



## **SPIRITUAL INVENTORY - Empty Nesters**

*Search me, O God, and know my heart! Try me and know my thoughts!  
And see if there be any grievous way in me and lead me in the way everlasting.  
Psalm 139:23-24*

### **QUESTIONS OF HEART**

Label your most common (MC), least common (LC), and average emotion (AE) from the list below.

- Happy/Joyful
- Content
- Peaceful
- Flat
- Worried
- Angry
- Melancholy
- Other:

What makes you angry at home, work, and church? Be specific.

How generous are you with your money and time? How does that impact your schedule and budget?

What activities, ideas or relationships captivate you?

How satisfied are you with your life compared to the dreams you had 20 years ago?

How satisfied are you with who you are?

What is your most common emotional struggle?

## **QUESTIONS OF HABIT**

How many times a week do you have dedicated time of prayer and Scripture reading?

How often do you spend time in personal prayer and Bible study? Do you follow a pattern for prayer?

Do you and your spouse pray together at home? How often? What is that like?

What kinds of books, blogs, or podcasts do you feed faith with? Be specific.

How often are you as an individual and as a couple in fellowship that includes prayer and study outside Sunday worship?

## **QUESTIONS OF RELATIONSHIP**

Do you have close friends? Can they challenge you? List their first names.

How often do you have serious arguments with an adult child(ren)?

How often do you see or interact via phone or video with your adult child(ren)?

How common are sharp, momentary disagreements about little things with your adult children, or other relationships?

What do you worry about for your child(ren)?

If you are married:

Does your spouse have friends?

Do you have friends as a couple?

How often do you and your spouse talk in depth?

How satisfied is your spouse with your relationship?

How do you spend your time together?

## **QUESTIONS OF FRUITFULNESS**

What has God done in your heart over the last year?

What is God doing in your marriage, church, work?

How is God using you in other people's lives at work, home, and church?

## **QUESTIONS OF FUTURE**

What would you like to see God do in you over the next year?

If married, what would you like to see God do in your marriage over the next year?

What would you like to see God do in your church over the next 3 years?

How does retirement or pending retirement affect your sense of wellbeing?

What do you envision doing during retirement?