

## Spiritual Practices



**A DISCIPLE'S HEART**

Read through the relationship stages below. Beside each spiritual discipline (personal and communal), write the relationship stage that best describes where you are today in that practice. Then write a next step for growth.

Exploring: "I believe in God, but my faith is not a significant part of my life."  
 Getting Started: "I believe in Jesus and am participating in the life of the church."  
 Going Deeper: "I am discovering how my life can make God's love real in the world."  
 Centering: "Following Jesus is most important; my life is part of God's transformation of the world."

Personal Spiritual Disciplines

Relationship Stage

Next Step for Growth

1. Prayer

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2. Scripture Meditation

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3. Financial Generosity

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4. Invitational Evangelism

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Communal Spiritual Disciplines

Relationship Stage

Next Step for Growth

1. Corporate Worship

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2. Small Group Community

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3. Gifts-based Service

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