

**INTERMOUNTAIN DISTRICT
MID-POINT ASSESSMENT**

Spiritual Disciplines and Practices Self-Assessment

YOUR NAME:

PLEASE READ THIS!

This inventory is designed to help you assess your current level of practice of several spiritual disciplines that historically have been considered by the Church to be vital for a maturing, growing believer. Although all of these practices are profitable for spiritual growth and development, though it is uncommon for any individual Christian to practice all of them at a high level of frequency at the same time. As unique members of the Body of Christ, we have different levels of experience in the faith, different personalities and preferences, varying degrees of training and guidance in spiritual things, and different callings as to how we are to live out our devotion to Christ. The following list of items, then, is not meant to indicate the profile of the "ideal" Christian or to communicate to you what is expected of you if you were "really spiritual." Rather, it is an opportunity for you to identify those aspects of your spiritual lifestyle that are regular disciplines and those areas that are not currently a part of your spiritual practice. This will allow you, in dialogue with the Mid-Point Assessment Staff, to reflect thoughtfully on the dynamics of your own spiritual growth at this time in your life.

Check the boxes that most accurately represent your current practice. Your honesty is important for two reasons: (1) as a Christian servant seeking credentialed ministerial status, it is important for you to be as equipped spiritually as you can be; this assessment will help you identify some potential areas in which you can "put on the armor of God" more fully, and (2) as a Christian servant who is going to be part of a team effort with accountability, it is important for you to be able to receive input and direction from others who can assist you with your spiritual development; this assessment will help others resource you for growth. Please save a copy for your records before returning this complete form as an email attachment to the email address noted above.

For each statement, check the one (1) box that best describes your current practice:

I practice some form of personal prayer or meditation

less than weekly *at least weekly* *2-3 times per week* *daily*

I pray with other Christians

less than weekly *at least weekly* *2-3 times per week* *daily*

I read my Bible devotionally

less than weekly *at least weekly* *2-3 times per week* *daily*

I read spiritual writings (other than the Bible)

less than weekly *at least weekly* *2-3 times per week* *daily*

I study the Scriptures

less than weekly *at least weekly* *2-3 times per week* *daily*

I spend time by myself in quiet solitude or silence

less than weekly *at least weekly* *2-3 times per week* *daily*

I fast or engage in other deliberate acts to simplify my life from overdependence on material things

never or rarely *at least monthly* *at least weekly*

I keep a personal journal of my thoughts, feelings, and prayers

never or rarely *at least monthly* *at least weekly*

I contribute from my financial resources through

tithing *offerings* *tithes and offerings* *no regular giving*

I participate in the ministry of my local church

occasionally *at least monthly* *at least weekly*

I engage in some form of ministry or service to the poor & needy in my world

never or rarely *at least monthly* *at least weekly*

I participate in a worship service in a local church

never or rarely *at least monthly* *at least weekly*

I practice "sabbath" as a period set aside for rest and renewal

never or rarely *at least monthly* *at least weekly*

I receive spiritual direction from a spiritual guide or mentor

never or rarely *at least monthly* *at least weekly*

I participate in a small group where I can share, seek guidance, and be held accountable for growth

never or rarely *at least monthly* *at least weekly*

I enjoy social interaction (fellowship and celebration) with brothers and sisters in Christ

never or rarely *at least monthly* *at least weekly*

I engage in a personal care practice that builds my physical, mental, and/or emotional life

never or rarely *at least monthly* *at least weekly*

List any other disciplines or practices that you regularly practice:

References

Provide the names and contact information of three (3) individuals who know you well enough to comment on your spiritual life as it is expressed in your personal lifestyle, family life, community involvement, work setting, and/or church ministry:

#1: Name

Address

Phone

Email

#2: Name

Address

Phone

Email

#3: Name

Address

Phone

Email