

	1. Describe, outline, or list the important components of serving as a D group leader, including the planning and leading of the weekly D group meeting.	Below Basic	Basic	Proficient	Advanced
1	<ul style="list-style-type: none"> Although every week does tend to follow a pattern for preparation I think it's fair to say that each week is influenced by different things; whether it be because the people I lead need to focus on a particular concept or idea, or because God has something else in mind that I had planned. Overall leading and preparing a weekly D group consists of time I spend in the book we were given about spiritual disciplines, on top of consistent prayer, reading, and study of God's word, whether the Bible or devotional reading. Once I read the main topic for the week and feel I understand I sit down and make an outline of what we will go over during our D group. Opening ideas, verses throughout, and then real life application. It usually takes a combination of personal time and influence/guidance from my leaders to ensure D group is a time spent learning and growing for everyone. 			X	
2	<ul style="list-style-type: none"> Serving as a D-group leader is comprised of being the 'spiritual' leader on your dorm hall. You are there to promote community and safe living among your hall. This has included me personally engaging my hall mates in friendly conversation, having one on one conversation about their lives, offering prayer and encouragement to my hall mates and being a listening ear if they ask. Serving as a D-group leader does not mean one is perfect or has a 'perfect' relationship with Christ. Being D-group leader means to be willingly to express your faults with your hall mates, and together grow in Christ. Planning weekly D-group meetings involve compromising with all of your hall mates on one day of the week, and time, that everyone is 'available' to meet. Leading the weekly meetings involve: allowing hall mates to express the current event in their lives to each other, facilitating conversation on subjects that are relevant to spiritual growth or life in general. Personally D-group meetings were used in any way that I felt my hall mates needed it. 		X		
3	<ul style="list-style-type: none"> Being a D-group leader has two main components. First component involves feeding your own soul spiritually so that you can grow in your walk with Christ. This means that as a D group leader we must be intentionally reading scriptures, praying, and seeking out wiser Christians to help you develop spiritually. It also means attending the leadership meetings, since sharing with our family groups (small groups of D-group leaders), as well as with the larger group of leaders is essential to developing the humility, vulnerability, and transparency necessary to be a leader. The second component of this job is feeding the spiritual need of those who serve. This means being attentive to God's direction as you plan D group. 				X

	<ul style="list-style-type: none"> Typically, I choose a passage of the Bible that was spoken to me that week and review it several times. Then I methodically go through it and pull out key themes/discussion points to help guide our meetings and ground them in God's word. A typical meeting looks like this: Ice breaker question, worship, read scripture, discuss, prayer requests/prayer. 				
4	<ul style="list-style-type: none"> Consistency on the hall Time spent planning—scripture reading, prayer, planning etc. Support system—family group and weekly gathering of all leaders Availability to those you are serving Encouragement from other leaders Support from RA's Being open to not knowing all the answers Facilitating conversation 			X	
5	<ul style="list-style-type: none"> D group teaches one to be a servant It allows someone to make a commitment and likewise follow through on it. It encourages one to be introspective and consider difficult questions It pushes one to empathize with people from various walks of life. It fosters community and friendship It encourages honesty It teaches one how to plan It helps in developing within oneself an understanding of who they are where their talents lie. It develops within oneself an understanding of their voice. 	X			
6	<ul style="list-style-type: none"> Picking a topic to discuss at the meeting. Researching and finding out what scriptures say about that topic, and finding out what other theologians/Christian writers have to say about it. Pray for God's guidance at the meeting. Pray that will be able to act as a mouthpiece for him. At the meeting: asking the girls to share how their week has been. Asking them if they have anything they would like to talk about. 			X	
7	<ul style="list-style-type: none"> Committed group of participants. Investing in your personal relationship with the Lord first. Leading out of the overflow of God's love in your life Having people pour into you Being in the word and prayer 			X	
8	<ul style="list-style-type: none"> Being in the word 				

	<ul style="list-style-type: none"> • Being connected with the people in my D group throughout the year in one on one situation. • Being recharged and fed by a church and small group of my own. • Using resources provided by discipleship ministries to other ideas, topics and practices for my group • Having time for solitude and prayer • Being flexible and okay with deviating from the set plan for a meeting when the spirit intervenes • Having love set as the most important thing in my group. • We love Jesus each other and ourselves. 				X
9	<ul style="list-style-type: none"> • Attending weekly meetings with other D group leaders for encouragement and growth. • Going to lead week training at the beginning of the year to learn how to be a leader at PLNU. • Preparing at least an outline of a lesson plan for each week • Leading weekly D groups and cultivating relationships with other students in your living area. • Spending time growing in your personal faith so that you might be able to pour out into others. 			X	
10	<ul style="list-style-type: none"> • Asking question: see where they are in the week, any way I could pray for them • Being present • Being prepared for a meeting • Having scripture to discuss • Maybe a possible ice-breaker • Find a way to get everyone talking • Being okay with a smaller turn out • Making time to pray before the meeting 		X		
11	<ul style="list-style-type: none"> • D-group • Weekly meetings in which community is built • Focusing on a topic, such as a spiritual discipline, verse, word, and subject. • Allowing residents to get to know each other more. • Spending time in prayer with hall/residents leader • Preparing snacks • Fellowshiping with the residents • Being open to new relationships • Being will to facilitate others growth 		X		
12	<ul style="list-style-type: none"> • At least an hour prep time before D-group • Staying connected throughout the week to a spiritual community • A few times or daily devo time with Jesus • Personal contact with members of D group throughout week 			X	

	<ul style="list-style-type: none"> Preparing an hour long D group with a lesson, discussion topics, and prayer for the D-group. 				
13	<ul style="list-style-type: none"> Have myself in check, morally physically, mentally, and spiritually. I understand that we as humans are not perfect, but we can't preach what we don't do. Make sure my room is tidy and welcoming. I want to provide a safe and neutral space for my group. Plan ahead: sloppy plans are noticeable and overwhelming. Ask my hall what their needs are/what they are interested in Have back up plans if plan A falls through Create friendships and relationships with my group. Be vulnerable and transparent They won't if I'm not Love them no matter what 		X		
14	<ul style="list-style-type: none"> It is important to... Befriend your RA/plan with your RA Spend time preparing topics/scripture/questions for D-group Spend time in prayer for group Spend time getting to know fellow hall-mates outside group time 			X	
15	<ul style="list-style-type: none"> Understanding the routine of the residents on the hall Staying on your own devotional, separate from D-group Figuring out what to talk about at least 2 days in advance Praying over what God would have you say and the conversations that come up Creating a way to connect ex. Highs and lows of the week Creating relationships outside of the assigned D-group space time Keeping a constant time and updates for residences. 			X	
16	<ul style="list-style-type: none"> As a family group leader most of our job responsibilities come in the planning of weekly Monday meetings and also retreats. But what I think is the most important is the relationships we build with the people in our family groups and the time we spend talking, praying, and encouraging the,, basically supporting them and their ministry. 			X	
17	<ul style="list-style-type: none"> Prayer-in planning Listening to others Making time for planning Prayer-in leading Making time to meet with the group Implementing and using feedback Being flexible to needs of group Service-to your group Creativity in discussions 		X		
18	<ul style="list-style-type: none"> Humble leadership 				

	<ul style="list-style-type: none"> This is crucial especially when leading a group of friends the same age as you or sometimes older than you With a heart attitude that you are simply a messenger of good news/facilitator...not a pastor. Preparation In order to do something well. Planning is necessary. I outlined a general guide of how each meeting would go beforehand This is especially important in leadership because people look up to you and if you are not preparing, they see the subject matter as not valuable enough for the leaders time, why should it be valuable to them too? 	X			
19	<ul style="list-style-type: none"> Knowing the girls on the hall I serve Knowing the topics that they need/want to hear about Spending time finding the right activities/verses/messages Keeping the heart open so God can still speak 		X		
20	<ul style="list-style-type: none"> Weekly leadership meetings One hour prep time for D group each week 1 ½ hours of D-group each week Being a presence on the hall I am living in Being a leader on the hall Setting an example on the hall Spending time with God on my own Being around to listen Caring for people and God's creation Works well with people Spends the extra time with people 			X	
21	<ul style="list-style-type: none"> D-group leader are the functional unit that reaches out and serves the PLNU spiritually. I feel like one of the main parts of my job has been to make individual relationships with people so I can meet them where they're at and grow with them. As leaders we meet for 1 ½ hour each week to be filled up and then we go out and lead a 1 hour fellowship/bible study to the hall we have been assigned to. We live on the hall so we are with these students for more than just that one hour. We can be an older figure to talk to or simply an example of what it looks like to live a life that honors Jesus. Typically, I spend anywhere from 1-4 hours planning my D-group meeting each week, but I know every leader is different. 			X	
22	<ul style="list-style-type: none"> Being a D-group leader is a commitment to both lead and serve within the PLNU community. It requires willingness to be there for and support others within the specific community one is serving. 				

	<ul style="list-style-type: none"> • A leader must be willing to go to weekly meetings and spend hours outside of meeting planning bible studies. • Commitment to my own faith walk has also been a crucial aspect. • Doing the research and planning each week for meetings is a commitment that is worthwhile. 			X	
23	<ul style="list-style-type: none"> • As a D-group leader, there are logistical things that I was responsible for as well as more flexible and relational things. • We had weekly meetings that focused on individual growth and deepening in our faith. • We were also a part of a "family group" of other D-group leaders. In this group we had a solid foundation of people to hold us accountable and encourage us. • My specific roles as a D-group leader included living on the freshman hall where I served and leading a weekly gathering of bible study, prayer, fun, and conversation. • I think my biggest role as a D-group leader was simply doing life with my girls and loving them through whatever they were going through. 		X		
24	<ul style="list-style-type: none"> • Praying • Asking the group what they are wanting to get out of it • Be in a deeper personal relationship with the Lord • Get together with people individually • Good communication if you are with another leader • Having a personal group/mentor/etc that is pouring into you. • Honesty/vulnerability 			X	
25	<ul style="list-style-type: none"> • As a freshman D-group leader an important component is being intentional about creating a safe place of community for the girls on my hall • Praying about the next D group • Planning what I want to talk about and how to start the conversation • Sometimes I read commentaries beforehand on part of the scriptures • I always had an outline prepared for the D-group meeting but was also always aware of how that would/could change depending on where the girls were at that night. • Another important component is honesty and being real with the girls in terms of where I am at in my walk, what I'm struggling with or other things like that. • Sometimes just having fun nights or nights of rest is important too. 			X	
26	<ul style="list-style-type: none"> • Spiritual growth • Increase in responsibility • Discussing with people in D-group feel about how it is going • Asking for input on the subject of D-groups • Lots of brainstorming creative ideas • Finding verses that apply to the topic and reading them, praying for girls • Lots of honesty and openness • Praying for and having friends pray for D-group 			X	

27	<ul style="list-style-type: none"> • Prepare weekly D-group meeting plan • Spend time in prayer for hall and for what to discuss at D-group • Maintain and grow your own personal relationship with Jesus Christ. • Be an example/servant leader on the hall • Be available for girls/guys (residents) to talk, listen, or pray at any time of day/night 			X	
28	<ul style="list-style-type: none"> • Being a D-group leader contains several different components. In the beginning of the year, there is a commitment to come early to campus and participate in training for the upcoming year. • Once the year begins, there are two retreats (one each semester) that involves more training, growth, conversation and activities. • Each Monday evening our D-group leaders meet for an hour and a half to grow, learn and connect with one another. • Beyond these aspects, each D group leaders leads a Bible study on a specific hall, or for a specific dorm on campus. • For each Bible study, time is devoted to planning a lesson, or outlining what will take place for the night • A D group leader facilitates conversation asks questions and prays for and with those in their group. • Being a D group leader invokes personal growth and is a unique opportunity ti talk alongside peers as you each grow in Christ. 				X
29	<ul style="list-style-type: none"> • Commitment to the larger and small (family) group • Planning of D group meeting • Being intentional with girls in group • Having an open ear with group leaders • Being ok with saying "I don't know" to tough questions • Keeping those who have asked for accountability accountable 			X	
30	<ul style="list-style-type: none"> • Planning • Connecting with group members to remind about group • Build connections that foster people wanting to come • Prepare topics or ideas to talk about • Taking time to rest and calmly processing my own thoughts and where I'm at to provide vulnerability and yet strength for the group. • Leading • Remaining transparent throughout the week • Being a place for students in my group to talk about the hard stuff or the amazing stuff in life • Being a good, Christ like presence in the hall • Actually spending at least an hour in meeting time • Appropriately communicating with other leaders or campus if problem. 		X		
31	<ul style="list-style-type: none"> • Meeting on a weekly basis 		X		

	<ul style="list-style-type: none"> Using technology to communicate Help facilitate with questions and answers Help leaders with resources and strategy 				
32	<ul style="list-style-type: none"> An important component to being a D-group leaders I consistent investment in the lives of group members and fellow leaders. A statement that has given me purpose throughout my time is that “everyone needs Jesus.” Yes even Christian student at a Christian school need the love, grace, and redeeming power of Christ. It is important to bring that idea to every D group each week. Another element to that is being willing to say “I am your peer, I have junk just like you, let us walk together in the light and discover who Jesus is.” Authenticity is a huge component to this leadership position that brings about a heart open to the Holy Spirit. 		X		
33	<ul style="list-style-type: none"> First we (all of the D-group leaders) all meet with our leaders on Monday nights and go through discipleship, fellowship, and faith building practices. We also meet for dinner once a week in a smaller “family group” to give a forum/opportunity to be more vulnerable. Once a semester we go on a leadership retreat where spiritual growth personally and in community is focused on. Further, as a D group leader I am responsible for leading Bible study once a week in my residence hall for the students who live there. These meetings are an hour long and are focused (because of my preference) on these men being able to relate and open up to each other through Jesus instead of Him being a personal aspect of our lives. Sometimes I put on movie nights and worship nights for the hall. 			X	

	2. Briefly describe one event from the year that shaped your approach to leadership. What did you learn?	Below Basic	Basic	Proficient	Advanced
1	<ul style="list-style-type: none"> I think one of the most influential events I had in the year was spent with one of our leaders Melanie Wolf. Especially in my interview when I talked at what I felt about helping people and my ideas about how to fulfill God’s plan I was kind of hit on the head that all these feelings I was having was a call to ministry. I learned a lot about how my cultural heritage and family background constricted the idea of females in ministry. But I also learned that everyone’s life and call can be different. 			X	
2	<ul style="list-style-type: none"> When the director of chapel George came to speak to the group about slowing, truly changed my approach to leadership. He made us eat an apple, extremely slowly, so that we could acknowledge the fullness of the apple. I was surprised on how I never took time to enjoy an apple, and to thank God for his creation. 		X		

	<ul style="list-style-type: none"> This exercise challenged me to continue this practice in other areas of my life. 				
3	<ul style="list-style-type: none"> Several poorly planned D-groups really taught me the importance of preparation when in a leadership position. During one D-group in particular, I didn't prepare any questions for my floor and simply assumed that topics of conversation would present themselves during our meeting. This was partially motivated by laziness, partially motivated by my busy schedule. Regardless, the meeting did not go well. After I talked, no one had anything to contribute and we ended the meeting abruptly. Since then, I have always tried to set aside adequate time to prepare for my meetings. 				X
4	<ul style="list-style-type: none"> Finding out that I would be co-leading. It opened up to new ideas and methods, allowed for more creativity, I took more risks because I knew I had back up, learned how to better plan/prepare because we had to be on the same page. 			X	
5	<ul style="list-style-type: none"> I suppose what come most to mind more so than opportunities to teach were opportunities to serve. For instance, one broad example would be preparing/preparations for retreat. I enjoyed preparing for others place/activities that would allow them to grow in community. Serving others in this way and then being a part of the retreat and seeing them grow with one another with the Lord, ask different questions and in general have a good time was humbling, rewarding, insightful, and encouraging. 			X	
6	<ul style="list-style-type: none"> This year I read a book called erasing Hell by Francis Chan and it put the fear of God in to me and started to reflect upon what it means to fear God and keep his commandments. It taught me that it is essential to fear God and the Bible asks us to fear God, and it shaped the way I have lived my life, because it pushed me to do everything in my power to please God. 		X		
7	<ul style="list-style-type: none"> Youth leadership conferences hearing Bob Goff speak. Less is more when we try to do too much often we end up doing less. 		X		
8	<ul style="list-style-type: none"> Last semester my group went through the book of Romans. I remember we were doing chapter 4 of the book. I had read the chapter ahead of time and done about an hour of research and preparation in order to be ready to teach. That night while going through the motions with my group I realized that I was just talking, not even thinking about God. I looked up and saw a blank look on my group 				

	<p>members faces. What I realized from this night is I am not supposed to teach, but share.</p> <ul style="list-style-type: none"> No matter what I do to prepare I am not going to be a teacher to my group. However I am called to share my life, viewpoints, and experiences with these guys. Ultimately it's not teaching them, it's as learning and journeying together. 				X
9	<ul style="list-style-type: none"> In a conversation with my family group facilitator, I learned an approach to leadership that has definitely influenced me this year. He told me that, as a D group leader, it is not my responsibility to be perfect or to be everyone's best friend. Instead, I should be a vessel that God can use to make a difference in other people's lives. At the beginning of the year my biggest fears were about my own ability to lead when I feel so inadequate. My facilitator helped me to learn that it is not about me as much as it is about God working through me. 				X
10	<ul style="list-style-type: none"> Luncheon with Megan Fate. Rethinking what it means to be intentional with my faith and with others. Give me a longer scope on when I am able to be a leader, which is all the time in all of my actions. 			X	
11	<ul style="list-style-type: none"> I spoke with my pastor and he was talking about the different ways God speaks to us and through us and it made me realize that I am an instrument of his. It made me realize that he put me here for a purpose and wasn't going to abandon that. Isaiah 55. 			X	
12	<ul style="list-style-type: none"> After being together with everyone from D group I realized how much I was learning from those in my group. It made me realize leadership was a give and take of relationship ideas and wisdom. I was humbled in that I learned I wasn't better than those I was leading and was in a place of mutual opportunity for growth and maturity. 			X	
13	<ul style="list-style-type: none"> I can't describe one event specifically but rather a process and series of events. Learning to be transparent and open with my group really had an impact on my relationships within the group. It taught me respect for myself and for others and how to walk alongside rather than in front or behind. 			X	
14	<ul style="list-style-type: none"> An event that changed the way I lead was probably lead week. I had never led a small group prior to this year. Lead helped me understand the best way to reach out and grow along side my peers. Comparing that first week to now, I see so much change in my leadership tactics. I now know the importance of devoting my time and heart to a small group. I learned how to grow alongside my group and how to be real with them. 			X	
15	<ul style="list-style-type: none"> An event that really shaped my approach to D-group wouldn't actually be an event. My hall has a hit and miss attendance record for D-group that sometimes makes me question the importance of the work I'm doing. However the talks I have with the girls one on one either at lunch in the hall or 				X

	<p>whenever they wander in my room reassure me of the constant grace and purpose God has in every moment and relationship and my role as a leader is not to measure success by numbers but by the ministry of presence I have with those who have been placed in my life.</p>				
16	<ul style="list-style-type: none"> • I can't think of one specific moment or event but what comes to mind is the monthly family group dinner nights we had. Every time I would ask my girls to share how their groups were going and what was happening. They were always surprisingly honest and raw; sharing both the good and the bad. • At the end I would always ask to pray for them and their groups and it was incredibly humbling for me. Because they didn't need me to help with their groups, they were totally fine, but what they did want was just encouragement, affirmation and prayer. • I've really learned a lot about walking along side others and getting to see them grow, succeed, and learn is a truly beautiful thing. • Their faith has encouraged me in my relationship with God and has shape how I see leadership. 			X	
17	<ul style="list-style-type: none"> • This year I planned a worship night with two other D-group leaders. Through the planning process, I had to keep reminding myself that I was not responsible for the whole event and to share the leadership responsibilities with the other leaders as well. • This was really good because I am not used to co-leading, but through this experience I learned that to be a good leader, you have to learn to be a good follower as well. Now I am more open to others input and help. 			X	
18	<ul style="list-style-type: none"> • Listening/reading about leadership in the small group setting changed my approach to leadership. • I went into it as if I was going to be giving a sermon, but through the reading of the spiritual disciplines book, I learned that there are different groups. Cov group is different than a D group which is different than a small group. • I ultimately learned that leadership is much more about listening. 		X		
19	<ul style="list-style-type: none"> • I led an activity where the girls would journal a "self confessional" letter to God. • Through this I learned that reflection is a great tool for my girls that they can talk to God and be without me "teaching" them. 		X		
20	<ul style="list-style-type: none"> • I loved Fall retreat. I really enjoyed the friendships I made. • This helped me realize how much I need to be a true friend to the residents on my hall. • I really enjoyed my time with fellow believers who love God with their whole heart. 		X		
21	<ul style="list-style-type: none"> • Did not write anything 				
22	<ul style="list-style-type: none"> • The shift from co-leading to individually leading affected my approach to leading the group. • Most prior leadership experiences I had had were team positions. I had to push myself to be creative and come up with ideas and also make sure that we had all the details planned out. 			X	

	<ul style="list-style-type: none"> First semester my co-leader usually came up with the idea and I made the plan. SO creativity was a push for me to learn how to do. 				
23	<ul style="list-style-type: none"> One event that shaped my approach to leadership was a conversation that I had with a friend at the end of the first semester. I had told her my insecurities that I wasn't being a good enough leader. She both encouraged me and called me out on what thoughts I was listening to; God's or the devils. I learned that leading isn't about how other people respond but instead focusing on myself and doing my best and knowing that in the end only God's opinion matters and I know God loves me. 				X
24	<ul style="list-style-type: none"> For one of my classes I had to do an interview discussing servanthood and leadership. One idea that was addressed concerning leadership was someone that observed the surroundings and figured out how to best serve in that particular situation. Leadership can look different depending on where you're at and who you are with. Though this was something that was already somewhat in my mind, I had never articulated it. My D-group this year looked different than what I expected but feels as though it changed me in a way that met needs in a better way. 			X	
25	<ul style="list-style-type: none"> It wasn't necessarily one event, but getting feedback from people after D-group or seeing the way the girls responded to things brought up in a D-group gave me confidence in the way God was moving in each D-group. Sometimes during D-group I would wonder if what I brought up to talk about or discuss was what I "should" be bringing up. Then I would second guess myself. But the ways that girls responded surprised me. Despite my inadequacy, God was still at work. Even though I felt not good enough or weak, God could still use me. So I learned that leadership is not always about what you have to offer or what you can bring, but it's about being used by God and being able to be flexible and open to what God might be doing, trusting in his work, not my own. 				X
26	<ul style="list-style-type: none"> When we listened to a testimony I put signs up in our hall about it and told lots of my hall mates about it. I was super stoked for it and so many girls came to hear it. I learned that when I put more effort into promoting D-group and showing my excitement for it, I was able to excite others and encourage more girls to come. 			X	
27	<ul style="list-style-type: none"> A communication class I was in this year touched on leadership and referent power. This is the idea that people follow people because they respect that person. It is important as D-group leader to "live out your faith" and practice what you preach. Live a life so full of the fruit of the spirit that others want to follow you. 				X
28	<ul style="list-style-type: none"> In reading the book "Wounded Healer" I've come to recognize that being a leader does not mean you have to be perfect or have all the answers. Being a leader means that you recognize you need for help and healing and want to walk alongside others in a life shaped by periods of confusion and doubt. 			X	

	<ul style="list-style-type: none"> Being a leader means being vulnerable, sharing difficult experiences being humble. It means continuing to work, grow and seek Christ with others. 				
29	<ul style="list-style-type: none"> One of the meetings I planned with my girls was just a normal night of going through James, but God took the conversation in a completely different direction. Although I had something planned, I learned that as a leader flexibility in meeting the needs and desires of the group is good and necessary thing. 			X	
30	<ul style="list-style-type: none"> One of the girls in my group wanted to share her life story with the whole group and when we met before we took time to talk through her life and I quickly recognized red flags that made her state of being not conducive to share. Instead, I had to talk with the RD and encouraged the student to go to counseling. I learned a hard lesson in the hard situations that can arise from being a place for people to share. It made me understand that this was a big role with responsibility and definitely taught me how to deal with a new issue. 				X
31	<ul style="list-style-type: none"> One significant event that shaped my approach to leadership was the time I spent with a group of freshman, who wanted to grow in the Lord as the year progressed. I learned that God can use anyone and that this time was a time of rest and healing for my soul. 		X		
32	<ul style="list-style-type: none"> My group this year was made up of men that were Christians, but not necessarily believers. What I mean by this is that they believed in the existence of Christ, but had very little relationship. As I got to know them over the year, I realized that they weren't hungry for some intellectual discussion about God; rather they were hungry for Jesus. They had hard stories but were straining to "experience" the love that we talk about so often. This culminated in a D-group when I gave them the opportunity to give their lives to Christ. The transformation that I witnessed and continue to see is incredible. What I learned: The power of God may move at his pace, but Christ will prevail. 				X
33	<ul style="list-style-type: none"> One event that shaped my approach to leadership is when we had a guest speaker come to one of our Monday night leadership meetings. They (husband and wife) were missionaries in Russia who have bundles of fun testimonies. They shared with us that prayer is a crucial aspect found behind every great move of God. In order to contend for God to bring wholeness to an area, we must be devoted, passionate/compassionate, and selfless. Being a leader means laying down your life for others. 			X	

	3. Please choose one spiritual discipline we have looked at this year and explain its relevance and what it offers the spiritual life.	Below Basic	Basic	Proficient	Advanced
1	<ul style="list-style-type: none"> • Slowness and stillness have really affected me this past semester. Maybe because it's the life we live in America, this fast paced technology filled life or because I'm 21 and most people think a good time is partying, loud music, and a fast lifestyle, either way, finding time to be silent and still through at each day has truly been enriching to my spiritual life. • I've learned to listen and be humble in receiving. 			X	
2	<ul style="list-style-type: none"> • The spiritual discipline of slowing was very relevant to me because I am a fast paced person. • Incorporating slowing into my life has been a struggle, but it has opened my eyes to all that I miss when I am too focused on my own life. 			X	
3	<ul style="list-style-type: none"> • A spiritual discipline that really spoke to me this year is that of detachment. I think that this is extremely important, since I feel like it addresses a key problem that many Christians (myself included) struggle with. • Like the seed sown among thorns, we are often "choked out" by the many things of this world. Our problem, desires, and fears prevent us from truly committing to Christ and makes us lukewarm Christians. • By detaching ourselves from all of those things we become free to turn our hearts completely and fully to Christ. 				X
4	<ul style="list-style-type: none"> • Share my life with others. • I tend to be an internal thinker/processor so the spiritual discipline of sharing life in community has proven to be challenging, but has also led to many of the most beautiful moments of my time here. • It provides accountability and encouragement. 			X	
5	<ul style="list-style-type: none"> • Memorization is something that I value perhaps above all other disciplines. I see so much value in being able to call to mind scripture or words when you are in a situation that requires them. • In my mind, it is the discipline that can truly enable all other disciplines. It is something that you can carry with you at all times and can engage in no matter the circumstance. • It is a powerful tool to fortify one's self and encourage others. 				X
6	<ul style="list-style-type: none"> • Secrecy: When I first heard that this was a spiritual discipline I was taken aback. I had no idea how secrecy could be a positive thing. But the idea of giving in secret is one that I have taken into consideration a lot this year. • Jesus spoke numerous times about giving in secret, so that one would be giving in one's self. For Jesus said "it is better to give than it is to receive," and "when you give something with your right hand, your left should not know." • By giving in secret we free ourselves from hypocrisy and hope for a reward and our 				X

	spiritual life is strengthened.				
7	<ul style="list-style-type: none"> Accountability partners: having close Christ follower who care about you growing as a Christ follower. People who are willing to express tough love upon you in order for growth to take place. 		X		
8	<ul style="list-style-type: none"> Solitude us a discipline that has greatly shaped me this year. Through intentional time alone on walks or locked up in my room, I have encountered Jesus. Solitude is something I have learned us great to use in moderation. There is no purpose in being a hermit that is not what solitude is about, solitude in fact is not about being alone, it is about being one on one and face to face with our creator. I have seen a lot of personal growth from this practice, and have even had a few great ideas inspired regarding projects I'm working on. Being in solitude has been my favorite part of this year. 				X
9	<ul style="list-style-type: none"> Slowing was one of the spiritual disciplines that we discussed this year that had a significant impact on me personally. It is the act of purposefully slowing down your life in order to better feel God's presence and to appreciate all of the blessings in life that we might otherwise overlook. I have a very busy life and I tend to rush from one task to another, this spiritual practice can help to refuse me on what is important in life and even help to take away stress that can overwhelm me. When I slow down, I am more quickly to pray and I more easily feel the presence of God that I know is with me all the time, even in the midst of busyness. 				X
10	<ul style="list-style-type: none"> Silence- It's a lot more difficult than I thought it was. It gives more opportunities for reflection and introspection. Shhhhhhh..... 		X		
11	<ul style="list-style-type: none"> Slowing The act of not letting the business of life overwhelm you. This makes you slow down and appreciate the small thing and notice what good is doing in your life in a responsive way. It's important to not let life overwhelm our walk with God. 			X	
12	<ul style="list-style-type: none"> The spiritual discipline of regular devotional time with Jesus while reading the Bible and spending time in prayer daily is huge. When people do this, it focuses their hearts and minds on Jesus and allows God room to enter into our lives and give input. It tunes people into seeing Jesus in their daily lives and love and characteristics wherever they go—essentially being lights to others around them by sharing the love Jesus has poured into them. It's a chain reaction of love and goodness. 			X	

13	<ul style="list-style-type: none"> • Slowing! • I like to go 90 miles an hour 24/7 and then I end up wearing myself down to the point of utter exhaustion. • This particular discipline has really helped me to stop and smell the roses and enjoy the people and events around me. It's improved my relationship with others and with Christ. • I can see my growth as a person because of just relaxing. Sometimes it's good to just sit and do nothing; I wish I had realized it earlier in life. 			X	
14	<ul style="list-style-type: none"> • Solitude • I learned this year more than ever how introverted I am. I need so much space in order to feel calm. • Sometimes I would be on a run or with a group of overwhelming people and I would just move to step back or walk away. • Being by myself has helped me clear my thoughts so I can productively grow in my faith. Having that alone time with just me and God was the most beneficial activity I could do this year. 			X	
15	<ul style="list-style-type: none"> • One of the spiritual disciplines that went over really well within my D-group (and with me) was quiet time with God (don't remember the exact name for it off the top of my head from what the book says). • One of the practices that went along with that was scripture reading prayer. This one really spoke directly to me in that I needed to be in the word more. I think it also really plays into a spiritual life in how it brings myself directly to the word of God and reminds one of not only the Lord's promises but Biblical situation that relate to life. • It also takes the focus off of petitioning God (which is not always bad) and making the prayer about our needs or words but fully putting faith in scripture and what the Lord says through it. • It also forces one to slow down and focus on what scripture is actually saying. 			X	
16	<ul style="list-style-type: none"> • There were a lot of spiritual disciplines that I really loved but the idea of having a spiritual director or mentor that walks with you was super valuable. • A lot of my spiritual life here at Loma has been done alone and I deal with a lot of my problems alone and I'm learning that Christ has called us to share life with others and there is value in sharing life. 		X		
17	<ul style="list-style-type: none"> • The spiritual discipline of slowing is being able to slow down and notice and appreciate the small details of life. • In doing this we are drawn closer to God through appreciation of everything he has done and made. 			X	
18	<ul style="list-style-type: none"> • I learned the value of reading scripture in a more specific way through lecto devio. • Is it better to get through quantity leaving behind quality? My business classes tell me sometimes, but I disagree that quantity (how much scripture you read in one sitting) supercedes quality (more fully understanding the passage via prayer and meditation). • By doing exegesis, identifying historical context and theological witness of the text, 				X

	<p>only then can one interpret correctly. I believe taking scripture out of the context of the author's intentions is a problem in the church.</p> <ul style="list-style-type: none"> • Lecto Devio is a relevant solution that benefits my spiritual life. 				
19	<ul style="list-style-type: none"> • Prayer is a crucial part of our daily spiritual journey because through prayer, we are able to have a conversation with God. • The various types of prayer offer a wide variety of ways to experience God's conversation. 		X		
20	<ul style="list-style-type: none"> • One discipline we looked at was rest. • It is important because sometimes as college students we forget to take a break and rest in the Lord. • This, I think, is very important to spiritual life. God wants us to take res in Him and be in His presence. • This is a key in our walk with Christ. With school and obligations, it is extremely easy to forget what is important. 			X	
21	<ul style="list-style-type: none"> • The discipline that stands out in my mind most clearly is that of slowing. • I can say without doubt that one of the main things that hinders my relationship with God is business, so practicing slowing down every now and then to observe God's world reflect on God's faithfulness and be in God's presence has made all the difference. • Slowing is a tangible way to re-focus and grow in closeness with God. 			X	
22	<ul style="list-style-type: none"> • Solitude was a spiritual discipline that really blessed my life this year. • The practice of stepping away from people, technology, and all other distractions brought me to a place of deeper relationship with God. • By stepping away from the world, it is easier to hear God's voice speaking. It brings peace to the soul as one steps out of the world's chaos and chooses to focus on God's perfect peace. 				X
23	<ul style="list-style-type: none"> • A spiritual discipline that stuck out to me the most this year was unplugging. • This is the idea of setting aside many of the material things that overtake our life, in this case literally unplugging from media and electronics. • As a culture, we are so attached to each other electronically that we often lose sight of real relationships. • Also, these things unknowingly become items of worship as they take up over time and energy and attention and we are no longer focused on our relationship with God. 			X	
24	<ul style="list-style-type: none"> • The spiritual discipline of simplicity was one that seemed to be most constant throughout this year, whether be in my thoughts, actions, or the way I get ready. • This discipline seem like it would be "simple" however, in the midst of a society that has so much going on as well as being a college student this can be quite challenging. Simplicity is something that Jesus perfectly represented for us. • A man who knew everything was still simple in his ways and words. Taking on simplicity can give us more time to be with God as well as keeping our attention on Him alone. 				X

	<ul style="list-style-type: none"> Simplicity leaves our days open for the impossible, it gives our every thought action, and word that much more significance and allows us to take on a characteristic that Christ so beautifully displayed to us. 				
25	<ul style="list-style-type: none"> One spiritual discipline we looked at this year was the discipline of silence. I also attended an event called 30 hours of silence. It is relevant because we live such busy lives, with constant noise sometimes to hear God we need to be quiet and silent, waiting for Him to move. We need to be fed if we are going to be leader and intentionally silent, keenly aware of God's presence is a great way to be filled and fed and to learn things you may have otherwise missed. It offers growth to the spiritual life as it requires devotion to an activity rarely practiced in our culture. It provides intentional time of solitude as well, which helps to more fully connect with God without outside influences. I really enjoyed practicing this discipline of silence and hope to incorporate more into my life. 				X
26	<ul style="list-style-type: none"> I liked the one where there were different stations around the room, like paint, crafts, prayer... I wrote a prayer for my life that I put up in my room and like to read and pray it every day one of the main things that I wrote was "I trust you." Trusting God has been a challenge this year and praying that everyday helps. 		X		
27	<ul style="list-style-type: none"> The practice of silence is helpful in listening but it is also humbling. Simplicity is one that is also very humbling. It allows us to deny ourselves in a place of luxury, training our spirit to deny itself and make room for the spirit. When we can say no to ourselves we can be filled with TRUTH. It can be simplicity of food/diets, clothing, media, etc. 			X	
28	<ul style="list-style-type: none"> One of the spiritual disciplines we looked at this year was contemplation. We looked at this discipline in our specific D group and went of the different practices involves. One of the practices is to sit in silence and simply breath, inhaling breaths in and out. As you sit face palms down and release the negative thoughts, emotions going on. Then place palms up to receive God's gift and truth. This discipline causes deep thought about the areas in your life that are weighing you down and being filled with Christ. It is a time to slow down reflect, and breath. 				X
29	<ul style="list-style-type: none"> Slowing is a discipline I have surely seen the need for in my life. We learned this discipline with George as we were asked to do the simple task of eating an apple slowly. It was amazing how when we slow our lives down we learn to better taste and see that God is good and he is with us always. 			X	
30	<ul style="list-style-type: none"> A group of spiritual disciplines stands out-under the category of sharing life with others. In terms of d-group the group is a perfect example of the discipline and the way it offers encouragement, accountability, and the opportunity to be real with other is 			X	

	<p>huge for the spiritual life.</p> <ul style="list-style-type: none"> • Going through life alone is hard and there's something in that fact that God made us for relationship-with Him and all the people around us-that makes this list of spiritual disciplines stand out. 				
31	<ul style="list-style-type: none"> • The spiritual discipline of silence has brought me to understand how much more I need to avoid. • In the business of life and stress the Lord's voice isn't hearable. • I learned that silence can help me gather my thoughts together and I am in no need to converse with anyone. This offer some time to sit still and wonder how God will speak to you in that time. 			X	
32	<ul style="list-style-type: none"> • Spending quiet time to work on my faith has been a big deal in who I have grown into. Often times, I will look at the Bible in personal study in the same way that I would to create a lesson. • Through quiet time in the word or in meditation, I have discovered that preparing a lesson and seeking Christ myself are two very different things. If I spend time working on the faith of others, my faith takes a hit. • I am beginning to understand the importance of caring for personal growth, not out of selfishness, but because I need Jesus too. 			X	
33	<ul style="list-style-type: none"> • One spiritual discipline we looked at this year was silence. • Silence can be thought of as a form of the reason you are making this choice moment by moment, and prayer/intimacy/conversation with God. • Choosing to be silent for a given amount of time is a humbling thing when you feel like you have something to say that is better than someone else or when you feel like something you have to say will earn you praise, approval or attention. • Further, being silent gives you an opportunity to listen. Being able to listen to the world around you reminds you of your existence and how beautiful (or hurting) things truly are. • Also, listening to others offers an opportunity to care about someone else. 				X