

Spiritual Disciplines Assessment Questions

Rate Yourself

1 (Poor) - 5 (Excellent)

GOD'S WORD (Read and Study) - Of all the disciplines, none may be more important than reading and studying God's Word. Only through the instruction of the Bible can we understand the ways and the will of God. Without God's Word, we cannot hope to grow spiritually.

- 1. I read God's Word daily, meditate on it by journaling my thoughts and observations and make memorizing scripture a priority**

1 2 3 4 5

PRAYER (Communicate with God) - Jesus taught many things about prayer. Jesus also modeled prayer for us in his actions. He frequently sought to get away from the crowds to pray in solitude and silence. We are to pray boldly, persistently, and faithfully.

- 2. I pray daily and talk to God about my experiences, sins, struggles, needs, the needs of others and what I'm thankful for.**

1 2 3 4 5



SOLITUDE (A fight to discern God's plan, Matthew 11:28-30) –

Solitude requires intentional planning. Choose a place and time where you can be alone with God and free from distractions. While silence almost always requires solitude, solitude does not necessarily require silence. You can pray, worship, run, walk, sit or lay down.

3. I have a scheduled time and place for solitude and have a plan to experience God

1 2 3 4 5

JOURNALING (Thoughts, emotions, what God is saying, prayers)

- Journaling helps your mind to focus, helps you to process your thoughts and records your growth. The Psalms of King David could be considered private journal entries as he reflected on his relationship with God and the Scriptures.

4. I journal on a regular basis

1 2 3 4 5



SERVICE (To others with your gifts, talents, and resources) - The discipline of service is a direct assault on our pride. Service requires humility. We humble ourselves before God, and take on the posture of a servant, putting God and others ahead of ourselves. There is no greater example of a servant than Jesus. God gives every man different gifts for the purpose of serving one another. Serving others quite often speaks the loudest to others. Our actions certainly do speak louder than words, and as men, we must strive to put others needs above our own.

5. I use my gifts, talents and resources to serve my family, friends, co-workers, neighbors, church and community

1 2 3 4 5

MULTIPLICATION (Helping others grow spiritually) - The significant spiritual discipline of helping others grow is often overlooked. But yet, the Great Commission is single handedly the most vital mission Jesus communicated to his disciples. This command from Jesus wasn't just for his disciples. It's for everyone. Matthew 28:18-20.

6. I have been mentored by another man and look forward to mentoring another man in the future

1 2 3 4 5



Equilibrium – Sample Agenda

Day 1 Agenda

4:00 pm – Journeymen Arrival
5:00 pm – 5:45 pm – Session 1
6:00 pm – 6:45 pm – Dinner
7:00 pm – 7:30 pm – Session 2
7:30 – 7:55 pm – Complete Exercise #1
8:00 pm – 9:00 pm – Exercise #1 Presentations

Wrap up by 10:00 pm

Day 2 Agenda

8:00 am – 8:30 am – Breakfast
8:30 am – 9:10 am – Session 3
9:10 am – 9:30 am – Complete Exercise #2
9:30 am – 10:00 am – Exercise #2 Presentations
10:00 am – 10:45 am – BREAK
10:45 am – 11:30 am – Session 4
11:30 am – 12:30 pm – Lunch
12:30 pm – 4:30 pm – Free Time
4:30 pm – 5:00 pm – Session 5
5:00 pm – 6:30 pm – Complete Exercise #3
7:00 pm – 7:45 pm – Dinner
8:00 pm – 11:00 pm – Free Time and Campfire

Day 3 Agenda

8:30 am – 9:00 am – Breakfast
9:00 am – 10:15 am – Session 6
10:30 am – Group Photo
12:00 pm – Adjourn