



Unity Church
ORPINGTON

How's my faith?

SEEK & FIND · A PERSONAL REFLECTION

Not a test, and not a score. Just a few honest questions to help you notice where you are with God today.

“Search me, God, and know my heart; test me and know my anxious thoughts.”

Psalm 139:23 (NIV)

Name _____ Start date _____

REFLECTION

Where are you right now?

Tick whatever feels most true today. There are no wrong answers. God already knows, and he isn't put off.

	Not yet	Sometimes	Often	Most days
I feel close to God	☐	☐	☐	☐
I talk honestly with God in prayer	☐	☐	☐	☐
I read or listen to the Bible	☐	☐	☐	☐
I have people I can be honest with about life and faith	☐	☐	☐	☐
My faith shapes how I treat other people	☐	☐	☐	☐

I'm carrying something I'd like help with

☐ No ☐ Maybe ☐ Yes

IF YOU'D LIKE TO, WRITE IT DOWN

WHAT DID YOU NOTICE?

Find your next step

Tick the one that stood out most. Each has its own four-week guide.

- | | |
|--|---------------------------------|
| ☐ I'm not sure who Jesus is | → Who is Jesus? |
| ☐ God feels distant | → Follow Jesus more |
| ☐ Prayer is hard or rare | → Improve my prayer life |
| ☐ The Bible feels closed | → Grow your faith |
| ☐ I feel alone | → Build relationships that last |
| ☐ I'm stuck in something I can't stop | → Freedom from addiction |

YOUR NEXT STEP COULD BE TO...

- Choose one pathway above and start this week
- Talk it through with someone from our pastoral team
- Try Alpha, a relaxed space to explore life's big questions

This guide is for personal spiritual growth. It isn't a substitute for professional help with medical, mental health, addiction or relationship difficulties. If you need that kind of help, please speak to your GP, or ask us and we'll help you find it.

COME AS YOU ARE

There's a seat saved for you this Sunday.

SUNDAYS

10:30am
Unity Church, Rye Crescent
Orpington BR5 4NH

CONTACT

Office 07723 291151
Monday & Wednesday mornings

ONLINE

unitychurch.uk
Seek & Find pathways

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