1. How often do you spend time in intentional private prayer?
   a. Multiple times daily
   b. Once daily
   c. Once or twice weekly
   d. Rarely
   e. Never

2. When you pray, how much time do you spend in prayer?
   a. More than an hour
   b. 1 hour
   c. 30 minutes
   d. 15 minutes
   e. 5 minutes

3. How often do you attend worship?
   a. Every week
   b. Three to four times a month
   c. Twice monthly
   d. Once a month
   e. Several times a year

4. When you are in worship, what’s your level of engagement?
   a. Fully alive and engaged, in body, mind and spirit.
   b. Fairly engaged in mind and spirit.
   c. Sometimes engaged, sometimes not.
   d. I struggle to stay engaged.
   e. I’m removed and distant from what’s happening.

5. How often do you spend time reading the Bible for growth?
   a. Multiple Times Daily
   b. Once Daily
   c. Once or Twice Weekly
   d. Rarely
   e. Never

6. Whenever you do it, how long do you read the Bible?
   a. More than an hour
   b. An hour
   c. Thirty minutes
   d. Fifteen minutes
   e. Five minutes

7. How often do you receive Holy Communion?
   a. Every week
   b. Once a month
   c. Every couple of months
   d. Once or twice a year
   e. Never

8. How often do you fast from food or abstain from other activities for spiritual purposes?
   a. Every week
   b. Once a month
   c. Regularly during a certain season of the year (i.e., Lent)
   d. Once or twice a year
   e. Never

9. How often do you participate in a Christian Small Group?
   a. Every Week
   b. Three to four times a month
   c. Twice monthly
   d. Once a month
   e. Never

10. Which of the below describes how you keep Sabbath?
    a. Each week I observe a 24-hour Sabbath in which I abstain from work, study and consumption, and devote myself to worship, relationships and rest.
    b. Each week I have a day in which I relax, take it easy and have fun.
    c. Once every few weeks I take a day to rest and “recharge my batteries.”
    d. Once a month I take a day to rest and “recharge my batteries.”
    e. I don’t regularly keep anything like a “Sabbath Day of Rest.”

See the back for instructions for interpretation.
Look over your responses, and evaluate where you are in your journey of developing these habits, which are means of God’s transforming grace.

a. = You’ve really made this practice a habit!
b. = You’ve made some great progress towards developing this habit.
c. = While you could grow in this area, you’re clearly getting somewhere.
d. = This is a practice you occasionally do, but perhaps haven’t tried to develop.
e. = This is clearly an untapped spiritual resource for you.

Identify one or two which seem particularly interesting to you, and make plans to attend worship that week. Keep in mind: This is not an exercise in gaining God’s favor, or in “self-improvement.” By working to develop these practices into habits, we’re just creating more and more space in our lives for God’s grace and power to do its transforming work in our lives!

**SERMON OUTLINE**

*September 14, 2014*

**Intro & Habit 1: Prayer**
Redwood United Methodist Church
Rev. Brad Dulaney
*Luke 8:4-15* (p. 788)

I. PROBLEMS WITH ________ - ESTEEM

II. GROWING OUR ________ - ESTEEM

*John 1:16*
*Galatians 5:19-26*

III. HABIT 1: __________________________

*James 1:2-8*