
Spiritual Health Check

REFLECTING ON YOUR SPIRITUAL HEALTH

Love the Lord your
God with all your
heart and with all
your soul and with
all your strength and
with all your mind’;
and, ‘Love your
neighbour as
yourself.’

Luke 10:27

In this booklet are a
range of questions to
help you reflect on your
spiritual health.

The categories of ‘heart, mind, soul,
strength and neighbour’ you will recognise
as Jesus’ summary of the law. (Luke 10.27).

This frames spiritual health as an aspect
of each of us as those who are integrated
in body, mind and spirit.

You may not wish to consider all of them at
once, but instead to find at least a couple of
questions in each section that stand out.

It might be that after going through this
health check individually you would like
to talk to a St. Mellitus College chaplain,
your Formation Group Tutor, a mentor
or spiritual director.

Retreats

Visit The Retreat Association, to find local centres offering a range of retreats.

retreats.org.uk/findaretreat

Wellbeing

Visit Sheldon Retreat Centre, specialising in wellbeing.

sheldon.uk.com

01647 252752 or

smm@sheldon.uk.com

London Centre for
Spiritual Direction

lcsd.org.uk/directory/

Resources



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stmellitus.ac.uk