

Session 2: Personal Growth Plan

Spiritual Disciplines Evaluation

There are 36 Spiritual Disciplines that we promote throughout the Delta and Omega Course Journey. Spend time assessing your practice of the spiritual disciplines mentioned in this session. There will be overlap where certain disciplines can help us in more than one aspect of our being or in more than one role of our lives. Look at the simplified definitions for clarification as to their meaning and rate yourself according to the following scale.

1 = Never practice, 2 = Need to practice more,
3 = In a good rhythm, 4 = Being over practiced, 5 = Not during this season.

Disciplines	Rating (1-5)
Prayer	
Submission	
Solitude	
Silence	
Intercessory Prayer	
Watching (Vigil)	
Journaling	
Meditation	
Confession	
Guidance	
Retreat	
Study	
Pilgrimage/Sabbatical	
Planning	
Temperance	
Fasting	
Exercise	
Surrender	
Sabbath	

List the disciplines that need the most attention and why.

Spiritual Disciplines

(Simplified Definitions)

Prayer - Communicating with God to help us know God, hear from God, express dependence on God and engage with Him in accomplishing His purposes in the world.

Submission - Giving up our way in favor of someone else's. Engaging in the highest level of fellowship in acts of humility, complete honesty, transparency and at times confession and restitution.

Solitude - The practice of being absent from other people and other things so that you can be present with God.

Silence - Shutting out sounds so we can hear God's voice and get to know Him better. Closing ourselves off from sound.

Intercessory Prayer - Praying with the real hope and real intent that God would step in and act for the positive advancement of some specific other person(s).

Watching (Vigil) - Abstinence from sleep while seeking to watch and wait upon the Lord obediently in prayer and intercession for God's will to be done.

Journaling - Keeping a spiritual diary where you write out your prayers and thoughts, and record what you hear God saying to you.

Meditation - Listening, sensing, and heeding the life and light of Jesus Christ. Opening ourselves to be acted upon by the Holy Spirit.

Confession - Telling the truth about what we've done and admitting our responsibility so we can experience true forgiveness.

Guidance (Counseling, Life Coaching) - Seeking and giving guidance to others in and through counseling and mentoring relationships, seeking to discern God's wisdom for life.

Retreat - Removing yourself from your usual environment to a specific place for a longer stretch of solitude for extended discussion with God, for throwing forth of thoughts and feelings, working things out, being still and waiting on the Lord. Can be done alone or as a group.

Pilgrimage and Sabbatical - Seeking God through travel to a place where God and God's own have moved mightily in the past. Searching for God through setting aside usual activities to permit extended and concentrated study.

Study - Using any tools available to learn all we can about the truth of God's Word, engaging ourselves, above all, with the written and spoken Word of God.

Planning (Life Stewardship) - Seeking wisdom as to how we should steward our lives from God's perspective by discerning and synthesizing how we sense God leading us.

Temperance - Self-control; the mastery of one's desires, passions and especially sensual appetites.

Fasting - Purposely depriving ourselves of things that can keep us from depending on God to meet our needs. Abstaining in some significant way from food and possibly drink as well.

Exercise - Engaging in physical activity or exertion in order to grow and maintain a healthy body.

Surrender - Living in and through God's strength in all we do. Trusting God's wisdom in giving us our lot in life and surrendering to his Guidance and power for living

Sabbath - Observing the Sabbath as a day of resting and for attending to one's faith in God.