

Discipline is the training of a disciple. "*Discipline yourself for the purpose of godliness*" (1 Timothy 4:7) "*to be conformed to the image of Christ*" Romans 8:29). "The only road to Christian maturity and 'godliness' (Christlikeness and holiness) passes through the practice of the Spiritual Disciplines. These personal and corporate disciplines promote spiritual growth and have been practiced by God's people since Biblical times. Jesus modeled them for us and expects us to pursue them. In doing so, we will taste the joy of a Spiritually Disciplined lifestyle."  
- Don Whitney (seminary professor and author of several books on Spiritual Disciplines)

Christians generally recognize several practices for training believers in becoming more Christlike, including: Bible study, prayer, worship, evangelism, serving, stewardship, fasting, silence, journaling, and many more. As you think about your personal experience the past several weeks (March-June), ***please be as honest as you can, and check all answers that apply to your personal situation...***

**1- Thinking over the past several weeks, my *overall practice* of spiritual disciplines...**

- more regularity overall than before
- less frequency than before
- more satisfying experience than before
- less rewarding than before
- about the same as before
- I could use some suggestions for spiritual disciplines

**2- Thinking about your time in *Bible reading*...(nourishment for my soul)**

- it has become a daily habit
- I read the Bible several times a week
- it has become more regular than before
- it has become less regular than before
- I have grown in understanding the overview of the Bible
- I have grown in my understanding of the Christian faith
- I generally follow a specific Bible reading plan (*describe*:
- I could use some suggestions for Bible reading

**3- Thinking about your time in concerted *Bible study*...(digging to learn)**

- I study the Bible daily
- I study the Bible a few times a week
- it has become more regular than before
- it has become less regular than before
- I have grown in my understanding of specific doctrine(s):
- I generally follow a specific Bible study plan (*describe*:
- I could use some suggestions for Bible study

**4- Thinking about your time in *earnest prayer*...(talking and listening to God)**

- it has become a daily habit
- I pray several times a week
- it has become more regular than before
- it has become less regular than before
- I pray often throughout the day
- I have grown in my Christian walk through prayer
- I generally follow a specific prayer list which I update
- I regularly pray for my pastor and church leaders (*how often*:
- I could use some suggestions for prayer

**5- Thinking about your time in *focused worship* of God...(with mind and heart and will)**

- it has become a daily habit
- it has become more regular than before
- it has become less regular than before
- I worship often throughout the day
- I rarely miss corporate worship services
- I have grown in my understanding of God (*describe:*
- I could use some suggestions for worship

**6- Thinking about your time in *personal evangelism*...(telling others about Jesus)**

- it has become a daily habit
- I share my faith several times a week
- it has become more regular than before
- it has become less regular than before
- I notice more opportunities to share about Christ
- I have grown in confidence in personally sharing Christ
- I could use some suggestions for personal evangelism

**7- Thinking about your time in *Christian service*...(helping in Jesus' name)**

- it has become a daily habit
- I serve the Lord several times a week
- it has become more regular than before
- it has become less regular than before
- I notice more opportunities to serve the Lord
- I have grown in satisfaction in serving the Lord
- I could use some suggestions for Christian service

**8- Thinking about your time in *stewardship*... (time, talents, treasures)**

- giving has become a daily habit
- I give to the Lord several times a week
- I rarely miss financially giving each week
- it has become more regular than before
- it has become less regular than before
- I sense more opportunities to give resources
- I have grown in my faith through stewardship
- I could use some suggestions for stewardship

**9- Thinking about your time in *fasting*... (forgoing things for a spiritual purpose)**

- it has become a daily habit
- I generally fast once a week
- I often fast once a month
- it has become more regular than before
- it has become less regular than before
- I fast for specific seasons and reasons (*describe:*
- I have grown in my experience of Christ thru fasting
- I could use some suggestions for fasting

**10- Thinking about your time in *other activities* aimed at godliness...**

- specify what has become more regular:
- specify what has become less regular:
- specify what has become more useful:
- specify what you would like to try:
- I could use some suggestions for other practices

**THANK YOU !** - please return survey in stamped-addressed envelope or put in box by the church office.  
(If you want specific suggestions, please contact Pastor separately). Your participation much appreciated!