

# 40 Days To Spiritual Health

Set aside an hour of uninterrupted time to thoughtfully answer the following statements. Circle the number to the left that indicates to what extent that statement is true in your life.

**Never (1), Maybe (2), Sometimes (3), Often (4), Always (5)**

The results will help you to have a better understanding of your spiritual life and to plan for your spiritual care.

My personal relationship with God is intimate.	1	2	3	4	5
I practice various spiritual disciplines (prayer, meditation, bible reading, fasting, ect.) in my spiritual life.	1	2	3	4	5
I take time off for retreats to refresh myself spiritually and physically	1	2	3	4	5
I believe my devotional time influences my lifestyle.	1	2	3	4	5
I have a daily time of devotions with my family.	1	2	3	4	5
I apply biblical principles to my daily life.	1	2	3	4	5
I give tithes and offerings to my church.	1	2	3	4	5
I believe fellowship with fellow Christians is necessary.	1	2	3	4	5
I can "sense" the presence of the Lord in corporate worship.	1	2	3	4	5
I spend time interceding for others.	1	2	3	4	5
I pray for missions, the unreached people, ect.	1	2	3	4	5
I have someone to share my joys, dreams, needs, and burdens.	1	2	3	4	5
I have a regular time for family, recreation, personal growth, ect.	1	2	3	4	5
I have a healthy self-image.	1	2	3	4	5
I know how to deal with pressures and crises in life.	1	2	3	4	5
I feel I can stand strong against temptations (impatience, anger, greed, lust, ect.)	1	2	3	4	5
I am forgiving, loving, and accepting person.	1	2	3	4	5
I am sure of my calling and I enjoy my ministry.	1	2	3	4	5
I exercise my spiritual gifts regularly.	1	2	3	4	5
I share my faith with others.	1	2	3	4	5
I have a burden for the needy and will offer a helping hand.	1	2	3	4	5
I regularly attend a course to broaden my perspective and knowledge on Christian Spirituality.	1	2	3	4	5
The Holy Spirit plays a vital role in my life and ministry.	1	2	3	4	5
Are you spending more than 2 hours a day on social media?	1	2	3	4	5

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## Spiritual Idea's

(40-day Challenge)

- Attend all church services for 40 days.
- Do a daily devotion every morning for at least 15 minutes for 40 days.
- Pray every day for 40 days.
- Attend as many church events (local, district, jurisdictional) as possible during the next 40 days.
- Find a ministry to serve in the church for 40 days.
- Attend Saturday outreach twice in 40 days.
- Listen to sermons and gospel music only for 40 days.
- Fast from the T.V for 40 days.
- Fast from video games for 40 days.
- No social media (Facebook, Twitter, etc.) for 40 days.
- Ask someone to be your prayer partner and pray with them daily for 40 days.
- Lead your family in prayer and daily devotion for 40 days.
- Go on a daily prayer walk (allow God an opportunity to talk to you).

