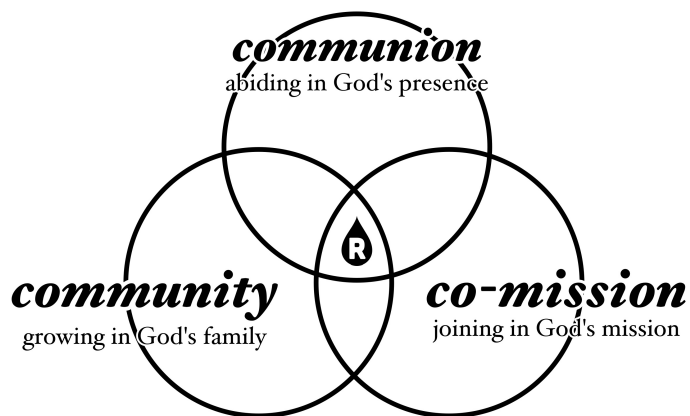


# Joining God: Spiritual Practice Assessment



As a Church family, we're continually growing through this common set of practices that move us toward Jesus and unites us as a community. These 9 practices are summed up in 3 expressions of the life of Jesus: **Communion**, **Community**, and **Co-Mission**. Below is a personal assessment about where you currently are in these practices. First, be honest. There is no pressure to pretend to be somewhere that we aren't. Second, be ready to share these in your Home Church. With our results, we can see how God might lead and grow us in our 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.

	How am I doing?				
	Not Good		OK		Good!
	<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 connecting at least twice a month with a Home Church to share my story and grow.
- 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 praying regularly for neighborhood, my co-workers, and my city.
- 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?**