

Pre-Retreat Questionnaire: Soul

Your friend will be leaving soon to spend some time on a retreat. This retreat will focus on the Body, Mind, and Soul of your friend. You are invited to participate in your friend's understanding of her/himself by completing the questions below which have to do with the Soul. Please pray through your answers, and respond honestly. When you are finished, seal your answers in an envelope and return this questionnaire to your friend.

1. From what you observe, what are some practices that your friend engages in that care for his/her soul?
2. From what you observe, how would you describe your friend's current relationship with God?
3. From what you observe, name an area or two of apparent vibrancy in your friend's spiritual life.
4. From what you observe, name an area or two of apparent struggle or weakness in your friend's spiritual life.
5. If you could suggest three things for your friend to consider in caring for his/her soul, what would you suggest?
6. Write a prayer for your friend that thanks God for the gift of his/her soul and intercedes for her/him in this area.