

Date: _____

Self-Reflection Activity: Indebtedness to God

Transcendent indebtedness to God involves a willing recognition of the immensity of God's blessings, building a loving and trusting relationship with God. This condition motivates the expression of gratitude, through loyalty to God and generosity to others. It contrasts with *transactional indebtedness*, where one feels obligated to repay God, which is unnecessary since equal repayment is not possible or required. God's generosity and our acceptance of indebtedness fosters humility.

Think about your experiences **in the past 7 days**. Did you feel indebted to God for the blessings you received last week? On a **scale from 1-10** (1 = strongly disagree, 10 = strongly agree), rate how much you agree with each of the following statements to identify your current thoughts, feelings, and behaviors related to *indebtedness to God*.

Rating

- _____ 1. Even though I can never repay God, I tried to repay Him by the kind of life that I lived last week.
- _____ 2. Last week, I acknowledged that everything I have comes from God.
- _____ 3. Last week, I was aware that I owe God for my life.
- _____ 4. When I think of what God did for me last week, I want to give back.
- _____ 5. Last week, I depended on God for all that I had.
- _____ 6. Understanding my indebtedness helped me feel God's love for me last week.

Digging Deeper

Based on your ratings above, how satisfied are you with the way you feel indebtedness toward God? Explain your reasoning.

How can you respond to God's immeasurable goodness towards you in your day-to-day life?

Consider a past or current role model/mentor. What is admirable about the way they express their transcendent indebtedness to God?

What are one or two small steps you might take to a) recognize and appreciate God's generosity and your indebtedness more easily, and b) avoid feeling transactional indebtedness towards God?

When you struggle, how might feelings of transcendent indebtedness to God help you persist?

The Extra Mile

If you feel up to the challenge, we invite you to tackle one of the following growth activities. These may take more time or push you out of your comfort zone, but meaningful engagement is a worthy investment. Good luck!

1. In a journal or on a separate piece of paper, write a prayer to God in which you ponder Christ's sacrifice and mercy for you. Meditate on the immensity of God's loving forgiveness despite your undeserving state. Contemplate your indebtedness to God for how you are blessed and offer thanks in response.
2. Although we can never repay God for all He's done for us, we can express gratitude and pay it forward by blessing others. What are some ways you can pay God's blessings forward? We challenge you to pay it forward at least once this week.