

Abide – Spiritual disciplines Questionnaire

This is not a test and there are no right or wrong answers!

Read through the following statements circling each number that most resonates with your current experience / mindset. In each section you can select as many as you want. They may all be true to some degree or at some time but choose the ones that are your experience most of the time.

1	I can get easily anxious and overwhelmed
2	I struggle to accept who God says I am
3	I get discontent when things don't go the way I wanted
4	I get distracted when I try and spend time with God
5	I'm constantly on the go
6	I turn to worldly things for comfort
7	My mind often feels cluttered or burdened with responsibilities

1	My heart can be a bit hard towards God and others
2	I struggle to shut out negative thinking and the enemy's lies
3	I can be cynical and ungrateful
4	I want to hear God speak more
5	I'm not satisfied unless my 'to do' list is completed at the end of the day
6	I want to grow in trusting God to meet my needs
7	I like to be in control

1	I want to be less self-sufficient and rely on God more
2	I wish I could recall scriptures when I'm feeling discouraged or disheartened
3	I don't really have faith for God to move or bring breakthrough
4	I always have the TV / radio on or a phone in my hand
5	I don't have time for spiritual disciplines
6	I find it hard not to act on my bodily desires. E.g. Food, alcohol, cigarettes, lust.
7	I take God's goodness and gifts for granted

1	I struggle to put language to my feelings before God
2	I spend more time on social media than I do in God's word
3	My vision of Jesus is often quite small
4	If I have a problem, I tend to turn to people first rather than God
5	I often live with an underlying impatience and agitation
6	I find the cost of discipleship / giving things up for God really difficult
7	I want to experience a greater level of inner rest and peace

1	I go generally go through my day without thinking about Jesus, unless a crisis hits
2	When my faith is questioned, I'm thrown into doubt; when criticised I shrink inside
3	My heart is drawn to earthly comforts, pleasures and riches
4	I find it hard not be influenced by the culture around me and its priorities and expectations
5	I find any kind of delay very frustrating
6	I can struggle with pride and having a high opinion of myself
7	I lean towards perfectionism and struggle to leave things unfinished

1	I want my being with God to outstrip my doing for God
2	My soul feels malnourished
3	I want more joy in my daily life
4	I'm struggling to concentrate on anything

5	I find myself following fads and often seeking to move on to the next thing or new idea
6	I want to see God move in more power
7	I'm tired all the time

1	I want to grow in submission to God
2	I struggle to resist temptation and discern the enemy's schemes
3	My service for Jesus has turned into obligation
4	I want to grow in knowing God's approval of me, rather than seeking it in others
5	I struggle to listen to people and be fully present with them
6	I struggle not to 'gratify the desires of the flesh.' E.g. I'm regularly angry, jealous, conceited etc.
7	I feel like I'm heading towards emotional burnout

Now, total up how many you selected of each number (E.g. How many number 1's, 2's, 3's etc.) and fill out the boxes below. All the spiritual disciplines are helpful, but the spiritual disciplines which you score highest on may give you an indication of which ones might be particularly helpful for you to start making a regular practice of.

Spiritual discipline	Score
1. Prayer	
2. Meditation on scripture	
3. Worship	
4. Silence & solitude	
5. Slowing	
6. Fasting	
7. Sabbath	