

Assessing your spiritual practices

Sunday Eucharist

1. Attendance (circle one)

About 1/4 of the time Half the time ¾ of the time Just about every Sunday

2. My ability to participate (Circle the number that is closest to your experience)

I am frequently
confused and
uncertain about how
to participate

I can “flow” with it. I
mostly don’t need a
Prayer Book or
leaflet.

1

2

3

4

5

Participating in the Daily Prayers of the Church [Daily Office]

3. Doing the Office in some form on my own or with others

Never

Only when offered at a
meeting or retreat

Sporadically or at during some
season(s) of the church year

Most days

4. Knowing how to do the Daily Office

I have no idea.

I understand how to
use it from the Prayer
Book and ways to
innovate the use

1

2

3

4

5

Disciplined ways of reflecting [“Listen to your life”]

Grounding/centering yourself so you can reflect. The spiritual practice of “pondering” and seeking God’s presence in the people, circumstances and things of life. Practices that connect daily life to God.

5. Ways that work for me

I don’t have ways
that work for me

I have ways that are
effective for me

1

2

3

4

5

Participating in the parish community

6. The community I seek is one in which people are feel free to be themselves; to speak and listen fully and authentically. In which differences are accepted (we can fight with those we love). In which we can make decisions and solve the problems we face.

I don’t want church
to be that way

It is what I seek;
and more

1

2

3

4

5

7. Connection with people

I don't know anyone well

I know a number of people and have a few friends in the parish

1

2

3

4

5

8. Participation in parish social life

Not at all

I participate regularly and frequently

1

2

3

4

5

The process of spiritual growth

9. Foundations

I have a poor foundation in the spiritual practices of the church

I have a strong foundation in the spiritual practices of the church

1

2

3

4

5

10. Experiment

I don't know how or feel confident enough to experiment with spiritual practices

I have a sense of how to innovate & experiment with spiritual practices.

1

2

3

4

5

DRAFT

Copyright Robert A Gallagher, 2009