



Soul Care Assessment

Sometimes it can be hard to know when to begin spiritual direction or make space for a prayer retreat. This reflection is an invitation to pause, listen deeply, and notice how your soul is doing. As you reflect, you may begin to sense whether it's time to nurture your inner life in a new way.

Rank how the following statements resonate with you daily on a scale from 1-5. (1 being this isn't me and 5 being this is me most days)

- I have little time for God in my day.
- I am a Christian, but I am not sure what that means for me right now.
- I struggle to experience peace throughout my day, but I want to.
- I am too busy.
- My mind feels chaotic and jumbled.
- My body is tired or ill due to stress, worry, guilt, or other reasons.
- I used to have devotional times, but I can't remember the last time I had one.
- Joy and delight are words I don't experience.
- I struggle with anxiety or worry regularly.
- If I attend church, it feels like an obligation.
- I feel guilty that I don't do more spiritual things.
- I experience loneliness.
- Sometimes I feel my life is out of control.

- I know I should pray, but I find it hard because it feels dry, and God feels distant.
- I am angry at God.
- Prayer feels pointless.
- I want to have a meaningful spiritual life, but I don't know how.
- I feel like I am just making it through each day.
- Things of God don't make sense right now; I don't know where to go to make sense of it.
- The church, Christians, and even the Bible don't feel welcoming.
- I experience hopelessness.
- I don't know how faith fits in my life.
- I want to be a good mom and wife, and I think my faith plays a role, but I am not sure how.
- I feel like a failure when it comes to faith.
- I long for purpose and meaning.
- I've had deep loss or trauma, and I don't know where to go from here with God.
- I struggle to make decisions based on what I believe.
- I am not sure what I believe anymore.
- If I have a moment of free time, I avoid being in silence or alone.
- Silence, solitude, and prayer scare me.
- I long for rest and sabbath.

Add up how many responses you selected for each number.

_____ 1 _____ 2 _____ 3 _____ 4 _____ 5

Find Your Ranking:

- 1**— I'm living a balanced life. My prayer and faith feel strong, and I experience God's deep love and grace daily.
- 2**— My faith is healthy, but I get a little caught up in distractions. It's normal, but I long for deeper focus and connection.
- 3**— Life feels mostly good. I experience highs and lows, and am still learning how faith and everyday life fit together. I notice more anxiety, stress, and restlessness than I'd like.
- 4**— Most days feel hard. Faith seems distant or disconnected from real life. I still believe and desire spiritual things, but I feel too busy or disinterested to pursue them. I might want to change, but I need help.
- 5**— I'm struggling. I don't know where to turn. I think I want to believe and be free, but it feels too hard. Things just aren't working, and I need help finding my way to faith.

The journey of faith is rarely a straight path— and it's not always easy or filled with light. More often, it's a winding road that invites courage, honesty, and grace.

Did you find that your number resonated with your current reality?

Wherever you find yourself on this spectrum, know this: every soul needs tending. Jesus sees you, loves you, and desires your wholeness. He can bring peace, hope, faith, and joy—right where you are.

Here's what Jesus has to say about it...

Are you tired? Worn out? Burned out on religion? Come to me. Get away with me, and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."Come to me, all who are weary and find rest.

Matthew 11: 28-30 (MSG)

You don't have to keep living this way. God didn't create you to be half-empty, but to flourish—to live fully alive in His love.

Wherever you find yourself, I invite you to journey with me in the presence of Jesus—to discover the grace and inspiration your soul desires. You are not alone, and it's never too late to begin again.

Take the next step—discover a retreat path made for you, or reach out to begin your journey in spiritual direction.

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