



Oblate life—A personal evaluation

To see how well you are fulfilling your vocation as an oblate of the Benedictine Sisters of Perpetual Adoration, reflect on and ask yourself the following questions. These questions are for your personal consideration and evaluation, so that you may see how you are growing as an oblate. If you sincerely reflect on these questions, you can only deepen your relationship with God. And in doing so, you are truly growing in Benedictine spirituality as an oblate.

1. *What have I done during the past year to continue ongoing formation as an oblate?*
2. *What do I plan to do during the coming year?*
3. *How well do I see myself living the oblate promises:
Rate yourself on a scale of 1 - 5, with 1 as "needing improvement"
and 5 as "doing well."*

Stability of Heart?	1	2	3	4	5
Fidelity to the Spirit of the Monastic Life?	1	2	3	4	5
Obedience to the Will of God?	1	2	3	4	5
4. *How well do I see myself fulfilling the oblate duties:*

Praying the Liturgy of the Hours?	1	2	3	4	5
Reading from the Rule of St. Benedict?	1	2	3	4	5
Daily practice of <i>lectio divina</i> ?	1	2	3	4	5
Participating in the sacraments of the Eucharist and Reconciliation or in my own faith tradition of church and prayer?	1	2	3	4	5
Attentiveness to God's presence in my ordinary, daily life?	1	2	3	4	5
5. *In what ways can I offer my time, talent and treasure to my local oblate community and/or the Benedictine Sisters?*
6. *If I need to improve in any of these areas, what do I plan to do?*