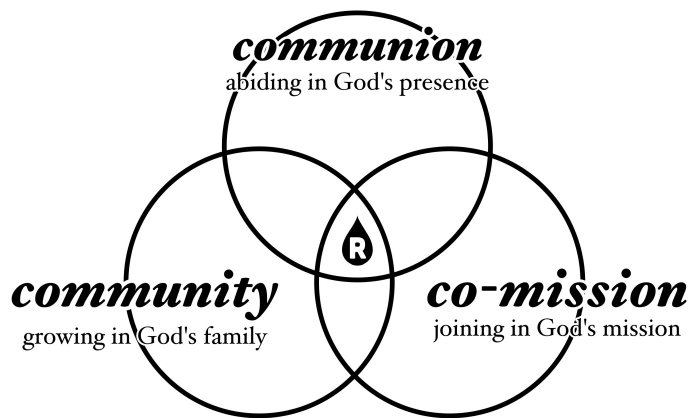


# Spiritual Practice Assessment



As a new year begins at Restoration, we're moving towards a common set of practices that move us towards Jesus together and unite us as a Church. These 9 practices are summed up in 3 expressions of the life of Jesus:

**Communion, Community, and Co-Mission.** Below you'll find a personal assessment about where you currently are in these practices. First, be honest. We have no pressure to pretend to be somewhere that we aren't. Second, be ready to share these together in your community group. From these results, groups will determine how God might lead toward growing in these practices of faith together.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Practices of Communion

- I am consistently spending time abiding in God through Scripture and Prayer.
- I have a healthy rhythm of work and rest and experience God's abundance through Sabbath rest.
- I am regularly gathering for worship, Scripture, and communion with my Spiritual Family.

	<b>How am I doing?</b>				
	<b>not good.</b>		<b>OK.</b>		<b>Good!</b>
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

## Practices of Community

- I am gathering at least twice a month with a community group for meals, stories, and growth.
- I am connecting with 1-2 friends regularly to be encouraged and challenged to be vulnerable in confession and repentance.
- I am serving the greater Restoration community through volunteering my gifts and talents to serve.

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

## Practices of Co-Mission

- I am practicing hospitality by regularly inviting others into my home and rhythms of life.
- I am sharing my faith story with others who are not following Jesus in a way that is gentle and respectful.
- I am using my time and resources to help serve and equip those who are poor, vulnerable, marginalized in our community.

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

**Looking at the results above and looking ahead in the year to come, what are 1-3 actions steps you need to take to grow in the coming year?**

**Who can you ask to walk with you in encouragement and accountability in stepping into these new practices in the coming year?**