



A Spiritual Disciplines Quiz



A Spiritual Disciplines Quiz

Instructions: For each statement, choose how often you experience this. Use the following options:

For each of the following statements, rate your score using this spectrum:

1	2	3	4	5
Strongly Disagree	Disagree	Unsure	Agree	Strongly agree

Statements	5	4	3	2	1
I read the Bible regularly and consistently.					
I have a Bible read plan I'm following.					
I read the Bible only sporadically.					
I pray regularly and consistently.					
I pray, but only when I have a great need.					
Prayer is a great joy to me because of my relationship with Jesus.					
I fast regularly.					
I fast, but only when facing a great need.					
I do not fast at all.					
I regularly make time for silence and solitude.					
I fast regularly.					
I fast, but only when facing a great need.					
I do not fast at all.					



A Spiritual Discipline's Quiz

Instructions: For each statement, choose how often you experience this. Use the following options:

For each of the following statements, rate your score using this spectrum:

1	2	3	4	5
Strongly Disagree	Disagree	Unsure	Agree	Strongly agree

Statements	5	4	3	2	1
I do not typically take time just to listen when reading the Bible.					
I journal daily about my walk with God.					
I journal weekly about my walk with God.					
I do not journal about my walk with God.					
I view my financial giving as a spiritual discipline.					
I give regularly to the work of God.					
I give sacrificially to the work of God.					
I serve in God's church by using my gifts and talents.					
I have someone who helps hold me accountable to my spiritual disciplines.					
I know where I most need to improve in my disciplines.					
I attend church, but I do not serve in any specific way.					
I regularly make time for silence and solitude.					



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Based on your responses above, which of the following statements best reflects your current approach to spiritual disciplines?

- A. _____ I do not do any spiritual disciplines in my life.
- B. _____ I am doing some spiritual disciplines, but not well at any of them.
- C. _____ I am doing okay with most disciplines, but I have much room for improvement.
- D. _____ I am doing well with my disciplines, but I still need to improve on 1-2 of them.
- E. _____ I am doing spiritual disciplines consistently and regularly.

Which of the following disciplines will you first work to strengthen?

- A. _____ Bible study
- B. _____ Prayer
- C. _____ Fasting
- D. _____ Journaling
- E. _____ Giving
- F. _____ Serving
- G. _____ Other: _____



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A SUGGESTION: If you know you need to improve in some area of your spiritual disciplines, don't try to fix everything overnight. Take ONE STEP in the right direction, and build on that step. With that suggestion in mind, be sure to determine your answers to these final questions.

What first step will you take to improve in your disciplines?

What obstacle(s) do you expect to face in strengthening your spiritual disciplines?
How will you overcome that/those obstacle(s)?