

Session 4: 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)
Secrecy	
Service	
Hospitality	
Sacrifice	
Simplicity	
Frugality	
Saving	
Giving	
Fellowship	
Guidance	
Confession	
Planning	
Teaching	
Submission	
Diligent Earning	
Saving	
Friendship Evangelism	
Friendship Evangelism	

List the disciplines that need the most attention and why.

Spiritual Disciplines

(Simplified Definitions)

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

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.

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

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.

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.

Frugality - Abstaining from using money or goods at our disposal in ways that merely gratify our desires or our hunger for status, glamour or luxury.

Saving - Purposely living on less than you earn in order to save for future needs.

Giving (Including Tithing) - Giving our resources to promote Christ's case in the world. Giving with an obedient will, a joyful attitude and a compassionate heart.

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.

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.

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

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.

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.

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.

Diligent Earning - Working purposely to obtain resources that can support your family and others financially.

Saving - Purposely living on less than you earn in order to save for future needs.

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.