

# SOW-REAPP™ Self-Guided Worksheet

To assist you in the exploration and discernment of important topics or situations across the lifespan, we offer a two-stage process and method of discernment called SOW-REAPP (Silence, Openness, Waiting—Receive, Examine, Assimilate, Pray, Plan). Incorporating four areas of formation: spiritual, intellectual, human and apostolic, SOW encourages guided self-examination, beginning with a time of silent reflection, and culminating with waiting for a response from the *other*. When SOW has been completed, you will then move to the REAPP stage of the process (see back of this page) which encourages you to embrace the gift you are given in this moment.

## SILENCE

## OPENNESS

## WAITING

*Name a topic or situation needing attention in your life right now. State why it is important for you to address this topic or situation now.* \_\_\_\_\_

### **(S)ilence- Time to clear away the distractions of the world from our minds.**

Frequently brought on by a time of crisis or a major turning point in their lives, many historical figures and great saints took time to step back, take a deeper look at themselves, and honestly reflect on the future.

If you have not spent time reflecting on who you are, you cannot know where you are going, what your purpose is, or why it matters. In silence, you begin to see yourself as you really are. If you are honest, you will come to know your wants, needs, joys, sorrows, and the deepest longings of your own heart. You can come to terms with your brokenness and weakness in this moment, and be more clear about the gifts and virtues which are your strengths.

*In silence, note where you are at this moment (time and place). How/Why did you come to this place? Who are you as a person? What are your hopes, dreams, desires? Where are you satisfied or dissatisfied with who you are, what you've done, and what you have?*

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### **(O)penness-Vulnerability to the other.**

With this increased self-awareness, you can interact with others more honestly. Ultimately it is in our relationship with God that we will find the satisfaction of our deepest longings. Jesus Christ has given himself to us as a gift to assist in the midst of our struggles. Are you prepared to receive Him intimately and completely in a way that is

*Spiritual, Physical, Intellectual, Communicative, and Emotional (SPICE)?*

*Consider how willing and able you are to be vulnerable and open to the work of the Spirit. You may be open in some areas and not in others. How open or closed are you in this moment?*

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### **(W)aiting- Preparation for an intimate encounter with the other.**

Intimacy develops over time. Sacred Scripture is filled with times of waiting for God to come to his people. He comes and goes at his own appointed time, often waiting for us to be properly prepared for his coming. This period of waiting offers time for growing in wisdom, confession and restitution for sin, letting go of grudges and making peace with one's self. Regardless, what we are hoping for here is a recognition that there is something better, something more, awaiting us. This awareness prompts a readiness for change and greater capacity to receive Him as he chooses to reveal himself to us.

*What is the experience of waiting like for you? Do you have a sense of being prepared to receive something or someone in a new way?*

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