Spiritual Formation Inventory

As you answer these questions, remember	☐ At least 1 time a day	☐ Practically never
spiritual formation is a journey, not a	☐ At least 1 time a week	How are you doing with submission to God,
destination! Start with where you're at now.	☐ Once a month	church leaders, your spouse, and any
, and the second	☐ Once a quarter	supervisors you may have at work? On a scale
*Do not turn this in. It's for your own records.	☐ At least 1 time a year	from 1-10, 1 being a complete rebel, and 10
Do not turn tino in it o for your own records.	☐ Practically never	being completely submissive in heart and body.
How's your spiritual formation? On a scale		1 2 3 4 5 6 7 8 9 10
from 1-10 (1 being where you were at the time	How often do you pray to God besides at	1 2 3 1 3 0 7 0 7 10
of your conversion and 10 being where God	mealtime?	How often do you celebrate with God's people?
ultimately wants to take you):	☐ At least 1 time a day	☐ Every week
1 2 3 4 5 6 7 8 9 10	☐ At least 1 time a week	☐ Once a month
1 2 3 4 3 0 / 8 9 10	Once a month	Once a month Once a quarter
II		
How often do you fast from food for spiritual	Once a quarter	
reasons?	☐ At least 1 time a year	☐ Practically never
☐ Twice a week	☐ Practically never	11 6 1 4 711 1.0
Once a week		How often do you tangibly serve people?
Once a month	How often do you confess your sins to other	☐ Every week
Every now and then	believers?	Once a month
☐ Practically never	Every day	Once a quarter
	☐ Every week	☐ At least 1 time a year
How often do you intentionally get away from	□ Rarely	☐ Practically never
all noise to focus on God?	☐ Practically never	
☐ At least 1 time a day		How often do you praise God with singing
☐ At least 1 time a week	How often do you attend church?	outside of church?
☐ Once a month	☐ Every week	☐ Every week
☐ Once a quarter	☐ Once a month	☐ Once a month
☐ At least 1 time a year	☐ Once a quarter	☐ Once a quarter
☐ Practically never	☐ At least 1 time a year	☐ At least 1 time a year
	☐ Practically never	☐ Practically never
How often do you get alone to connect with		
God?	Are you a member at a particular church?	What is your number one desire from this
☐ At least 1 time a day	Y / N	class?
☐ At least 1 time a week		
☐ Once a month	How often do you attend a "small group," of	
☐ Once a quarter	any type, where the focus is connecting both	
☐ At least 1 time a year	with God and with people?	
☐ Practically never	☐ Every week	
	☐ Once a month	
How often do you study or meditate on the	☐ Once a quarter	
word of God on your own?	☐ At least 1 time a year	
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Spiritual Formation Inventory

Which <u>three</u> disciplines are you most interested in learning more about?	Would you like to add anything else?
Solitude	
Silence	
Fasting	
Frugality	
Chastity	
Secrecy	
Sacrifice	
Study	
Worship	
Celebration	
Service	
Prayer	
Fellowship	
Confession	
Submission	
Meditation	
Guidance	
Which one are you the most experienced?	