

Spiritual Practices Inventory

Check any of the following spiritual practices you are presently doing.

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|--|---|--|
| <input type="checkbox"/> Bible Reading | <input type="checkbox"/> Meditation | <input type="checkbox"/> Rest |
| <input type="checkbox"/> Bible Study | <input type="checkbox"/> Forgiveness | <input type="checkbox"/> Mentoring |
| <input type="checkbox"/> Confession | <input type="checkbox"/> Contemplative Prayer | <input type="checkbox"/> Community |
| <input type="checkbox"/> Worship | <input type="checkbox"/> Prayer Partners | <input type="checkbox"/> Centering Prayers |
| <input type="checkbox"/> Fasting | <input type="checkbox"/> Breath Prayers | <input type="checkbox"/> Control of the tongue |
| <input type="checkbox"/> Prayer | <input type="checkbox"/> Surrender | <input type="checkbox"/> Small group |
| <input type="checkbox"/> Keeping the Sabbath | <input type="checkbox"/> Gratitude | <input type="checkbox"/> Self-examination |
| <input type="checkbox"/> Silence | <input type="checkbox"/> Journaling | <input type="checkbox"/> Detachment |
| <input type="checkbox"/> Solitude Retreats | <input type="checkbox"/> Self-care | <input type="checkbox"/> Service |
| <input type="checkbox"/> Tithing | <input type="checkbox"/> Witness | |
| <input type="checkbox"/> Scripture | <input type="checkbox"/> Unplugging | |

Which spiritual practices would you like to explore?



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