **Family and private prayer**
- **Searching the Scriptures**
- **Fasting or abstinence**
- **Christian conferencing**

(Paragraph 62, p. 70 in the 1996 Book of Discipline)

2. What is your plan for your continued spiritual growth and development?

How do you connect with God?

- Day apart
- Worship
- Meeting with a prayer partner or coach
- Family prayer
- Daily devotion
- Other: _____

How are you connecting with others?

- Time alone with spouse or friend
- Focused time with your children
- Regular connection with extended family
- Prayer or accountability group
- Time with friends outside of church
- Other: _____

What arts feed your soul?

- Playing a musical instrument or singing
- Writing Drawing Cooking Dance
- Gardening Acting Other: _____

How are you taking care of your body?

- Walking/running Active in a sport
- Healthy diet Yoga/Pilates
- Other: _____

Tips

As a spiritual leader you are creating the normative expectations for spiritual growth in your congregation and for those close to you (friends & family). Your prayer life, physical health, artistic pursuits, and relationships have a direct influence on the spiritual life of your church. Build in the time and experiences that sustains you and connects you to God and others.