

Discipleship Assessment Silent Retreat Guide

Abstract: This guide offers an opportunity to assess your growth as a disciple: in Christ in intimacy with God and others, like Christ in character, and with Christ in his mission.

Silent Retreat as Discipleship Cycle

A silent retreat focuses on Hear the Word, and Respond Actively in the Discipleship Cycle. We hear the Word in Scripture and listening prayer, and we respond by experiencing silence, and solitude in various ways, by resting, by journaling, and by reflecting in various ways. At the end of the retreat, it will be important to debrief and interpret your experience. Reflect on the following questions, journaling your answers as honestly as you can.

Growing as a Disciple

If your life as a disciple were a garden, what does the garden look like? What season is it in that garden? What is the quality of the soil, the produce?

Consider drawing a picture of the state of the garden. (even if you are not artistically gifted, this exercise may help you reflect!)

Growing Other Disciples

Describe the quality of your relationships with others, including peers and family.

Describe the quality of your relationships with those you hope will become disciples of Jesus.

Describe any relationships where you are intentionally helping another disciple grow.

Growing like Christ in Intimacy

Spend some time meditating on Ephesians 1:1-4, focusing on your identity in Christ. Also reflect on the following questions.

How would you describe your relationship with God at this point in feeling words? What metaphors or stories would you use? What picture would you paint or song would you sing?

If someone could see all of your activities of spiritual discipline, how would they describe them?

How do you feel about that description?

What have you heard from God recently in Scripture, and how have you responded?

Growing like Christ in Character

Spend time meditating on Philippians 1:27-2:18, and asking God how he is shaping your character.

Describe your recent experiences of repentance and obedience to the Word. How would others describe your character and your emotional intelligence?



Draw a picture describing your relationship with power, including the ways you carry your own power or privilege, the ways you relate to those in authority over you, and the ways you relate to those under you.

In what areas of your life are you consciously choosing to surrender to Jesus' leadership? How are you exploring and/or expressing your sense of God's unique calling on your life?

Growing with Christ in Mission

Spend time meditating on Luke 10:1-11, Acts 1:8 and asking Jesus to speak to you about how you are partnering with him in his mission in the world.

Describe your sense of heart connection with God's wishes for the world. How do you currently pray for God's work in the world?

In what ways are you stewarding your resources, gifts, and station of life toward God's mission in the world?

In what ways are you choosing to cross culture or class for the sake of living out the gospel?

Debrief & Interpret

After your retreat, consider one of two possibilities to debrief/interpret your experience:

Choose several of your reflections from the retreat, and share them with a friend, mentor or supervisor. Discuss your own assessment and plans for future growth.

Ask one or more people who know you well to also answer a few of the retreat questions about you. Then with a friend or supervisor, reflect on the similarities and differences between your own answers and those of the other person.



References

- 1.
- 2.
- 3.