

Spiritual Gifts: A Printable Reflection Worksheet

A gentle way to reflect on how God may be at work through your gifts, relationships, and everyday acts of service.

A note on the Scripture: the verse summaries in this guide are plain-English paraphrases, not quotations from a particular Bible translation. Read each passage in your preferred Bible for its full wording and context.

Gifts for the good of the whole church

The New Testament describes the church as one body with many members. People have different roles and abilities, yet each belongs and can contribute. Gifts are given for serving others and building up the community, not for ranking one person above another.

Romans 12:4 to 8 names examples such as serving, teaching, encouraging, giving, leading, and showing mercy. First Corinthians 12 describes a variety of gifts and forms of service, with the Spirit at work in each. Ephesians 4:11 to 13 speaks of people who equip the church for ministry and maturity.

Begin with prayer, honest reflection, and conversation with trusted people in your church. This is not a scored personality test, and no test can establish what is biblical. Let Scripture, love, practice, and the wisdom of your community guide you.

Notice what is already growing

Think of real moments, not ideal answers. You may notice a pattern, or your answers may change as your season of life changes. Write freely and leave space for uncertainty.

Where do I serve now?

Name the people, place, or task. What part feels meaningful, and what have you learned by doing it?

What do others thank me for?

Recall specific words or moments of appreciation. What were you doing, and who was helped?

What do I enjoy doing?

Which activities draw your attention or make you glad to take part? Enjoyment is one clue among many.

Listen, learn, and discern

Gifts can be recognised over time through service, fruit, and the encouragement of others. No single moment or response has to settle the question. Give yourself room to keep learning.

What energises me?

When have you felt engaged or strengthened while helping? What kind of need or activity was involved?

What patterns do I notice?

Look across your reflections. Do you see a recurring way you encourage, organise, explain, care, give, or serve? What might you ask a trusted Christian friend to notice with you?

Christians differ on whether gifts such as tongues and prophecy continue in the same way today, and on how gifts are best recognised. Christians also differ on the role of personal reflection, church leaders, and the wider community. Approach these questions with humility, Scripture, prayer, and respect for sincere differences.

Choose one faithful next step

You do not need to discover everything at once. Choose a small, practical act of service for this month, and consider asking someone you trust to reflect with you.

How can I serve this month?

Name one person, group, or need you could respond to. Keep the step realistic and generous.

Make the step doable

When will I take this step?

Who could encourage me or serve alongside me?

Afterwards, what did I learn about the need, the people involved, and the way I served?

A closing reflection: gifts are not a contest. Ask how what you have received can become love in action for others.