

### CHARTING A COURSE FOR SPIRITUAL GROWTH WORKSHEETS

BY JOEL ZACHARY TAN

© 2020 OFFICE FOR YOUNG PEOPLE. ALL RIGHTS RESERVED.





DATE HERE

## CONSTELLATIONS

WHERE DO YOU PLACE YOURSELF IN YOUR RELATIONSHIP TO GOD? MARK IT WITH A CROSS AND REFLECT ON WHY. WRITE IT DOWN.



#### I MARKED MYSELF HERE BECAUSE



DATE HERE

## RELATIONSHIPS

MY RELATIONSHIP WITH GOD IS LIKE ... DESCRIBE IT USING ANALOGIES, IMAGES, SONGS, SCRIPTURE ETC.

#### EXAMPLES:

An old married couple Puppy love A blazing fire Ice cold bucket Way Back into Love Psalm 23 1 Cor 13

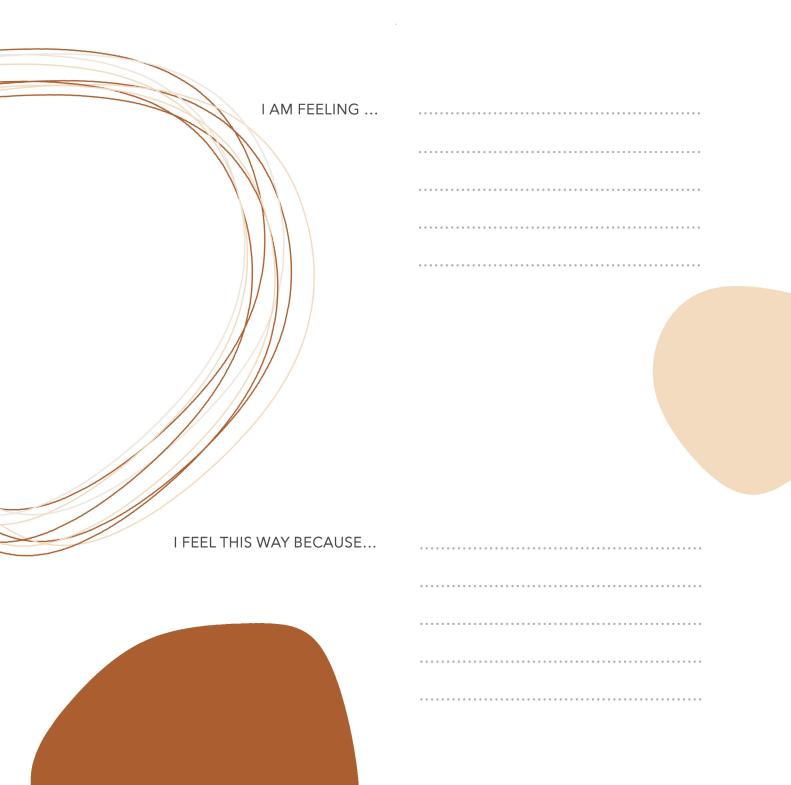
\*This list is non-exhaustive. Please feel free to come up with your own analogies.

> "Our love for others flows only from the love of the Creator"

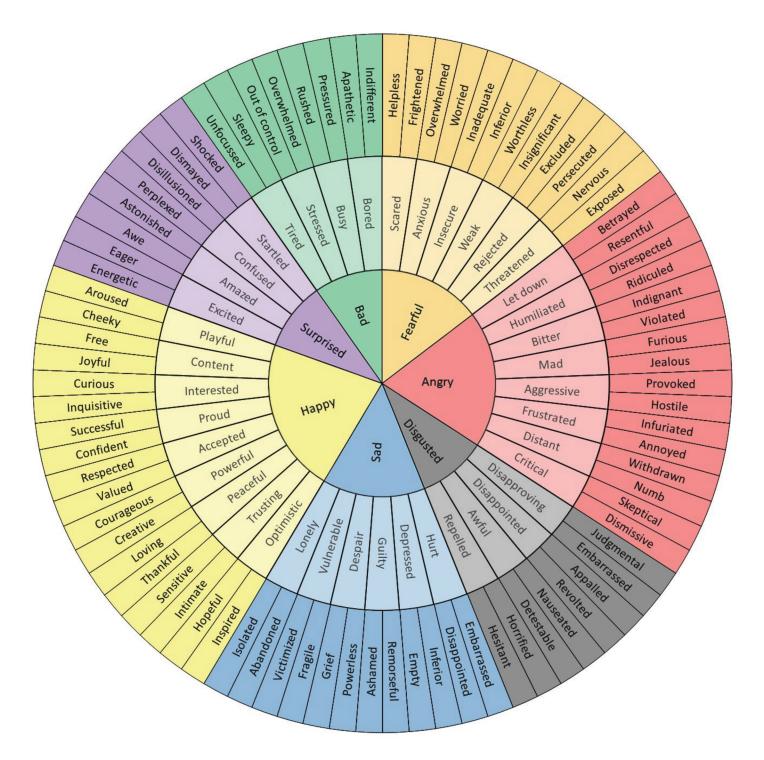
THE FRUITS OF MY RELATIONSHIPS WITH OTHERS ARE	
EXAMPLES:	
Patience Kindness	
Sacrificed my time for a CG mate Brought a friend to mass	
Was complimented for being a good leader etc	
*This list is non-exhaustive.	
Please feel free to come up with your own answers.	

### **FEELINGS**

OUR FEELINGS PROVIDE INSIGHT INTO OUR GROWTH. FOR EXAMPLE, YOU COULD BE FEELING FRUSTRATED WITH GOD AND YET, FEEL CLOSE TO HIM. ALLOW THE PROMPTS TO GUIDE YOU INSTINCTIVELY AND SHOULD YOU NEED, YOU MAY REFER TO THE FEELINGS WHEEL IN APPENDIX A TO HELP ARTICULATE HOW YOU ARE FEELING.



# FEELINGS WHEEL



1. We recommend printing on slightly thicker paper or card stock so that you can keep it handy for your prayer and reflection times.

2. You may consider cutting out this wheel, poking a hole in the middle, and using a brass fastener (see below) to secure it to a page in your journal for easy reference.

