

## Spiritual Formation Inventory

As you answer these questions, remember spiritual formation is a journey, not a destination! Start with where you're at now.

\*Do not turn this in. It's for your own records.

How's your spiritual formation? On a scale from 1-10 (1 being where you were at the time of your conversion and 10 being where God ultimately wants to take you):

1 2 3 4 5 6 7 8 9 10

How often do you fast from food for spiritual reasons?

- ☐ Twice a week
- ☐ Once a week
- ☐ Once a month
- ☐ Every now and then
- ☐ Practically never

How often do you intentionally get away from all noise to focus on God?

- ☐ At least 1 time a day
- ☐ At least 1 time a week
- ☐ Once a month
- ☐ Once a quarter
- ☐ At least 1 time a year
- ☐ Practically never

How often do you get alone to connect with God?

- ☐ At least 1 time a day
- ☐ At least 1 time a week
- ☐ Once a month
- ☐ Once a quarter
- ☐ At least 1 time a year
- ☐ Practically never

How often do you study or meditate on the word of God on your own?

- ☐ At least 1 time a day
- ☐ At least 1 time a week
- ☐ Once a month
- ☐ Once a quarter
- ☐ At least 1 time a year
- ☐ Practically never

How often do you pray to God besides at mealtime?

- ☐ At least 1 time a day
- ☐ At least 1 time a week
- ☐ Once a month
- ☐ Once a quarter
- ☐ At least 1 time a year
- ☐ Practically never

How often do you confess your sins to other believers?

- ☐ Every day
- ☐ Every week
- ☐ Rarely
- ☐ Practically never

How often do you attend church?

- ☐ Every week
- ☐ Once a month
- ☐ Once a quarter
- ☐ At least 1 time a year
- ☐ Practically never

Are you a member at a particular church?

Y / N

How often do you attend a "small group," of any type, where the focus is connecting both with God and with people?

- ☐ Every week
- ☐ Once a month
- ☐ Once a quarter
- ☐ At least 1 time a year

- ☐ Practically never

How are you doing with submission to God, church leaders, your spouse, and any supervisors you may have at work? On a scale from 1-10, 1 being a complete rebel, and 10 being completely submissive in heart and body.

1 2 3 4 5 6 7 8 9 10

How often do you celebrate with God's people?

- ☐ Every week
- ☐ Once a month
- ☐ Once a quarter
- ☐ At least 1 time a year
- ☐ Practically never

How often do you tangibly serve people?

- ☐ Every week
- ☐ Once a month
- ☐ Once a quarter
- ☐ At least 1 time a year
- ☐ Practically never

How often do you praise God with singing outside of church?

- ☐ Every week
- ☐ Once a month
- ☐ Once a quarter
- ☐ At least 1 time a year
- ☐ Practically never

What is your number one desire from this class?

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## Spiritual Formation Inventory

Which *three* 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?