



## The Spiritual Disciplines

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How comfortable and knowledgeable are you with the meaning, purpose and practice of the following spiritual disciplines?

<b>Inward Disciplines</b>	Not Good			Doing Well	
Meditation	1	2	3	4	5
Prayer	1	2	3	4	5
Fasting	1	2	3	4	5
Study	1	2	3	4	5
<b>Outward Disciplines</b>					
Simplicity	1	2	3	4	5
Solitude	1	2	3	4	5
Submission	1	2	3	4	5
Service	1	2	3	4	5
<b>Corporate Disciplines</b>					
Confession	1	2	3	4	5
Worship	1	2	3	4	5
Guidance	1	2	3	4	5
Celebration	1	2	3	4	5

Join us Mondays or Wednesdays, 6-7am to understand how we practice the Disciplines in everyday life.