



Soul Formation Retreat

Spiritual Gifts

Workbook

Name: _____

Date: _____

S – *The S stands for Scripture*

O – *The O stands for Observation*

A – *The A stands for Application*

K – *The K stands for Kneeling in Prayer*

1. **Scripture:** Take a moment to come fully into the present moment. What you are hearing, seeing, smelling, thinking, feeling. Express your willingness to hear from God in these moments by using a brief prayer such as ‘Come Lord Jesus’ or ‘Here I am’ or ‘Speak Lord, for your servant is listening.’

Then read each passage 3 times to yourself.

2. **Observe:** Listen for the word or the phrase that is addressed to you. Listen for the way in which this passage connects with your life. This is the word or phrase that is meant for you, ponder it and savor it. Be content to listen simply and openly without judging or analyzing. You may want to underline or circle the phrase or word in your bible.
3. **Application:** Ask yourself: How is my life touched by this word? Ask ‘What is it in my life right now that needs to hear this word?’ Allow several moments of silence and explore your thoughts, perceptions, and sensory impressions. Write this word down.
4. **Kneel:** Ask yourself: What is my response to God based on what I have read and encountered? Allow your prayer to flow spontaneously from your heart as fully and as truly as you can. At this point you are entering into a personal dialogue with God ‘sharing with God the feelings the text has aroused in you.’ Pour out your heart in complete honesty. Pay attention to any sense that God is inviting you to act or respond in some way to the word you have heard.

SOAK #1

Identity in Christ

The following pages are scriptures on our identity in Christ

Read through all the scriptures once and prayerfully consider which one or two the Holy Spirit is leading you to dive deeper.

SOAK in these one or two scriptures He has chosen for you.

What words or phrase does God want you to know of you? (examples, forgiven, chosen, redeemed, washed clean from His blood)

Write the word or phrase below.

Your Word or Phrase: _____

Your Notes:

I am complete in Him who is the head of all principality and power.
Colossians 2:10

I am alive with Christ
Ephesians 2:5

I am holy and without blame before Him in love
1 Peter 1:16, Ephesians 1:4

I have the mind of Christ.
Philippians 4:7

I have the Greater One living in me; greater is He who is in me than he who is in the world.
1 John 4:4

I have put off the old man and have put on the new man, which is renewed in the knowledge after the image of Him who created me.
Colossians 3:9, 10

I can do all things through Christ Jesus who strengthens me.
Philippians 4:13

I am God's child for I am born again of the incorruptible seed of the Word of God, which lives and abides forever.
1 Peter 1:23

I am God's workmanship, created in Christ unto good works.
Ephesians 2:10

I am a new creation in Christ.
11 Corinthians 5:17

I am a spirit being, alive to God.
1 Thessalonians 5:23; Romans 6:11

I am a believer, and the light of the Gospel shines in my mind.
11 Corinthians 4:4

I am an over-comer by the blood of the Lamb and the word of my testimony.
Revelation 12:11

I am a partaker of His divine nature.
11 Peter 1:3-4

I am an ambassador for Christ.

11 Corinthians 5:20

I am the righteousness of God in Jesus Christ.

11 Corinthians 5:21

I am the temple of the Holy Spirit; I am not my own.

1 Corinthians 6:19

I am forgiven of all my sins and washed in the Blood.

Ephesians 1:7

I am delivered from the power of darkness and translated into God's kingdom.

Colossians 1:13

I am firmly rooted, built up, established in my faith and overflowing with gratitude.

Colossians 2:17

I am called of God to be the voice of His praise.

Psalms 66:8

I am called into a vocation of holiness, not because I merit it, but to further His own purpose and grace (unmerited favor) which was given to us through Christ Jesus even before the world began.

11 Timothy 1:9

I am healed by the stripes of Jesus.

1 Peter 2:24, Isaiah 53:5

I am greatly loved by God.

Colossians 3:12; Romans 1:7; 1 Thessalonians 1:4; Ephesians 2:4

I am strengthened with all might according to His glorious power.

Colossians 1:11

I press on toward the goal to win the prize to which God in Christ Jesus is calling us upward.

Philippians 3:14

For God has not given us a spirit of fear; but of power, love, and a sound mind.

11 Timothy 1:7

SOAK #2

Repentance

Psalm 139:23-24

Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

Matthew 3:8

Produce fruit in keeping with repentance

Acts 3:19

Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.

Revelation 3:3

Remember, therefore, what you have received and heard; obey it, and repent. But if you do not wake up, I will come like a thief, and you will not know at what time I will come to you.

Revelation 2:5

But because of your stubbornness and unrepentant heart, you are storing up wrath against yourself for the day of God's wrath, when His righteous judgment will be revealed

Your notes:

SOAK #3

Forgiveness

Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.

—Colossians 3:13

I delight greatly in the Lord; my soul rejoices in my God. For he has clothed me with garments of salvation and arrayed me in a robe of righteousness, as a bridegroom adorns his head like a priest, and as a bride adorns herself with her jewels.

—Isaiah 61:10

In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace that he lavished on us with all wisdom and understanding.

—Ephesians 1:7–8

And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us.

—Romans 5:5

Your notes:

SOAK # 4

Gifts

Romans 12: 3-8

For the grace given to me I say to everyone among you not to think more highly of himself than he ought to think; but to think so as to have sound judgment, as God has allotted to each measure a measure of faith.

For just as we have many members in one body and all members do not have the same function so we, who are many, are one body in Christ, and individually members one of another.

Since we have gifts that differ according to the grace given to us, each of us is to exercise them accordingly: if we prophesy, according to proportion of his faith; if service, in his serving; or he who teaches, in his teaching; or he who exhorts, in his exhortation; he who gives, with liberality; he who leads with diligence; he who shows mercy, with cheerfulness

Corinthians 12:11

But one and the same Spirit works all these things, distributing to each one individually just as He wills.

The Holy Spirit distributes gifts to each believer. SOAK in these scriptures. What do you believe is your spiritual gift(s)? (Further definition of gifts on next page.) Write your answer below.

Your Spiritual Gift(s): _____

Spiritual Gifts

Service-to attend to, serve, aid, minister to you

Teaching-to instruct, teach the truth of the Word in a clear and understandable way

Exhortation-the God-given ability to encourage, motivate, to give strength and assurance, and to offer comfort and hope

Giving-to give over, share; impart

Leadership-the God given ability to call and to lead others so that they follow the Lord

Mercy-to demonstrate compassion; to feel sympathy with the misery of another, especially sympathy manifested in action; to extend help

Adapted from Arthur, Kay, Lawson, BJ and David. *Understanding Spiritual Gifts*. Waterbrook Press, 2010

Your Notes:

My Child,

You may not know me,
but I know everything about you.

[Psalm 139:1](#)

I know when you sit down and when you rise up.

[Psalm 139:2](#)

I am familiar with all your ways.

[Psalm 139:3](#)

Even the very hairs on your head are numbered.

[Matthew 10:29-31](#)

For you were made in my image.

[Genesis 1:27](#)

In me you live and move and have your being.

[Acts 17:28](#)

For you are my offspring.

[Acts 17:28](#)

I knew you even before you were conceived.

[Jeremiah 1:4-5](#)

I chose you when I planned creation.

[Ephesians 1:11-12](#)

You were not a mistake,
for all your days are written in my book.

[Psalm 139:15-16](#)

I determined the exact time of your birth
and where you would live.

[Acts 17:26](#)

You are fearfully and wonderfully made.

[Psalm 139:14](#)

I knit you together in your mother's womb.

[Psalm 139:13](#)

And brought you forth on the day you were born.

[Psalm 71:6](#)

I have been misrepresented
by those who don't know me.

[John 8:41-44](#)

I am not distant and angry,
but am the complete expression of love.

[1 John 4:16](#)

And it is my desire to lavish my love on you.

[1 John 3:1](#)

Simply because you are my child
and I am your Father.

[1 John 3:1](#)

I offer you more than your earthly father ever could.

[Matthew 7:11](#)

For I am the perfect father.

[Matthew 5:48](#)

Every good gift that you receive comes from my hand.

[James 1:17](#)

For I am your provider and I meet all your needs.

[Matthew 6:31-33](#)

My plan for your future has always been filled with hope.

[Jeremiah 29:11](#)

Because I love you with an everlasting love.

[Jeremiah 31:3](#)

My thoughts toward you are countless
as the sand on the seashore.

[Psalms 139:17-18](#)

And I rejoice over you with singing.

[Zephaniah 3:17](#)

I will never stop doing good to you.

[Jeremiah 32:40](#)

For you are my treasured possession.

[Exodus 19:5](#)

I desire to establish you
with all my heart and all my soul.

[Jeremiah 32:41](#)

And I want to show you great and marvelous things.

[Jeremiah 33:3](#)

If you seek me with all your heart,
you will find me.

[Deuteronomy 4:29](#)

Delight in me and I will give you
the desires of your heart.

[Psalm 37:4](#)

For it is I who gave you those desires.

[Philippians 2:13](#)

I am able to do more for you
than you could possibly imagine.

[Ephesians 3:20](#)

For I am your greatest encourager.

[2 Thessalonians 2:16-17](#)

I am also the Father who comforts you
in all your troubles.

[2 Corinthians 1:3-4](#)

When you are brokenhearted,
I am close to you.

[Psalm 34:18](#)

As a shepherd carries a lamb,
I have carried you close to my heart.

[Isaiah 40:11](#)

One day I will wipe away
every tear from your eyes.

[Revelation 21:3-4](#)

And I'll take away all the pain
you have suffered on this earth.

[Revelation 21:3-4](#)

I am your Father, and I love you
even as I love my son, Jesus.

[John 17:23](#)

For in Jesus, my love for you is revealed.

[John 17:26](#)

He is the exact representation of my being.

[Hebrews 1:3](#)

He came to demonstrate that I am for you,
not against you.

[Romans 8:31](#)

And to tell you that I am not counting your sins.

[2 Corinthians 5:18-19](#)

Jesus died so that you and I could be reconciled.

[2 Corinthians 5:18-19](#)

His death was the ultimate expression
of my love for you.

[1 John 4:10](#)

I gave up everything I loved
that I might gain your love.

[Romans 8:31-32](#)

If you receive the gift of my son Jesus,
you receive me.

[1 John 2:23](#)

And nothing will ever separate you
from my love again.

[Romans 8:38-39](#)

Come home and I'll throw the biggest party
heaven has ever seen.

[Luke 15:7](#)

I have always been Father,
and will always be Father.

[Ephesians 3:14-15](#)

My question is...
Will you be my child?

[John 1:12-13](#)

I am waiting for you.

[Luke 15:11-32](#)

Love, Your Dad
Almighty God

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Reflections: