

“Tangible Trust” Week 2: Practices that Build Trust

Self Assessment

What is a Self Assessment?

Likely, you know what a self assessment is in general; Oxford dictionary defines it as “an evaluation of oneself or one's actions and attitudes... in relation to an objective standard.” So maybe the better question is “*why?*” Our spiritual walk is a lifetime of learning, and God will teach us in many different ways. Sometimes, He'll give us divine revelation, and others He'll speak through our leaders, but often it is in the ordinary decisions we make day-to-day that teach us the most. Taking a moment to assess where we are, where we want to go, and how we want to get there is a vital tool in maturing spiritually.

The Assessment

Part One: Where You're At

- Make a list of at least 25 of your key possessions (i.e. wedding ring, car, sports equipment, tv, etc...)
- Identify the five easiest things on that list you could "give up"
- Identify the five hardest things on that list you could "give up"

Part Two: Where You Want To Go

- Make a list of what you want *most* from God over the next 10 years. These could be intangible needs like security, health, or peace; or they could be experiences like making a difference in someone's life or raising a family; or they could even be tangible things like a home or a business.
- After making the list try to rank those things/experiences/needs in order of importance to you.

Part Three: How You'll Get There

- Look at the top three items on your list, and then compare them to where you spend your time and energy today. Consider what would need to look different in order for you to experience those things.
- Identify one or two areas where you need actual transformation, not just more "inspiration." Push yourself to be completely honest with things that need to be changed in your life. There is a special grace for us when we bring these things to the surface.
- Spend some time in prayer. First, ask God to begin the work of transformation that only He can do. Then spend some time reflecting on and ask Him how you can begin making some of those changes.

Taking Action

- Since "trust is a learned experience," choose a specific next step you can take in an area where you know you need God's help to do so. You can consider the following areas:
 - Financial Decisions
 - Confession
 - Restoring Relationships
 - Volunteering Outside Your Comfort Zone
 - Speaking Up Where God is Prompting You
- Once you've defined your next step, share it with someone you trust. Ask them to pray for you and then set a time for them to check in with you on your progress.