

method  
# 1

*life*  
BALANCE

aka inventory  
. a way to take stock of major  
areas in your faith journey



Try this exercise  
in small groups  
and share!

Where  
am I  
now?

What will it take  
for me to get from  
here to there?

*Question*  
PROMPTS

Where  
do I  
want to  
be?

Who is God  
to me?

Remember to:

- Set a timer
- Don't let your pen leave the paper
- Even if nothing related to the question(s) come to mind, just continue writing



## QUESTIONS (4 MINUTES EACH)

1. How does my relationship with God look like right now?
2. What is my most recent God encounter?



## REFLECTION QUESTIONS

Read through what you've written.  
Write a sentence to review what you've written.  
What struck out to you as you read what you've written?

Share this in your small group.

