



# Spiritual MOT

## 2026

**Before you begin, here are some verses you might like to meditate on, and a prayer to pray:**

Search me, O 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.

Psalm 139:23-24

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life?

Matthew 6:25-27

A prayer:

Take, O Lord, and receive all my liberty, my memory, my understanding, and my entire will.

Whatever I have or hold, You have given me; I restore it all to You and surrender it wholly to be governed by Your will.

Give me only Your love and Your grace, and I am rich enough and ask for nothing more.

Amen



## **Home, friendships and family...**

6. How settled is your home life? Are there any aspects you would like to be different?

7. Who are your closest friends?

8. In what ways do your friendships help or hinder your relationship with God?

9. Where do you meet people who are not yet Christians?

## **Occupation...**

10. What is your occupation (your main activity which is not leisure or a hobby)?  
If you're retired or a student or a home-maker or unemployed, write about your main daily activity or activities.

11. On a scale of one to ten, how satisfying do you find your occupation? Why?

12. How does your faith affect your occupation?

## Pressure points...

13. Circle any of the following that cause you anxiety:

health     relationships     finances     occupation     other

14. How long has this been the case, and is there anything that will change this situation in the foreseeable future?

15. Do you have a regular day off? When is it?

16. What question do you need to answer that you'd rather not be asked?

## Church life...

17. What aspects of belonging to All Saints do you most appreciate?

18. In what ways do you contribute to the life of the church or other Christian organisations?

19. What could our church do to better equip and encourage your following of Jesus?

# The Future

20. Looking ahead five years, in what ways (if any) would you like to be different to now?

21. Circle the spiritual disciplines in which you would like to see progress:

study, prayer alone, fasting, confession, fellowship, worship, obedience  
celebration, rest, prayer with others, service, generosity, chastity, lament  
evangelism, meditation, teaching, simplicity, discernment, friendship,  
physical exercise, journaling, listening, silence, retreat, creativity

22. Are there areas of the church's life in which you think your gifts lie and where you feel called to serve?

25. Are there any other matters, not already covered, that might be significant for you?

23. In what ways do you feel called to serve society, family or community?

24. What would be the most exciting thing you can imagine God asking you to do?

# Action & Prayer Points

Part of the value of doing a Spiritual MOT like this is to identify things that you want to do, to change, or to focus on in the coming year. So use this page to summarise points from the other questions, and to have as a checklist to come back to over the coming months.

If you would value in following up this MOT and would like to talk to Simon please send him an email to [vicar@allsaintshertford.org](mailto:vicar@allsaintshertford.org)

**What are the action points you want to address in the coming year?**

**Which points would you particularly value prayer for over the coming year?**

**Ideas, issues, or challenges for the congregation/leadership in All Saints?**