

Worship Arts Interns will be assessed on the following questions:

1. What three most important ingredients does Worship Arts consider in determining whether a song is "good" for corporate worship?
2. Briefly describe one event from your internship the past year that has shaped your approach to leadership. What did you learn?
3. What are the important components necessary to effectively plan and execute a typical chapel time of worship? Describe / Outline / List
4. What are some ways that can help bring "flow" to a set, particularly what happens between songs?

Their answers in regards to their leadership will be evaluated using the following rubric:

Below Basic	Basic	Proficient	Advanced
<ul style="list-style-type: none"> • Reflection on leadership/ lesson insufficiently articulated/ vague details • Lasting effects of leadership development not probable 	<ul style="list-style-type: none"> • Reflection on leadership/ lesson slightly articulated/ few details given • Lasting effects of leadership development slightly probable 	<ul style="list-style-type: none"> • Reflection on leadership/ lesson generally articulated/ several details given • Lasting effects of leadership development mostly probable 	<ul style="list-style-type: none"> • Reflection on leadership/ lesson clearly articulated/ many details given • Lasting effects of leadership development highly probable

WORSHIP ARTS INTERNS 2016-17 ASSESSMENT RESULTS & NARRATIVE

Worship Arts Interns were assessed on the following questions:

1. What three most important ingredients does Worship Arts consider in determining whether a song is "good" for corporate worship?
2. Briefly describe one event from your internship the past year that has shaped your approach to leadership. What did you learn?
3. What are the important components necessary to effectively plan and execute a typical chapel time of worship? Describe / Outline / List
4. What are some methods that can help bring "flow" to a set, particularly what happens between songs?

RESULTS:

All 11 interns participated in the assessment. For Question #1, 45% were Advanced, 55% were Proficient, and none were Basic or Below Basic. For Question #2, 27% were Advanced, 55% Proficient, 9% Basic, and none were Below Basic. For Question #3, 37% were Advanced, 45% Proficient, 18% Basic, and none were Below Basic. For Question #4, 27% were Advanced, 46% Proficient, 27% Basic, and none were Below Basic.

Overall, answers by Worship Arts Interns on the 2016-17 Assessment Questions scored 35% Advanced, 50% Proficient, 13% Basic, and 2% Below Basic.

Question #	Below Basic	Basic	Proficient	Advanced
1	0	0	6	5
2	1	1	6	3
3	0	2	5	4
4	0	3	5	3

NARRATIVE:

While pleased at 85% of answers being either assessed as Proficient or Advanced, Worship Arts would like to see more of these leaders' responses being in assessed as Advanced. We believe that the students responding know the answers intuitively but may be struggling to articulate them. The articulation of them being an important aspect of their role as leaders on campus, the Worship Arts weekly meetings will spend more focused time discussing the content covered in the 4 questions in order to help the interns develop clarity of thought and articulation. Our goal is to see more than 75% of the student responses next year being assessed as Advanced.

We also believe the language of the questions might need to be tweaked a little to help the students respond with a similar amount of words. At times students may have been assessed lower than their abilities simply because they did not think to write much more information than the basics, presuming the Director of Worship Arts is aware of their leadership and knowledge from a year of close observation. We will ensure next year that the Worship Arts Interns know the importance of their responses for evaluation of the internship program.

1. What three most important ingredients does Worship Arts consider in determining whether a song is "good" for corporate worship?

1. Singability - will the congregation be able to sing along? Phrasing/key/memorable lyrics 2. Theology - are the lyrics biblically sound? Is e the overarching theme more fluff than Christ centered truths? 3. Poetry - what sort of picture do the lyrics paint? Do they create a coherent message?

The three most important ingredients we consider in order to add a song to our bank we draw from are theology, poetry and singability. We want to make sure that a song is theologically consistent with our values as a Christian university. We also consider the artistic aspects of the songs that we choose recognizing the value and art of poetry in a song in order to make sure we are creatively and refreshingly expanding our vision and understanding of God through our words. Finally, we consider singability in order to make sure that the songs we choose are inclusive of those who are less musically oriented or have narrower vocal ranges.

Theology Poetry Singability ("Guitar Solo" - according to Bradley Kounter)

Theology of the song. Is it Singable congregationally? Poetry.

Poetry Theology Singability

-Poetry -Singability -Theology

Theology- does this song accurately represent who God, Jesus, and the Holy Spirit are? Does this song accurately represent who we are to be in response to who God is? Poetry- is this song tasteful, is it arty? Does this song give its best effort to honor with honor God with the the work that was put into its construction? Singability- can the congregation follow along and learn this well?

Poetry, singability, theology

Theology- how the words of the song speak to who God is, who we are as God's people, and our response to God. Sing-ability- is the song singable by the average non-musical person? Poetry- how does the song say what it's saying? Is it too corny or straight-forward?

Theology: are the words we are singing Biblically correct and good for shaping and molding our congregation into mature disciples Singability: are these songs congregationally friendly and easy to follow along with Poetry: is this song artistic and beautiful or simple and redundant

Poetry, theology, singability

2. Briefly describe one event from your internship the past year that has shaped your approach to leadership. What did you learn?

I think co-leading in Timeout was pretty formative. It revealed a lot of weaknesses in me in working with other people in creative capacities. It's much easier for me to plan a set alone, but bringing another voice in is a challenge at times. But I think it was really helpful for my own growth as a leader. I found myself at first dominating the direction of a set. Throughout the year, I found myself more able to work with someone in creating something together. That has changed my approach to leadership by giving me an opportunity to learn through shared-leadership. It's humbling and re-centering.

Heidi's last morning chapel, when she spoke to the congregation as if we were all some of her closest friends, was so cool to me. I enjoyed listening to what she said, and I needed those words too. Seeing that in her made me realize that I really don't need to feel uncomfortable sharing what's on my heart with the people around me. A lot of people feel the way I do, God has given me thoughts and words to share, and I'm excited to step into that more. Any event that would gather groups of people from all different kinds of walks and journeys during their time at PLNU and worshiping together, having meaningful and profound conversation and the carrying out of that conversation beyond that single event. I specifically remember the WILD event and the significance it had on our community in sharing with one another in solidarity, trust and support of one another. I recognized the importance of vulnerability even in the places of leadership.

I think one event that has shaped my approach to leadership is honestly i feel more than just one specific event. The Wild conference allowed me to step into my leadership as a woman and reminded me about who I am and what my worth is as a woman leader in the church. I think honestly being able to Co-lead with different interns allowed me to grow in working with different people that have strong personalities. I enjoyed partnering with my fellow peers and creating beautiful music and sets that were able to not only touch my heart but the people that i played with, and hopefully expanding out to the student body.

I have learned that it is beneficial to be clear about expectations when collaborating with others on a semi-professional level. On one occasion, I agreed to arrange a set on a much larger scale than I had intended to work on for the semester, and it resulted in a frantic preparation process and a much more frazzled rehearsal due to short cuts in preparation.

There was a chapel in which I worked with Jack Gillette to plan a set that included regular instrumentation (drums, electric, keys) as well as strings. Rehearsal and the set itself felt high-pressure because it was something I hadn't led before, but as a result I know what to expect. I also learned that it's wise to share leadership for an event, versus trying to handle everything yourself - if you are stressed out, than so will your team be. It also taught me that clear communication to all people involved (beforehand and during) is essential to an effective worship set.

The women's worship night this year, WILD, was incredibly shaping for me. I was able to work together with a whole bunch of women from the Worship Arts pool in leading a group of ladies in worship. It was the first time I've had to put together such a mass of music (two 15 minute sets and one 30 minute set) and I really had to step out of my comfort zone with the construction of a narrative that flowed around the theme of the whole night. I think I learned the power of delegation (asking others to help lead the set both musically and verbally) and I really experienced freedom that comes when you spend an evening in worship with no fear of judgment from those in front of you. Having just 150 people together to worship (who all wanted to be there) was so encouraging and really empowering as a leader. In chapel, I'm always trying to be aware of those who are really indifferent, but for those who came to the event, I felt no hostility or apathy. I felt welcomed into leading a body of people who knew and loved each other. It really made me wonder what working in a small/mediumish church would feel like.

I think that the weekly meetings have helped shape my approach to leadership. All of us going through individual experiences throughout the week and then coming together and sharing the good and bad and then helping each other to figure out the best way to deal with those things has been a huge blessing to my leadership skills. I don't think I could have made it through this year without the other interns fighting alongside of me.

I led a really sweet arrangement of Beautiful Things that I adapted from the Creation Liturgy album. I put in like 4+ hours just figuring out all the details necessary to pulling such a complicated arrangement off and creating a chart which would effectively communicate those complexities to my team. It involved collaborating with Jack on getting a cello trio written for the song, and was honestly just a ton of work. But at the end, we really pulled it off well and I learned that I am capable of that level of greatness, certainly not all the time (due to time constraints, etc) but it was nice to know that I could do it and do it well.

Lead week was great time to be able to focus in on leadership. It was very beneficial having all of that time dedicated to growing with one another as well as hearing about the experiences of other people. I was really stoked when Jordan Frye stopped by. Even though I wasn't sold on everything he said, it was neat having an outsider come in. It's easy to feel like we're in a bubble, or niche, and that we don't stray outside of it ever.

Probably one time out that I really just decided to let go and give it my all. It was the most expressive and free I had felt when leading. I hope to continue in that bravery. I don't want my leading at timeout to look more passionate than my leading in the morning.

3. What are the important components necessary to effectively plan and execute a typical chapel time of worship? Describe / Outline / List

Coherent theme and flow within a set. Practice before the practice; knowing what you want out of each instrument and each song before you rehearse with the band. Planning what you're going to say before you say it; scriptures, and other spoken words. Be mindful of the songs others are leading as to not overuse songs, but to also use that information to create more cohesiveness between chapel worship (repeating a song later in the week).

Selecting a set/theme/narrative
Selecting Scripture to draw that together
Selecting a band
Organizing all necessary logistical materials (media, sound direction)
Leading a rehearsal and giving meaningful direction

right mind and heart as you prepare to lead worship. The whole process should be saturated in prayer. When I am planning sets, I usually open myself to a wide range of possibilities, exploring different song choices, arrangements, medleys, tags, etc. before committing to any one idea. During this stage, it's also a good idea to look on planning center to see who is speaking. What are they speaking about? Is there a verse that they're taking from that you could also draw your set from? How much time do you have? Is it the normal 13 minute set? Or is this chapel some sort of special occasion like Kaleo, Easter Celebration, Pastor's Day, etc.? With a few ideas (and often times TOO many), it's time to start shaving it down and creating a set. I usually like to start with a lot of ideas, song choices, etc. and "sculpt" the set out of there by cutting stuff. I find this works well for me. Other people may approach it differently. The important thing is that you start crafting a set with all of the important materials--song choices, any tags you feel and think should be included, etc. From there, I start arranging the set musically. With my song choices almost set in stone, I start playing around with how they work together. Sometimes, I swap out a song if I don't feel I got it right. Often times, there are creative and non-distracting ways to incorporate flow into the set. This is kind of where the set building becomes a little bit of an art form or craft as you try and get something that has the musical 'flow' while also incorporating all of the (more important) items such as theological narrative, arc, story, etc. &It;-- I forgot to add, that part starts from the very beginning Sometime during the musical formation of a set (or sometimes before) is a good time to start forming your band. I usually feel most comfortable when I sort of know the musical direction of the set before picking a band. Often times; however, the band that I choose will influence the set I build and the arrangements I write. For instance, if I'm feeling it's important to incorporate new players on the set, or to rely on people who aren't necessarily the "all-star" chapel crew, then I'll go ahead and choose the band and let their abilities inform the set I choose (i.e. I won't do that super cool reharmon that's usually pretty unnecessary...instead I'll opt for a simple arrangement that my band can listen to a recording of). But the point is that you have to have a band. Or not, if you're going solo. But you still have to think through how you plan to execute that so that it still is prepared and not just thrown together. Along with choosing your band, you have to write your charts. Sometimes, if you're doing an arrangement where a chart already exists (from SMT or another intern), then you can gather that. Most of the time, though, I prefer to keep all of my charts in the same format. I find the most straightforward approach works best when it comes to communicating with band members. It's also important to schedule a rehearsal. This should probably happen while you're choosing your band. I.e. "Sarah, I'm wondering if you would be willing to play in chapel next Wednesday morning. We're looking at a Tuesday night rehearsal most likely. Let me know if you're down/available!" I usually like to give people a sense of freedom in this process. Nobody likes to receive a text like "hey are you free tuesday night?" without any sort of idea of what you're going to ask of them. So I usually like to be as up front as possible about the communication. I also like to ask if they're both 1) up for it and 2) available for my preferred time. If they're up for it, but they're not available, this gives Plan songs, plan scripture and call-outs, select players, instrumentation, and rehearsal schedule. It's beneficial to communicate with the chapel speaker to coordinate themes for worship and the message.

Most of the work for a chapel worship service happens beforehand. A worship leader is expected to: -Pick songs that mesh well thematically with each other and chapel service as a whole -Schedule instrumentalists and vocalists - Contact superiors to book rehearsal room -Build charts for team members -Check to see that there isn't too much overlap in team members and songs for previous and next chapel services -Run rehearsal -Contact team members via text, phone, in person, or email

Band planning (be inclusive of new players and those used less frequently), narrative of set, music/arrangement/key/chart preparation, scriptural consideration and inclusion in an excel document, LOTS of prayer

From beginning to end. Start with planning out the kind of set/songs you want which should be based around the speakers message or theme of the chapel. Then you pick the instruments/people you need to execute the set. Then coordinate a time with them to rehearse. Next you print out all of the sheets and make an excel file the due the night before you play. Have rehearsal set for 2-2.5 hours depending on how much time you need but usually my rehearsal never went longer. Be at brown at 7:30 the next morning and go an hour through sound check. Meet band in the back to pray at 9:30 and then play!

- 1: Pray before planning the set and discern (along with the spirit and practical understanding) what the set should address
- 2: Gather songs and scriptures which aid in giving language to the narrative that you are attempting to communicate to the congregation
- 3: Make GOOD charts, you can have an amazing idea but without good charts you're not going to be as effective as you could.
- 4: Run a tight ship in rehearsal; spend some time chatting with your band and making them feel known and heard, and then it is all working hard on getting those arrangements right so that you limit the number of hindrances people could encounter during a service
- 5: Pray again
- 6: Run a smooth soundcheck
- 7: Sing to your shepherd

Preparation. It is important to intentionally prepare and not just throw things together at a moments notice. It's important to maintain a spirit of prayer and attentiveness to the spirit as we are mulling through ideas in our brains. It is important to show up to rehearsals on time with the charts prepared well and a good idea of how to run your rehearsal. Communication. It is super important to communicate with the other people involved with the chapel service, whether it be the speaker, the campus pastors who may be involved, or the band members who have agreed to play with you. It's very important to be on the same page with everyone else. The way we communicate will influence the way people receive and experience our leadership.

1. Cultivate - cultivate a life of worship, this is your personal, behind the scenes relationship with Jesus 2. Theme - not mandatory, but helpful when planning a set 3. Planning - build charts and excel, schedule a team 4. Rehearsal - prep for rehearsal, come prepared to direct and cast vision for your set. build relationship with your team! 5. Prayerfully execute - lead the set from a place of prayerful preparation.

4. What are some methods that can help bring “flow” to a set, particularly what happens between songs?

Minimizing hard key changes, praying/ speaking in between songs, making sure the band is solid on the endings and beginnings of songs (who starts what, the order of the songs, etc.). Practicing the whole set in one sitting and allowing yourself to enter into worship during that time may give you a clue where you might want to speak, and what you might want to say, and also places that being quiet would be best.

The main ways we attempt to make music sets flow and run smoothly is through our use of Scripture in order to deepen our understanding of a concept in a song. Through the incorporation of spoken word, prayer and guidance between those songs, we hope to really hone in on certain themes in a set to center ourselves upon on in any one service.

Not only are solid transitions musically great to have in a set, but they also don't kill off vibes that you are trying to give off during your set. I feel that George displays great examples of shimmers in, or lead lines in to songs from other songs very well. also, a solid scripture or call out, or relatable bit to the congregation is always something that establishes leadership, but also allows that boundary between stage and chairs to be broken, and for vulnerability to be set and gathered by all that is listening.

than a bridge taking you from one place to another, and there are usually a lot of musical devices you can employ to make that happen efficiently, creatively, and non-distractingly (i.e. time signature changes, shimmers, ring outs, key changes with a single instrument, closely related keys, etc.). I think the most helpful thing though is to not leave planning "flow" and transitions until the end. A lot of people will even wait until rehearsal to think through this. Bad call! Think through it when you're choosing your songs. Usually, flow actually influences the songs I choose, the arrangements I do, the keys I lead in, etc. In other words, set yourself up for success, even if you don't know exactly how it's going to work out arrangement wise. If I've got one song in D and another that sits well in my voice in Bb, don't lead it in Bb. Lead it in A (your vocal performance a half-step lower isn't going to hurt the set as much as you think...a wonky transition will). D and A are closely related keys. This gives you a wealth of freedom when choosing how exactly you want to transition whereas choosing two keys like D and Bb is just going to back you into a corner. If you want "flow" in your set, then you sort of have to be thinking through it in every step. When you're choosing your songs, flow should be brought into the equation. When you're writing your charts, flow should be brought into the equation. When you're writing your excel, flow should be brought into the equation. When you're leading rehearsal, flow should be brought into the equation. If you've done all this, it will be pretty hard for your set NOT to flow. I find it really helpful when considering flow to view TAGS as parts of your charts, not deviations from them. On a psychological level, I usually include TAGS in my charts of a song rather than giving them a separate page. This help my band to even "play through" the TAG as a part of the song rather than playing it in a sort of copy-paste way. I say this in particular, because I usually find that flow is worst with TAGS. It's usually not the worst to start and stop full songs with a pad going in between. It's not always the best, but not the worst. But doing a start/stop TAG is just really not great. And I hear it a lot where someone will build on a 6/8 tag, hit out and then click into a 120 bpm song. One specific device I've found useful for this instance is to move from a 6/8 TAG (like "come lord jesus come") into a 4/4 chart at 120bpm (like "Hosanna (PIR)") using the 8th notes of 6/8 as the quarter notes of 4/4 on the click. So you set the click at quarters for 120bpm, and just use each click as a pulse in the 6/8 feel. Play your TAG, maybe you want to build, and build THROUGH it (instead of ringing out and restarting at a different tempo) and give your drummer a kick on each click. This sets you back in 4/4 at 120 where you can start your next chart at 120bpm without any sort of click change or reset or hit out or anything awkward like that. This particular thing requires a good drummer and a fair amount of thinking ahead/rehearsal to make it happen, but people can usually do it and I've found myself using it from time to time. There are other things to do, but I usually find that the best thing is to just consider TAGS as parts of your chart, not as a separate thing. Then you just find ways to make it work. Tempo is a great place to start though...if you can keep the click rolling, it will help a lot. That rhythmic consistency is where most of it happens for me, I feel. You can key change within a song. A tempo change within a song (save classical music) is REALLY rare and hard to pull off. So don't try to do it with your TAGS! If you must,

Reading scripture, declaring a truth about God spoken in the song, prayer, and having the audience participate by reading scripture with you, sharing a brief inspiration or experience that would draw the congregation closer to God. Picking song keys that are easy to transition from one to another helps the flow, as well as planning specific transition points (maybe having a keys player to fill in extra space)

Prayer, callouts, particularly thought out commentary on scripture, reading scripture itself, a well-constructed narrative (I like to flow from worshipping the source of love to how we respond to that love), **PLANNED OUT KEY CHANGES OR MUSICAL TRANSITIONS**

You can use either spoken word, pads, or silence. There are a number of other effective ways but spoken word and pads are the most common. The callout should be based around the theme of the set and chapel and be some sort of encouragement and engaging thought that adds to the set. Another thing you can do if the songs have the same count, key, and bpm is go straight into the next song and they can blend together well. :)

I usually do one of two things; either I will pray between songs using intentional language to further the narrative that I am trying to express in this time of worship or I will exhort some scripture (again to further the theme of the set). These two speaking bits can allow for a congregation to think about both the words they have just sung and those that they are about to sing in a new, impactful way. Whether it is prayer or speaking, the key is intentionality, it can never be to just fill space, if it does not further the message of your set then you should seriously consider not doing it.

It's great to be intentional about transitions between songs. Having everyone know where they are ending and beginning their playing is great. Asking a keys player or electric guitarist to fill space with textures during transitions is a great way of connecting songs. In that connecting of songs, it helps connect the narrative of the set as well.

Keyboard pads are always good. Using scripture reading to exhortation or call for reflection can help people's minds not be disrupted. Often times it helps people when there is some form of spoken word, whether it be to speak briefly in a manner that brings depth/context, read a scripture, or lead people in prayer.

Below Basic	Basic	Proficient	Advanced
			X
			X
		X	
		X	
		X	
		X	
			X
		X	
			X
			X
		X	
Below Basic	Basic	Proficient	Advanced
		X	
	X		
		X	

		X	
		X	
			X
			X
		X	
			X
X			
		X	
Below Basic	Basic	Proficient	Advanced
			X
	X		

			X
	X		
		X	
		X	
		X	
			X

			X
		X	
Below Basic	Basic	Proficient	Advanced
		X	
	X		
		X	

			x
	x		
		x	
		x	
			x
		x	

Timestamp Describe, outline, or list the important components of serving as a D group leader

We grow and share in life together, helping each other when necessary and leaning on c
Serving as a D group leader has given me the ability to interact with others who share th
Discipleship ministries as a whole has had a huge impact on my life. It has provided me
Being a D-Group leader is about helping serve your community. Whether that be on wee
D group has been a great opportunity to reach out to other believers and connect into a I
Be flexible on schedule when leading a dgroup. Try to plan ahead. Be able to relate to pe
Monday night meetings: participation, honesty. Weekly small group: enthusiasm, flexibili
I think being a dgroup leader requires commitment to serving your group members cons
It is important to gather your dgroup regularly. It is important to have a plan going into a I
Components: spiritual Practice - helps keep God in the center of y decisions. Humility ar
Show up and participate on Monday nights. Figure out what to do during Dgroup and the
I think participating in the Monday night leader meetings were the most helpful for me be
Having and keeping a plan is very important. It is easy to be excited about the content at
Communicating throughout the week with the members of my group. Planning meetings
As a D group leader, it is important to attend weekly meetings, plan/lead weekly small gr
1. Monday night leader meeting 2. Planning activities for small group 3. Hosting small gr
One of the most important part of being apart of dgroups and all that it encompasses, is
Personal growth from the experiences and conversation that occur inside the designatec
Being intentional in both your group and the leader group helps you to grow personally. E
Monday nights are a time of being filled after pouring out, a time of being led after leadin
Spending time with God in prayer and in scripture. Taking time to plan your group's mee
Attending weekly meetings ready to listen and learn. Invest in relationship with fellow lea
My leadership skills have developed a ton through being a d group leader. I've learned h
Serving as a Dgroup leader includes getting to know your fellow dgroup leaders through
Rest. Basic understanding of Bible. Support system. Confidence. Prayer.
The components of Dgroup are attending Monday meetings in order to connect with othe
the weekly meetings of dgroup leaders was a good time to get together as a team, and I
Relationships: Ability to be of faith and yet completely willing to encounter struggling faith
It is important that the dgroup leader is a born again believer in Jesus Christ. It is import
Monday nights have been a time set apart and generally rejuvenating. they have provide
I think that participating in D group meetings and talking with your family group, are all w

Through your experience in Discipleship Ministries, what have you learned about yourself and about us

I have learned that leading a group is actually very difficult for me. I am usually the type of person who will lead I have learned when it is important to say yes to people even though it is out of my comfort zone, and when to say I have learned that I have a lot to offer and people like having me around! That has been really huge for me. I love I am a very outgoing person, so D-Groups has taught me how to use my extroverted personality to help build people. During Discipleship Ministries I have learned that it is important to practice self reflection more often. I have also I have learned to listen to others' stories and use it as a reflection on my own life. I learned to put myself in other I have learned that I like to facilitate small groups, but also that sometimes a leader needs the support of their people. I have found that catering a group to the needs of a diverse group of individuals is hard and requires planning and I have learned that I am more suited for this than I thought. I have lead people younger than me in the past but now I've learned a lot about self-care spiritually and physically. I've always invested most my time in others, but Dgroups I don't think I am naturally a leader, but dgroup has helped me to figure out how I can use my strengths - such as: I have learned that sometimes people really need spiritual direction and sometimes people are doing good by themselves. I have learned that I am an excellent listener and a decent transistioner. Through leading I have learned that I listen I have learned that sometimes the most valuable thing that you can do as a leader is show up - be there consistently. I have learned that you do not have to be perfect to be used by God. In fact, His power is shown in our weaknesses. I have learned that leading peers can be challenging and requires humility. I have found that I am gifted when it comes I have learned when to keep quiet a let a conversation grow and when to intervene and get discussion back on track. I have learned that I am extrovert but that doesn't mean I cannot be quiet or not take on the role as the listener in a group. I have learned to have confidence in what I have to say about my faith. I have also learned to listen deeper to what I have learned about the importance of rest. I have learned when to speak and when to just listen and be present. I am good at focusing a conversation on a particular person and asking questions to direct their thoughts and outcomes. I have learned so much about myself this year! It has been amazing to see the way God has been moving. I have learned I've learned that my style of leading is different than many others, but no less valuable. I've learned to listen, be consistent I've learned that community is a huge part of my spiritual life and that one of my most important gifts is my ability to I learned how even though I'm a generally confident person, speaking in front of groups of any size is not my strength. I am normally a shy and quiet person, but I've learned that I have the ability to be a leader and that being a leader is What I have learned about myself is that I really love to listen to people. this is a gift because some people really I have consistently been reminded that God makes all things work together for my good. My past struggles which I have learned to just go for things. I was blessed enough to have the Dgroup opportunity fall in my lap but after I have learned that it is essential to listen actively and with a heart that is prepared to listen. Only by listening in silence I have learned through the course of this year better ways of leading a small group. allowing for space between conversations

Please choose one spiritual discipline we have looked at this year and explain its relevance and what it offers.

I really enjoyed the times of rest that we had in our D-Group meetings on Monday nights. They really allowed me to slow down. Slowing has been a really important spiritual discipline that we have talked about this year. I have been so busy and I need SELF CARE!! Self care is so important and through discipleship ministries we have been presented with tons of different ways to practice prayer. Prayer is one of the most powerful things we can do if we truly believe in the strength of it. Prayer allows us to connect with God. The spiritual discipline that I have looked the most into this year in D group has been the theme of care and establishing relationships. Sharing with each other in my opinion is the most important spiritual discipline this year. It helps people to grow together and support each other. Celebration is important because it validates who we are. It gives us a space to honor positive things and lift each other up. The discipline of fellowship with your brothers and sisters in Christ helps keep you connected and is important to maintain. Patience/Slowing Down - It is important to not always rush through life. This is something American cultures encourage. The discipline of rest. It is talked about so often in the Bible to get rest. It's not a selfish thing to do because it recharges you. Presence is always a good one. How can I connect with God if my mind is always somewhere else? I always enjoy taking time to be still. I enjoyed the days we got to draw/color in order for us as leaders to find peace in that hopefully we can offer others peace. Community prayer or praying for each other after sharing. This offers up a neat way to engage in communal worship. We have looked at visio divina and the practice of reflecting on and creating art as a form of worship and communication. Lectio Divina is a way of meditating and reflecting on a particular passage of scripture. This spiritual discipline helps us to hear God's voice. The spiritual practice that I have benefited the most from is the questions about the "living giving" and life "throwing" away. I liked visio divino where we looked at art for a long time then had personal reflection time.

The visual reflections we have practiced this year I have begun to implant in my own life. Taking time to look over the things we have created. I like the quiet times of reflection we have had. I have found they allow me to get better in touch with how I am feeling. The simple spiritual discipline of prayer has been a huge theme at Dgroup. The meetings are structured around prayer. Examen: Taking time every so often to reflect on the day (or the week, the month, or the semester) and when you feel God's presence. The spiritual discipline of journaling and writing to God is one I think is very important. This has helped to put thoughts on paper. Just the practice of resting has been so helpful to me, whether it's through coloring or listening to music or lying down. We looked at Lectio Divinia this semester. This is a great method to use to read the bible in a deeper, more meaningful way. I think self-care is so important. This year we took a week to just eat with each other and have fun, it was much needed. Simply sitting and taking time to be still has been one of my favorite practices we've done. Intentionally sitting and talking to God. A spiritual practice that we did this year was Visio Divina. The discipline to stop and look at the beauty of something in nature. The spiritual discipline of stillness and seeing has given a bit of insight into positive art of spirituality and appreciation. Spiritual discipline: Meditation on the word of God. Has helped me slow down and pay close attention to the word of God. Rest! This semester I have started taking a 24-hour Sabbath. It has taught me to not identify myself and meaning in things. I really enjoy Korean style praying. It's a good reminder that God is big enough to hear our individual prayers. He hears every prayer.

rs the spiritual life.

slow down and to remember that God is in control and that He is really the most important thing in my life. It stressed that the practice of slowing has really helped me to cope with this.

arent ways to provide that care for ourselves. Even though I know how important it is I constantly try forget and o speak directly to God and just have genuine conversation with Him about how we are doing and how we feel rament. When we planted plants in the beginning of the spring, it opened my mind to the thought of the creator rther in their spiritual lives.

her up.

king sure you know you are not alone in your walk with God

ages. Take time to slow and be still.

ges you and helps you tackle the day with energy. Rest looks different for everybody and figuring our that has he practice of eating/enjoying an apple slowly and fully.

peace throughout the week.

that reminds us that we aren't in this alone. Typically prayer is done in private, but this is a way to remind us ration with God.

you to "be still" and truly ponder the word of God. It causes you to reflect on words that significantly stood out rart" of the day. It helps to call out the darkness in the day and recognize the good parts.

ocean, or at pieces of art and using that space of beauty to make a connection with God has been very valu g and what God is trying to communicate with me. I am trying to get better at doing that in my personal life, be er. I've learned that prayer looks different. sometimes prayer can be done in art, meditation, silence, and singi rlt the closest to/most distant from God is really helpful in deepening your spiritual life by making you more aw ts and prayers in writing and to make them tangible. It is also a way to look back and see how God has been n and closing my eyes. Resting has opened me up to simply BE and not to spend all my time DOING.

gful way by looking at a passage several time over with a different focus each time. It allows for time to spend ded. In our busy world it's so important to take time for oneself too so we can continue to help others.

lking with God amidst my seemingly hectic and busy life has been so rewarding. It taught me to see God as a really helps a soul slow down and heal itself and enjoy the world God created.

r for God's creation.

r God. Has helped me create this habit when studying the Word.

nd purpose in my life as equal to my work or what I produce. This has provided space to consider where my h ars through the chaos. It's a powerful image.

is necessary to practice rest as part of the spiritual life because it is restorative and refreshing. It allows one to
and put it on the back burner. The weekly meetings have not only given us skills to better care for ourselves, but
also. Prayer keeps me focused on God's love which helps me in return show that love to others.
and holding our lives in his hands. This shows a loving and creative perspective that is overlooked often in the current

and helped me this year and the years to come.

that don't have to be done are ways.

to you and respond in prayer.

valuable in my life.

because I definitely feel like I have spiritually during those quiet moments.

ing.

aware of what God might be doing in your life as well as more aware of your feelings/motivations.

moving and working.

listening and waiting on God, as well as encourages prayers to God. It gives the reader the opportunity to bet

and friend and talk to him about this life he has given me and thanks him for it. It has produced patience, graciousness

hope and purpose comes from. Lastly, I am learning what it means to work from my rest rather than simply re-

to recharge so that he or she can then go back to leading and serving to the best of his or her abilities.

It they have also provided and space and time to actually do it.

Common perspective of God.

to know the characteristics of God and grow in a deeper understanding with Him.

peace, and serenity.

rest from my work.