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)
Submission Prayer	
Fellowship	
Chastity	
Celebration	
Guidance	
Intercessory Prayer	
Hospitality	
Confession	
Sacrifice	
Secrecy	
Teaching	
Service	
Simplicity	
Assembling	
Worship	
Singing	
Planning	
Friendship Evangelism	

List the disciplines that need the most attention and why.

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Session 3: Personal Growth Plan

Spiritual Disciplines

(Simplified Definitions)

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.

Fellowship - Being with others in ways that help us grow in our faith. Engaging in common activities of worship, study, prayer, celebration and service with other disciples.

Chastity - Purposely turning away from dwelling upon or engaging in the sexual dimension of our relationships to others - even our husbands or wives.

Celebration - Focusing on God's work in the world and in our lives. Drawing joy and strength as we recognize God's faithfulness in our lives.

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.

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).

Hospitality - Showing kindness to friends and strangers, which often results in blessing, at home or in other places.

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

Sacrifice - Abstaining from the possession or enjoyment of what is necessary for our living. It forsakes the security of meeting our needs with what is in our hands; it is total abandonment to God.

Secrecy - Abstaining from causing our good deeds and qualities to be known. Taking steps to prevent them from being known.

Teaching - The instruction of other believers in godliness. To move out in the guidance and power of the Spirit to teach others how to live their faith.

Service - Humbly giving yourself and expecting nothing in return. Engaging our goods and strength in the active promotion of the good of others and the cause of God in our world.

Simplicity - Characterized by 3 attitudes: everything I have is a gift from God; everything I have will be taken care of by God; everything I have is available to others. The heart of simplicity is to have one goal, to be about one thing - the kingdom of God.

Assembling - Gathering with the covenant community. Making the gathering of God's family a priority in our lives.

Worship - Finding ways to tell God all that he is worth to you. Engaging ourselves with, dwelling upon, and expressing the greatness, beauty and goodness of God through the use of words, rituals and symbols.

Singing - Praising God and being edified through song.

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.

Friendship Evangelism - The discipline of relationship excellence. Relating to people with God's grace and truth, especially those who are not walking in relationship with God.