



# SPIRITUAL DISCIPLINES

Spiritual disciplines are practices found in Scripture that help foster and promote spiritual growth for Christ followers. They are habits of humility and devotion that position believers to experience all that God has for them. As believers, we are saved by grace and invited to grow in grace until Jesus Christ is the center of who we are and all we do.

As you look at the different spiritual disciplines below, try to honestly identify where you presently are in each category. Remember, this isn't a measure of your good works, it's simply an honest assessment of where you currently stand in each area. Wherever you find yourself, God has given you the grace to be there and, by His grace, He is inviting you to grow in each area as you make Jesus not only Savior of your life, but Lord!

## Spiritual Disciplines:

### Prayer

- Formal prayers (at church or before bed/meals)
- Informal prayers (develop regular time/place to share your heart with God)
- Conversational prayer (learning different ways to pray, going deeper, praying out loud)
- Contemplative prayer (listening in prayer, fasting, practicing God's presence throughout the day)

### Scripture Reading

- Occasional Bible reading (at church, at home)
- Regular Bible reading (follow a Bible reading plan, reading through books of the Bible)
- Reading & reflecting on the Scriptures daily (Studying & memorizing scripture, seeking personal transformation)
- Meditating on the Scriptures (Lectio Divina - Deep prayerful contemplation and response)

### Small Group Community

- Exploring (basic involvement in church, checking out a short term small group - one semester)
- Getting started (actively participating - opening up, sharing more within your small group)
- Going deeper (consuming content, asking questions, being available to pray for others within the group, checking in on others in between group gatherings)
- Centering (Leading others in small group community, being accountable to church leadership)

### Service

- Serve occasionally wherever is needed
- Serve regularly in your spiritual gifting
- Serve as team leader (equipping others to serve in their gifting)
- Equip and train others to serve as team leaders

### Financial Generosity

- Occasional giving
- Regular percentage giving
- Tithing
- Extravagant giving (sacrificial giving above the tithe)

### Evangelism

- Basic Invitation (invite others to church via social media, invite cards, personal invitation)
- Sharing your faith (share your faith story with unbelievers around you)
- Sharing the gospel (looking for opportunities to share Jesus with people regularly)
- Helping others share the gospel (teaching, training, leading evangelism teams)

