

# Assessing Your Spiritual Practices

From: *In Your Holy Spirit: Traditional Spiritual Practices in Today's Christian Life*, Michelle Heyne, Ascension Press, 2008

## SUNDAY EUCHARIST

### 1. Attendance (circle one)

Almost Never	About ¼ of the Time	Half the Time	¾ of the Time	Almost every Sunday
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### 2. My ability to participate (Circle the number that is closest to your experience)

I am frequently confused and uncertain about how to participate				I can “flow” with it. I mostly don’t need a Prayer Book or leaflet.
1	2	3	4	5

## PARTICIPATING IN THE DAILY PRAYERS OF THE CHURCH

### 3. Saying the Office. I say the Office in some form on my own or with others.

Never	Only when offered at a meeting or retreat	Sporadically or during some season(s) of the church year	Most days
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### 4. Knowing how to do the Daily Office.

I have no idea.				I understand how to use it in the Prayer Book and ways to innovate the use
1	2	3	4	5

## DISCIPLINED WAYS OF REFLECTING [“Listen to your life”]

Grounding/centering yourself so you can reflect. The spiritual practice of “pondering” and seeking God’s presence in the people, circumstances and things of life. Practices that connect daily life to God.

### 5. Ways that work for me

I don’t have ways that work for me				I have ways that are effective for me
1	2	3	4	5

## PARTICIPATING IN THE PARISH COMMUNITY

### 6. The community I seek is one in which people are free to be themselves; to speak and listen fully and

authentically. In which differences are accepted (we can fight with those we love). In which we can make decisions and solve the problems we face.

I don't want church to be that way				It is what I seek and more
1	2	3	4	5

### 7. Connection with people

I don't know anyone well				I know a number of people and have a few friends in the parish
1	2	3	4	5

### 8. Participation in parish social life

Not at all				I participate regularly and frequently
1	2	3	4	5

### SERVICE

### 9. In Daily Life—with family & friends, at work, in civic life, and at church.

I don't have a clear understanding of how I serve in my daily life				I am very clear about serving in daily life
1	2	3	4	5

### THE PROCESS OF SPIRITUAL GROWTH

### 10. Foundations

I have a poor foundation in the spiritual practices of the church				I have a strong foundation in the spiritual practices of the church
1	2	3	4	5

### 11. Experiment

I don't know how or feel confident enough to experiment with spiritual practices				I have a sense of how to innovate and experiment with spiritual practices.
1	2	3	4	5