

	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"> <li>Prayer</li> <li>Asking personal reflecting questions → this has usually been all I needed</li> </ul>		x		
2	<ul style="list-style-type: none"> <li>Humble attitude</li> <li>Passion for serving</li> <li>Dedication to invest into people and program</li> <li>A heart seeking after God</li> <li>Organization to get things done</li> <li>Focus to direct/facilitate a group</li> <li>Willingness to listen to people</li> <li>Above all else, A true love for people</li> </ul>				x
3	<ul style="list-style-type: none"> <li>Investing in relationships – Whether residents on your hall or other students on campus.</li> <li>Remaining grounded in prayer and scripture – keeping up a strong devotional life increased my awareness of God's presence and will</li> <li>Preparing a welcoming meeting space – whether a dorm room or lounge, having a warm space with plenty of room is important.</li> <li>Preparing material/ activities for weekly meetings, yet remaining flexible – always have scripture ready and an activity ready to do, but remain open to God's direction. Many of my meetings ended up turning into time of prayer.</li> </ul>				x
4	<ul style="list-style-type: none"> <li>Study and preparation</li> <li>Weekly gathering</li> <li>Interaction outside of weekly gathering</li> <li>Support from and for other leaders</li> <li>Jesus</li> </ul>			x	
5	<ul style="list-style-type: none"> <li>Weekly meetings to plan the D-group leaders weekly meetings</li> <li>Organization flow time logistics</li> <li>Deciding what activities, topic discussions, guest speakers etc. will take place</li> <li>Plan the bi-annual (semesterly) d-group leaders retreats <ul style="list-style-type: none"> <li>Topics and activities (strengthening leadership skills, Interpersonal development and/or fun)</li> </ul> </li> <li>Lead a family group &amp; Living area group of D group leaders <ul style="list-style-type: none"> <li>Serve as a place for inter &amp; intrapersonal development/discussing hard issues of life in a group.</li> <li>Help plan hall events and how to get people involved.</li> </ul> </li> </ul>			x	
6	<ul style="list-style-type: none"> <li>Creating an open welcoming safe space (as a person &amp; a physical place) for D group</li> </ul>				

	<ul style="list-style-type: none"> <li>but also consistently throughout the week.</li> <li>Intentionality → make yourself available for others, invite people to your group, check in, pray for those in your group, pray with those in your group.</li> </ul>			x	
7	<ul style="list-style-type: none"> <li>2 weekly meetings (2.5 hrs total)</li> <li>Communication with leaders under my charge</li> <li>Various others tasks to prepare <ul style="list-style-type: none"> <li>Prayer stations</li> <li>Snacks for meetings</li> <li>Ice Breaker games</li> </ul> </li> </ul>		x		
8	<ul style="list-style-type: none"> <li>Prayer constantly</li> <li>Ice breaker planning</li> <li>Worship planning</li> <li>Topic of talk selection</li> <li>Lectio Divina Scriptures</li> <li>Acts of service challenges</li> </ul>			x	
9	<ul style="list-style-type: none"> <li>Making a facebook page</li> <li>Talking to girls about weekly meetings</li> <li>Texting the girls</li> <li>Praying and reading bible</li> <li>Choosing a topic</li> <li>Acquiring materials for projects</li> <li>Getting videos from internet</li> </ul>				x
10	<ul style="list-style-type: none"> <li>Planning a weekly discussion and trying to mix things up made each week different.</li> <li>I posted the details of the meeting place and time on facebook as well as individually invited girls</li> <li>I prepared a discussion and tried to connect one on one with each girl outside of D group to deeper the relationship</li> </ul>			x	
11	<ul style="list-style-type: none"> <li>Spending time building relationships with people and inviting them to join D-groups</li> <li>Planning and preparing readings and material for meetings</li> <li>Gathering materials necessary for meetings</li> </ul>			x	
12	<ul style="list-style-type: none"> <li>I think it is extremely important to make sure your group knows you are trusted and that it is a safe place to come and share. To be a leader spiritually so that the student can tell they can be led to a place of growth. To be organized in the topics and events of the meeting. To be welcoming.</li> </ul>				x
13	<ul style="list-style-type: none"> <li>I texted the girls in my group a few hours before it began each week &amp; decided where we would be meeting.</li> <li>I would start by asking how their weeks were going and normally that would lead to</li> </ul>			x	

	<ul style="list-style-type: none"> <li>good conversation.</li> <li>I also drew upon the spiritual disciplines handbook &amp; what I learned at church.</li> </ul>				
14	<ul style="list-style-type: none"> <li>Avidly pursuing God in every crevice of my life and putting my relationship and identity in Him is imperative to allowing God to truly lead the group.</li> </ul>		x		
15	<ul style="list-style-type: none"> <li>Integrity, Leadership, Responsibility</li> <li>Importance of prayerfully considering content before the D group</li> <li>Reading scripture and discipleship books.</li> <li>Importance of being willing to invest in &amp; listen to the people in the group.</li> </ul>			x	
16	<ul style="list-style-type: none"> <li>Weekly meetings with all leaders as well as meeting with my group.</li> <li>One on one discussions and activities with members of my group.</li> <li>Publicizing my group by speaking with members of my Hall.</li> <li>Spending time in the Bible, watching sermons, and reading online resources to prepare for meetings.</li> </ul>			x	
17	<ul style="list-style-type: none"> <li>D group has been an invaluable experience at Point Loma. The leadership has provided an environment and support system that has built me up and encouraged me immensely. This program is a huge asset to the point loma community.</li> <li>In learning to be a D-group leader I have been encouraged by the leaders and my peers who I am leading. I have built relationships with people in ways that I would not have had the opportunity to without discipleship ministries.</li> <li>I have been able to take on more leadership roles because of my time with D group. I have been encouraged empowered built up and loved in powerful ways that have enhanced and encouraged me to grow in immeasurable ways.</li> </ul>				Not graded. This was an intern. Question did not pertain.
18	<ul style="list-style-type: none"> <li>Sending out text messages about weekly details of the upcoming D groups.</li> <li>Taking prayer requests and setting aside time to pray for the members of my D group.</li> <li>Reading, praying, writing a plan to prepare for the weekly meeting.</li> <li>Shopping for snack, supplies for activities, etc.</li> </ul>			x	
19	<ul style="list-style-type: none"> <li>Planning D-group</li> <li>Meditation on a verse or prayer.</li> <li>Allowing the people who participate to voice their opinion on what they want D-group to be about.</li> <li>When leading allows discussion to take place and room for people to ask questions.</li> <li>Pray for each other.</li> </ul>			x	
20	<ul style="list-style-type: none"> <li>Talking on the hall.</li> <li>Writing on bathroom mirrors.</li> <li>Handing posters out/preparing snacks for each evening.</li> <li>Praying with girls on the hall each week.</li> <li>Checking highs and lows each week.</li> <li>Having devotionals to prepare for meetings and to think through.</li> <li>Do crafts/make gifts to give to others during the day.</li> </ul>				x

	<ul style="list-style-type: none"> <li>Have a fun <b>activity to do each meeting</b> whether it be charades or hop scotch share.</li> <li>We flushed a piece of toilet paper down the toilet with things that were heavy on our hearts</li> <li>We <b>watched movies</b> and related them to <b>bible stories</b>.</li> <li><b>Shared testimonies</b> and laughed a lot with each other.</li> </ul>				
21	<ul style="list-style-type: none"> <li><b>Invite others</b></li> <li>Texting weekly</li> <li><b>Planning</b> a lesson</li> <li>Doing <b>fellowship</b></li> <li><b>Self care</b></li> <li><b>Preparation</b></li> </ul>			X	
22	<ul style="list-style-type: none"> <li>Spending <b>time daily with God</b>. (In the Bible and in prayer)</li> <li><b>Reflect</b> on what I have been learning and what has been on my heart and turning that into s devotional.</li> <li>Spend <b>time getting to know the girls in group</b>, <b>hanging out with them</b> throughout the week.</li> <li>Text the girls in my group to <b>remind them about our meeting time</b>.</li> </ul>			x	
23	<ul style="list-style-type: none"> <li>Announce that you are doing <b>D-group, the time, location</b>, If they need to bring anything etc. This could be <b>face to face communicating</b>, texting, email, facebook, etc.</li> <li><b>Plan</b> what to do during your meeting, <b>get supplies</b>, <b>prepare questions/discussion topics/crafts</b>, decide on and secure a <b>place to meet</b>.</li> </ul>		x		
24	<ul style="list-style-type: none"> <li>Providing <b>hospitality</b> to young women who want to <b>learn more about Jesus</b> and <b>get to know each other</b>.</li> <li><b>Inviting</b> people to D-group.</li> <li>Texting <b>weekly reminders</b>.</li> <li><b>Facilitating</b> group discussions.</li> <li><b>Teaching</b> devotional.</li> <li><b>Prayer</b>.</li> <li><b>Journaling</b>.</li> </ul>				x
25	<ul style="list-style-type: none"> <li><b>Invite members</b> to attend <b>weekly meetings</b>.</li> <li><b>Preparing a topic</b> each week to discuss with underclassmen.</li> <li><b>Integrity, honesty, and trustworthiness</b> are important for students to open up.</li> </ul>			x	
26	<ul style="list-style-type: none"> <li><b>Praying for my D-group</b> throughout the week.</li> <li><b>Planning out weekly discussion</b>.</li> <li><b>Engaging</b> my group throughout the week.</li> <li><b>Inviting new people</b>.</li> <li><b>Loving</b> people well.</li> </ul>			x	

	<ul style="list-style-type: none"> <li>• Cleaning my room before every meeting.</li> <li>• Creating a safe place for emotions to be shared and felt.</li> </ul>				
27	<ul style="list-style-type: none"> <li>• Knocking on people's doors inviting them personally to come.</li> <li>• Making signs so people know events.</li> <li>• Spending time with Jesus.</li> <li>• Buying snacks for the group.</li> <li>• Getting materials for a craft related to the Bible study.</li> </ul>			x	
28	<ul style="list-style-type: none"> <li>• Spending time preparing, books, devotional, and Bible study.</li> <li>• Telling students about the group.</li> <li>• Ice breaker.</li> <li>• Prayer at end.</li> </ul>			x	
29	<ul style="list-style-type: none"> <li>• Gathering students together weekly.</li> <li>• Facilitating group discussion.</li> <li>• Setting up music for a time of worship.</li> <li>• Looking at context for scriptural passages.</li> <li>• Creating accountability for prayer.</li> <li>• Approaching students outside of designated meeting times.</li> </ul>			x	
30	<ul style="list-style-type: none"> <li>• Getting to know freshmen and helping them overcome struggles.</li> <li>• Learning to lead based on others needs. Not just my own desire.</li> <li>• Getting plugged into more campus events and the spirited movement on campus.</li> </ul>		x		
31	<ul style="list-style-type: none"> <li>• Being flexible with the schedule of the other students.</li> <li>• Having grace with those who are apathetic about God and or D-group.</li> <li>• Being a presence on the hall even if D-group isn't flourishing.</li> </ul>		x		
32	<ul style="list-style-type: none"> <li>• Connecting with freshmen on the hall.</li> <li>• Being held accountable for seeking Jesus.</li> <li>• Being supported.</li> </ul>		x		
33	<ul style="list-style-type: none"> <li>• Prayer!</li> <li>• Texting or emailing members.</li> <li>• Preparing scriptures.</li> <li>• Praying for members each week.</li> <li>• Intentional outside interaction.</li> </ul>			x	
34	<ul style="list-style-type: none"> <li>• For planning my D-group, I post on the facebook page I made for my d-group</li> <li>• I pray that God will be known and present in our meetings</li> <li>• I buy snacks</li> <li>• I talk to girls in my building and invite them to d-group</li> <li>• I go on 1on1's with the girls in my d-group</li> <li>• I try to be organized and plan out some topics</li> </ul>				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"> <li>The importance of <b>being filled</b>.</li> <li>The service (give needs to be an outpour of receiving God's love for me or else I get burnt out and exhausted. And I need to be willing to admit I need love.</li> </ul>			x	
2	<ul style="list-style-type: none"> <li>Catalina trip.</li> <li>I really realized on this trip how leading is not about myself and I <b>do not have to be perfect to be in such a position</b>. I learned that it is actually an awesome opportunity to serve and share the amazing love God has shown us.</li> </ul>			x	
3	<ul style="list-style-type: none"> <li>Sometimes my group would become negative or distracted, and I would need to learn when to <b>speak truth and ask redirecting questions</b> when needed.</li> </ul>		x		
4	<ul style="list-style-type: none"> <li>When I started talking about Jesus instead of doctrine, theology, anything else, my group began to grow and thrive. Numbers stayed about the same, but the <b>group gained a vitality and hunger</b> that wasn't there before.</li> </ul>			x	
5	<ul style="list-style-type: none"> <li>Family groups (the event of meeting together) helped teach me that <b>each individual I am leading has issues, history and different opinions/perspectives</b>. Any group that I might lead flippantly assigns tasks to; the unique mixture of people that comes together in a group <b>should be respected as individual and unique</b>.</li> </ul>			x	
6	<ul style="list-style-type: none"> <li>In helping D group leaders plan an event for their dorms (Wiley and Finch), I learned that being a leader sometimes means <b>taking a step back and allowing the group members to plan</b>. I helped to contribute to this by <b>asking what was needed of me</b>, but the leaders were able to plan the event on their own and they did awesome.</li> </ul>			x	
7	<ul style="list-style-type: none"> <li>I loved leading other leaders. It was incredible how much the people "under" me had <b>to teach me and show me as we walked through life together</b>. I especially remember one time when one of the girls I lead gave me a Bible verse for my life and it really spoke to me and encouraged me.</li> </ul>			x	
8	<ul style="list-style-type: none"> <li>Acts of service, my D-group was able to apply words we preached during D-group and put them into action. I learned that we must <b>be spiritually fit by practicing what we preach</b>.</li> </ul>				x

9	<ul style="list-style-type: none"> <li>One event from the year involved my Pastor preaching a sermon on leading. He talked about the different practices and approaches they took. This showed me I didn't have to be perfect, I was going to make mistakes, but it was my responsibility to step up and share what I knew.</li> </ul>			x	
10	<ul style="list-style-type: none"> <li>I learned that I tend to prefer one o one contact. This happened when one night at my D-group I just felt a push to call one girl to talk with. This then just led me to meet one on one with different girls each week in order to connect deeper with many of them.</li> </ul>			x	
11	<ul style="list-style-type: none"> <li>I learned the importance of serving as an aspect of leadership through watching the attitudes of those of leadership around me.</li> </ul>		x		
12	<ul style="list-style-type: none"> <li>The D-group retreat in the summer shaped my approach completely. I initially thought I would have to lead a lesson and discussion each week, but after that week I learned the importance of merely building a place of trust and confidence and community. One to which others can question and rejoice and grow, while finding true friends and brothers and sisters in Christ.</li> </ul>			x	
13	<ul style="list-style-type: none"> <li>Through family groups, we discussed different leadership styles and types of activities done in the different D-groups. It gave me ideas on how to lead and what to do and how to approach D-group.</li> </ul>		x		
14	<ul style="list-style-type: none"> <li>Events that shaped me were less taking place within D-group, but with intimate growth and digging into suffering with people individually. There were so many moments that allowed me to become more nurturing and more of God's character was revealed to me. That love is not a specific action, but friendship and a persistent presence. That loving people extraordinarily takes split second boldness and loving people the most I can in the present is so vital.</li> </ul>				x
15	<ul style="list-style-type: none"> <li>This year I was part of a discipleship group at my church. My pastor taught me that being a leader isn't about knowing all of the answers or about what you can accomplish. It is about being an example and modeling your Christian walk for those you wish to lead.</li> </ul>			x	
16	<ul style="list-style-type: none"> <li>I had a moment where a girl needed to talk through a big life decision with me. She was very draining and somewhat difficult to have conversation with. I ended up staying up a lot later than I wanted. This taught me a lot about self sacrifice and love. In order to love this girl I needed to be present and listening.</li> </ul>			x	
17	<ul style="list-style-type: none"> <li>One of the girls in my group shared deep struggles of hers that allowed me to get a lot of insight on her personal life. By sharing private information, I felt encouraged to be truly vulnerable and honest in a way I hadn't realized was necessary of a leader. I was humbled and felt more free in my position.</li> </ul>			x	

18	<ul style="list-style-type: none"> <li>One day I tried to get everyone from my D-group (as many as 20 people) to go out to a farmers market. I made posters and told everyone about it a few weeks beforehand. But on that night nobody wanted to go except one or two guys and even when we went it was super weird and we only walked around a little. In that moment I felt super discouraged but I recognize and learned that it is not always up to me to make a great night but <b>more specific planning</b>, i.e. what to do when we went would have helped.</li> </ul>				x
19	<ul style="list-style-type: none"> <li>The main event that shaped my leadership was the retreat at the beginning of the year. I learned how to <b>be a part of a team</b>, <b>support others</b> within the D-group family in preparation for members of my own D-group, and gained several creative ideas to do within my weekly meetings.</li> </ul>			x	
20	<ul style="list-style-type: none"> <li>D-group retreat taught me <b>how to reach with peers</b> my age and the discussion we could have a D-groups.</li> </ul>		x		
21	<ul style="list-style-type: none"> <li>One major event was on Catalina Island with our D-group retreat. Being there I was excited and <b>felt connected to God because there was so much time to devote and I was able to spend time with God</b>. One on one's that I love to have but never do enough. Also, <b>sharing and hearing other people's life stories</b> was truly inspiring and motivational.</li> </ul>			x	
22	<ul style="list-style-type: none"> <li>I got to know one girl that opened up at one of our meeting <b>who has grown tremendously</b>. Not only has she been shaped by the group, but she has definitely shaped the way I lead, think, and love.</li> </ul>			x	
23	<ul style="list-style-type: none"> <li>I remember one of my first D-groups I wrote out word for word my devotional and it ended up being super awkward and robotic. The girls in my group were super nice about it and told me it was great, but it <b>taught me to speak more from my heart and not having to plan everything out perfectly</b>. It taught me <b>to leave more room for God to work and not try to control everything</b>.</li> </ul>				x
24	<ul style="list-style-type: none"> <li>A reoccurring thing that has shaped my approach to leading my group was <b>the excitement, level of participation, openness, honesty, and enthusiasm that was reciprocated by the members of my group</b>.</li> <li>For example, in the beginning of the year, the group did more activity-based things, but as the year went on, we did more discussion-based meetings. This was because we had grown closer as a group and so as the leader could see that we were ready to go deeper and did not just have to do surface level things.</li> </ul>				x
25	<ul style="list-style-type: none"> <li>One of the girls in my groups was/is so excited about D group. She was filled with so much joy and became so fired up about learning about Jesus. I learned that in being a leader <b>there is so much to learn from the people you are leading</b>. In my D group I wasn't so focused on leading and teaching but on <b>creating a space for girls to be open and vulnerable</b>. The environment of my group is so open, honest, and willing to share. Even in being a leader, I realized how important my <b>own vulnerability and brokenness is</b>.</li> </ul>				x
26	<ul style="list-style-type: none"> <li>I had two girls consistently show up for D-group. At first, I shared my testimony and</li> </ul>				x



	asked if either of them would be willing to share. They both felt uncomfortable so I didn't push them. After several weeks of being open about struggles and trials that came up in my own life, they both were more willing to share their testimonies at the end. I learned that humility is what makes a leader a good leader. <b>Being honest with your group helps everyone grow as a community.</b>				
27	<ul style="list-style-type: none"> <li>My first week I had one person show up and I learned to be a faithful with what I had and my group has grown to about six to eight guys now who are hungry for Jesus and usually stay for close to two hours than the designed one. Thus I learned how to <b>stay faithful when you have little so it will continue with many.</b></li> </ul>			x	
28	<ul style="list-style-type: none"> <li>Learning what it means to co-lead, how to <b>work together and communicate.</b></li> </ul>		x		
29	<ul style="list-style-type: none"> <li>I enjoyed getting to make Easter cards for the elderly</li> <li>Part of being a good leader is <b>knowing how to serve.</b> I also allowed for a change of pace</li> </ul>			x	
30	<ul style="list-style-type: none"> <li>I had to facilitate an argument based on theological differences. I needed to interrupt the argument and bring the students back to the central focus of the discussion. I <b>learned useful skills in handling opposing views between students</b> and how to appropriately address them.</li> </ul>				x
31	<ul style="list-style-type: none"> <li>I learned through my d-group that leadership is not about me. It is about getting <b>plugged into the lives of those around you</b> and changing your approach through that. This was shaped through every weeks meeting, but also through discipleship ministries retreat in the fall.</li> </ul>			x	
32	<ul style="list-style-type: none"> <li>I had an experience where <b>I had to approach two students who were involved in drug use,</b> but one of them came to Christ by the mere fact that he was confronted and had his sin brought into the light.</li> </ul>		x		
33	<ul style="list-style-type: none"> <li>I had weeks where no one would come to my meetings.</li> <li>I learned that just <b>being there for the girls</b> was more important.</li> </ul>		x		
34	<ul style="list-style-type: none"> <li>Renewal week both semesters.</li> <li>I learned a lot <b>about love and hope in Christ</b></li> </ul>		x		
35	<ul style="list-style-type: none"> <li>Leading a group in general. <b>Facilitating conversation</b> with my group caused me to step out of my comfort zone. It caused me to step up in my planning and become more of a leader.</li> </ul>		x		
36	<ul style="list-style-type: none"> <li>Just learning from everyone weekly.</li> <li>Everyone has <b>different strengths and gifts</b> that was fun to see other ways to be a leader.</li> </ul>		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"> <li>Truth</li> <li>This was the most uncomfortable discipline for me. But it caused me to really be challenged to take what I know in my head and believe it in my heart. And when I do that, there is no room for lies. It definitely caused me to be humbled.</li> </ul>			x	
2	<ul style="list-style-type: none"> <li>Slowing</li> <li>It is SO easy to get caught into the routine. Business of the day in a way that our spiritual growth/relationship dwindles. But it is when we slow especially in the hectic situations where we can see what really matters and hopefully welcome a much more right perspective so that we can continue to serve God in our living. Slowing helps us realize this.</li> </ul>			x	
3	<ul style="list-style-type: none"> <li>Retreat</li> <li>The discipline of retreat and taking intentional time to pray and focus on what the Lord has proved invaluable. My d group attendees appreciated the practice when they were overwhelmed with work and school. I introduced this practice into my life for the first time this year and have been absolutely changed from it.</li> </ul>				x
4	<ul style="list-style-type: none"> <li>Incarnating the love of Christ</li> <li>When we practice this discipline, it causes us to make real connections with others, step out of our comfort zone, and really explore who Jesus is. We can't incarnate the love of Jesus without getting to know what Jesus was about, what he like/disliked, who he hung out with, and what he is like.</li> </ul>				x
5	<ul style="list-style-type: none"> <li>Compassion</li> <li>It is one of the most important ways to incarnate the love of Christ (and unfortunately one of the least recognized within many churches). Compassion is the action put towards alleviating the hardships that pain the heart of God.</li> </ul>			x	
6	<ul style="list-style-type: none"> <li>Contemplation</li> <li>I think it's contemplation that I have greatly appreciated looking at this year. I often struggle with discerning what the Lord is telling me and following where I believe he is leading. One of the practices reminds us to contemplate and examine the themes, conversations, ideas, and passions that continually present themselves in our lives. As we look at these continuous themes we can discern where God's calling us or what he is trying to make known. In a year of big decisions, it has been critical for me to take time to discern God's voice and pay attention to the paths he's calling me to follow. In taking time to pay attention to repetition in my life, I have been able to better see who God has created me to be, the gifts he has bestowed upon me and where he's calling me to go.</li> </ul>				x

7	<ul style="list-style-type: none"> <li>• Prayer</li> <li>• This is such a big deal and so easy to incorporate into life and yet it is so quickly forgotten. I loved talking through different ways other Christians pray and I have learned several tools that have expanded and enriched my spiritual journey.</li> </ul>			x	
8	<ul style="list-style-type: none"> <li>• Quietness and meditation</li> <li>• Quietness and meditation has greatly helped me learn to listen and be still in God's presence. It is so wonderful to step back from the craziness of life and just be in this place of peace and intimacy with my creator.</li> </ul>			x	
9	<ul style="list-style-type: none"> <li>• Meditation</li> <li>• One spiritual discipline I've really enjoyed is the mediating on the word through lectio divina. This really has helped me truly reflect on what it's saying. It has helped me remember what I read and actually apply it to my life.</li> </ul>			x	
10	<ul style="list-style-type: none"> <li>• Scripture Memorization</li> <li>• In order to know how to combat evil we must know how Jesus does it and that is with scripture. The more we know, the stronger we are as Christians.</li> <li>• Scripture memorization offers a way for us to know the truth of what God says and to use that truth in the face of temptation</li> </ul>				x
11	<ul style="list-style-type: none"> <li>• Silence</li> <li>• One spiritual discipline we looked at this year was silence. This has helped to train me to be aware of God's presence around me and in my life.</li> </ul>			x	
12	<ul style="list-style-type: none"> <li>• Slowing</li> <li>• So much of life is fast paced and doesn't offer time to slow down and enjoy life, especially to spend time with our creator. Slowing is relevant in forcing us to practice squeezing as much juice of life as we can get, to not let the world be so much of a distraction, but being able to find time and space in the midst of the business to spend time praising, praying, and listening to what the Lord has to say to us daily.</li> </ul>				x
13	<ul style="list-style-type: none"> <li>• Examine</li> <li>• This spiritual discipline of examine was very significant to me this year. It helped me to look at my life in a more significant way and name what is good for my soul and what is not. This has been really important for my life.</li> <li>•</li> </ul>			x	
14	<ul style="list-style-type: none"> <li>• Silence</li> <li>• Staying silent before God in acknowledgment of his power and ability to be... &amp; to</li> </ul>			x	

	exist is so beautiful. That my incessant search to understand can include being completely mindless before God.				
15	<ul style="list-style-type: none"> <li>• Sabbath</li> <li>• God commands us to rest because it 1) is good for our physical/mental/spiritual health, and 2) is a sign of faith to God. It is also important because it provides time and space for us to open up ourselves to God and grow in relationship to him.</li> </ul>			x	
16	<ul style="list-style-type: none"> <li>• Prayer</li> <li>• We talked about prayer and how there are many aspects and pieces to prayer. Prayer is foundational to our spiritual growth and spiritual journey. Prayer is a discipline that helps us be in deep relationship with God. Prayer is essential!!!</li> </ul>			x	
17	<ul style="list-style-type: none"> <li>• Prayer</li> <li>• Being aware of different methods of prayer has had a big influence on me. I always saw prayer as more of a chore and when I learned from Pastor Dee Kelley about the imagination's place in prayer, my prayer life was revitalized.</li> </ul>				x
18	<ul style="list-style-type: none"> <li>• Prayer</li> <li>• Prayer is vital in reminding me of the bigger picture in life and also to commune with God, which is the substance of believing what I do</li> <li>• It fosters intimacy with Jesus and brings revelation of my purpose in life as well as the character of God.</li> <li>• Lectio Divina, the part of praying the scriptures is also super powerful in giving me new and powerful ways to pray.</li> </ul>				x
19	<ul style="list-style-type: none"> <li>• Stewardship</li> <li>• One spiritual disciple that stood out to me was the time we spent talking about stewardship. I think learning ways to act out my spiritual life in beneficial ways for God's creation was very important.</li> </ul>			x	
20	<ul style="list-style-type: none"> <li>• Meditating</li> <li>• Meditating allows one to open up to what God might say, either through scripture, prayer, etc.. Meditating aligns oneself with God and allows him to speak and awake the spirits wisdom.</li> </ul>				x
21	<ul style="list-style-type: none"> <li>• Silence</li> <li>• One spiritual discipline we looked at was silence. For me it was important because in college I feel like that can be a struggle to find especially in everyone's hectic lives. This offered spiritual life leaders and mentors a chance to bond, to instruct, and look deeper into one another's lives and hearts.</li> </ul>			x	
22	<ul style="list-style-type: none"> <li>• Slowing</li> <li>• One spiritual discipline that has impacted me is the practice of slowing. It has really taught me to slow down and appreciate everything around me.</li> </ul>			x	
23	<ul style="list-style-type: none"> <li>• Incarnate the love of Christ</li> <li>• I loved the spiritual discipline of incarnating the love of Christ. It gave us practical ways to live out the love of God which is something that is close to my heart. It is so relevant because it goes along with the commandment to love God and love others.</li> </ul>			x	

	This goes along with how God calls us to live our lives,				
24	<ul style="list-style-type: none"> <li>I don't remember the specific name of the discipline, but I especially enjoyed doing the affirmation activities. For example, writing encouraging things about each other on pieces of paper that were taped to our backs. Words of affirmation is one of my top love languages and so I personally really appreciated this. Also, it made me feel closer to the other d-group leaders because it allowed me to verbalize qualities that I appreciated in them.</li> </ul>				<b>x</b>
25	<ul style="list-style-type: none"> <li>Prayer</li> <li>I learned a lot about prayer this year. Prayer is meant for communicating with God. Prayer allows people to commune with God individually and as a group. In my spiritual life, it has allowed me to be more open with God and praise him more.</li> </ul>			<b>x</b>	
26	<ul style="list-style-type: none"> <li>Prayer</li> <li>Spending time alone with God in prayer has been particularly integral in my walk this year. It is so important to be filled with God daily so that I can give my best when investing in the lives of others around me. I have been so blessed and have seen the fruit from waiting upon the Lord this past semester.</li> </ul>			<b>x</b>	
27	<ul style="list-style-type: none"> <li>Prayer</li> <li>I believe prayer is the most crucial thing in many regards. Prayer is familiar conversation where you talk and listen to your father. This cultivates intimacy which then draws you deeper and deeper into the Father's heart and thus you overflow and the world around you encounters the living God through your abundance you carry.</li> </ul>				<b>x</b>
28	<ul style="list-style-type: none"> <li>Festooning</li> <li>Helps make the scriptures be seen in relation to your own life (but need to make sure you don't take the truth out of it by personalizing it)</li> </ul>			<b>x</b>	
29	<ul style="list-style-type: none"> <li>Slowing</li> <li>Being able to slow down and understand the heart of God is something that I have always struggled with. The process of being intentional and taking stock of the process of slowly eating an apple really reminded me of the importance of slowing in everyday life.</li> </ul>				<b>x</b>
30	<ul style="list-style-type: none"> <li>Incarnating the love of Christ</li> <li>When we are actively able to put our faith into practice, it helped me better understand living a Christ-like life. It is easy to read about the ideas Jesus preached on but much more difficult to integrate those ideas into our actions.</li> </ul>			<b>x</b>	
31	<ul style="list-style-type: none"> <li>Reading the Bible daily</li> <li>One spiritual discipline is the practice of reading the bible daily. For me, this has looked like being in the word every day and deciphering what its practical application is for me each day. This has offered much direction and most of all comfort through the real physical connection of holding the word and letting it sink into my spirit.</li> </ul>				<b>x</b>
32	<ul style="list-style-type: none"> <li>Prayer was essential</li> </ul>	<b>x</b>			
33	<ul style="list-style-type: none"> <li>Prayer</li> <li>Good to know different ways to use prayer instead of just traditionally. It helps to keep</li> </ul>		<b>x</b>		

	me from forgetting what I'm doing and helps me to evaluate my prayer.				
<b>34</b>	<ul style="list-style-type: none"> <li>• Eucharist</li> <li>• Communion with the body, D group leaders and the church, and the communion with the God of perfect, non-shaming love. This spiritual discipline shaped my entire life.</li> </ul>			<b>x</b>	
<b>35</b>	<ul style="list-style-type: none"> <li>• Prayer</li> <li>• I really liked our discussion on prayer. Prayer is so crucial in our spiritual formation so I enjoyed learning about the different types of prayer especially prayer mansion.</li> </ul>			<b>x</b>	
<b>36</b>	<ul style="list-style-type: none"> <li>• Stewardship</li> <li>• Caring for the earth is a big deal for me. God put Adam and Eve in charge of the planet and as their descendants, we must do our part to care for it as well.</li> </ul>			<b>x</b>	