

"My Spiritual Journey" Worksheet

My Spiritual Journey

A personal reflection worksheet – After completing Christianity 101

Over the past six weeks, you've explored the core truths of the Christian faith. Now it's time to reflect on what you've learned, where you are spiritually, and what your next steps might be.

Take your time with this. Be honest. There are no "right" answers—just real ones.

Part 1: Looking Back – My Background

1. How would you describe your spiritual or religious background growing up?

(Family beliefs, church involvement, other religions, no religion, etc.)

2. Before starting Christianity 101, what did you think it meant to be a Christian?

3. What motivated you to go through this 6-week study?

(Curiosity, invitation from a friend, personal crisis, searching for meaning, etc.)

4. Have you ever had a time in your life when you felt especially close to God or spiritually aware?

If yes, describe what was happening.

Part 2: What I've Learned – Key Insights from the 6 Weeks

5. Week 1 was about the Bible and knowing God personally.

What is one thing you learned or that stood out to you?

6. Week 2 focused on who Jesus is and why He is unique.

How has your view of Jesus changed (or been confirmed) through this study?

7. Week 3 examined the evidence for Jesus' resurrection.

Do you believe Jesus really rose from the dead? Why or why not?

8. Week 4 talked about sin and our need for a Savior.

How do you understand the problem of sin now? Has your view changed?

9. Week 5 explained how to become a Christian.

What was the most helpful or challenging part of that lesson for you?

10. Week 6 was about assurance—knowing you're going to heaven.

Do you feel more confident now about where you stand with God? Explain.

Part 3: Where I Am Right Now – My Current Spiritual Status

11. On a scale of 1–10, how would you rate your current interest in God and spiritual things?

(1 = not interested at all, 10 = very interested and engaged)

Circle one: **1 2 3 4 5 6 7 8 9 10**

Why did you choose that number?

12. Which of the following best describes where you are spiritually right now?

(Check one or write your own.)

- ☐ I'm still exploring and not ready to make a decision yet.
- ☐ I believe in God, but I'm not sure about Jesus being the only way.
- ☐ I believe Jesus is real and important, but I'm not sure what that means for me personally.
- ☐ I think I'm a Christian, but I have doubts about my salvation.
- ☐ I'm confident I'm a Christian and I want to grow deeper.
- ☐ Today, I want to trust Jesus Christ as my Savior and Lord for the first time.
- ☐ I trusted Jesus before, but I want to renew or recommit my life to Him.
- ☐ Other: _____

13. What are the biggest questions or doubts you still have about God, Jesus, the Bible, or Christianity?

14. What has been the biggest obstacle or barrier keeping you from fully trusting Jesus?

(Fear, doubt, lifestyle changes, relationships, intellectual questions, past hurt, etc.)

Part 4: Understanding the Gospel – In My Own Words

15. In your own words, what is the "Good News" (the Gospel)?

16. What does it mean to "repent"?

17. What does it mean to have "faith" in Jesus?

18. According to what you've learned, what happens when someone trusts in Jesus Christ?

(List as many things as you can remember.)

Part 5: My Personal Response to Jesus

19. Have you ever made a personal decision to put your trust in Jesus Christ as your Savior and Lord?

Circle one: **Yes / No / I'm not sure**

If **yes**, briefly describe what happened and when:

If **no** or **not sure**, what is holding you back right now?

20. Right now, which of these best describes your heart?

- ☐ I'm not ready to decide yet, but I want to keep learning.
- ☐ I'm close to making a decision, but I still have some questions.
- ☐ I want to trust Jesus, but I'm afraid of what might change in my life.
- ☐ I want to trust Jesus, but I don't feel "good enough" or "ready."
- ☐ Today, I want to place my trust in Jesus for the first time.
- ☐ I've trusted Jesus before, but I've drifted away and want to come back.
- ☐ I'm confident in my relationship with Jesus and want to grow deeper.

21. If you are ready to trust Jesus (or recommit your life to Him), write a short prayer below expressing that to God.

Remember: there's no "magic formula." Just be honest with Him.

Date: _____

Part 6: My Next Steps – Moving Forward

22. What is one concrete next step you can take in your spiritual journey this week?

(Examples: start reading the Bible daily, join a small group, get baptized, talk to a mentor, attend church regularly, etc.)

23. Who is one person you can talk to about where you are spiritually right now?

Name: _____

When will you reach out to them? _____

24. What area of your life do you most want God to help you change or grow in?

25. Are you interested in any of the following? (Check all that apply.)

- ☐ Baptism
- ☐ Joining a church
- ☐ Joining a small group or Bible study
- ☐ One-on-one mentoring or discipleship
- ☐ Serving or volunteering
- ☐ Learning more about prayer
- ☐ Learning how to share my faith with others
- ☐ Christianity 201 (next level study)
- ☐ Other: _____

Part 7: A Letter to Myself – Six Months from Now

26. Imagine it's six months from today. What do you hope will be true about your relationship with God by then?

Part 8: For Follow-Up (Optional – to be filled in with a leader or mentor)

Date we discussed this worksheet: _____

Leader/Mentor name: _____

Key takeaways from our conversation:

Agreed next steps:

Follow-up meeting scheduled for: _____

A Final Encouragement

Wherever you are on your spiritual journey, know this: **God is not done with you.**

He is patient, kind, and faithful. He will never force you, but He will never give up on you either.

Philippians 1:6

"Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus."

Thank you for taking this journey seriously. Keep seeking. Keep asking. Keep knocking.