

Spiritual Check-In Conversations

Set up a time to connect with a sister or brother in Christ. Ideally, this is an ongoing conversation once a week, for 30 to 60 minutes.

Pick a prompt. You could go with whatever day of the month it is, take them sequentially, or pick a random one each time.

Say a brief prayer to open and close your time. To open: "Dear God, thank you for this person and for this time. Today we are asking the question _____ and we ask you to bless our time together. In Jesus' name. Amen." To close: "Dear God, thank you for sending your Spirit to lead us into truth as we walk together in Jesus. Cause this conversation to bear fruit in our lives and bless and keep us until we meet again. In Jesus' name. Amen."

1. What are you asking God the Father for these days?
2. What are you doing for devotions right now?
3. Where do you need God's gift of heavenly peace?
4. What promises of God are hard for you to believe right now?
5. Where are you seeing a need for the mercy of Jesus?
6. Where have you been finding your identity this week?
7. Who do you need to ask forgiveness from this week?
8. What is the Spirit of God teaching you through his Word these days?
9. What promises of God are especially meaningful for you today?
10. When have you felt like you were growing spiritually?
11. Where are you seeing a need for God's justice?
12. Where do you want to be in your walk with Christ in 10 years?
13. What is the Spirit of God having you pay attention to these days?
14. Who are you praying for/about right now?
15. What helps you be most present at worship?
16. Where are you in your walk of faith right now?
17. What's been the hardest thing about your week?
18. What's been distracting you from Jesus and his Word recently?
19. What part of our Christian faith is difficult right now?
20. How have you seen God at work recently?
21. Who is someone that is shaping your walk with Christ?
22. What gets in the way of you being most present at worship?
23. Are there any words of Scripture you've been chewing on recently?
24. Where might you need a little extra grace in your life this week?
25. What is God inviting you to believe?
26. What's something you're especially thankful for right now?
27. How's God been messing with you?
28. What next step might God be calling you to?
29. What is God challenging you to believe or do?
30. Where are you seeing a need for God's love in Jesus?
31. What is something you're holding onto in hope?