

Spiritual Life Template

1. In which spiritual discipline(s) do you want to grow?

- Weekly worship
- Daily Bible reading
- Daily prayer
- Frequency of communion:
 Weekly Monthly Other
- Service to others
- Fasting or abstinence
- Tithing/Giving
- Family prayer

Other: _____

Tip: How does your church teach & mentor people in these disciplines?

Wesley's Means of Grace

- **The public worship of God**
- **The ministry of the Word, either read or expounded**
- **The Lord's Supper**
- **Family and private prayer**
- **Searching the Scriptures**
- **Fasting or abstinence**
- **Christian conferencing**

2. What is your plan for your continued spiritual growth and development?

How do you connect with God?

- Day apart
- Worship
- Meeting with a prayer partner or coach
- Family prayer
- Daily devotion

Other: _____

How are you connecting with others?

- Time alone with spouse or friend
- Focused time with your children
- Regular connection with extended family
- Prayer or accountability group
- Time with friends outside of church

Other: _____

What arts feed your soul?

- Playing a musical instrument or singing
- Writing Drawing Cooking Dance
- Gardening Acting Other: _____

How are you taking care of your body?

- Walking/running Active in a sport
- Healthy diet Yoga/Pilates
- Other: _____

Tips

As a spiritual leader you are creating the normative expectations for spiritual growth in your congregation and for those close to you (friends & family). Your prayer life, physical health, artistic pursuits, and relationships have a direct influence on the spiritual life of your church. Build in the time and experiences that sustains you and connects you to God and others.