

THE LIFE

EMBRACING THE LIFE OF A CHRIST-FOLLOWER

Spiritual Disciplines Evaluation

For each of the disciplines below, identify where you would rate your current commitment to the discipline. A "0" means you don't really practice this discipline at all. A "10" indicates you're pretty regularly doing it.

Bible Study – Studying God's Word

0 1 2 3 4 5 6 7 8 9 10

Scripture Meditation – Thinking about God's Word, over and over throughout the day.

0 1 2 3 4 5 6 7 8 9 10

Prayer – The language of our relationship with God.

0 1 2 3 4 5 6 7 8 9 10

Fasting – Not eating in order to focus on our spiritual hunger.

0 1 2 3 4 5 6 7 8 9 10

Solitude – Making time in your schedule to be by yourself, in silence, listening to God.

0 1 2 3 4 5 6 7 8 9 10

Service – humbly and sacrificially meeting the needs of others.

0 1 2 3 4 5 6 7 8 9 10

Worship – a human response to divine initiative; giving ourselves completely to God.

0 1 2 3 4 5 6 7 8 9 10