

# SPIRITUAL



# HEALTH

## Week Two: Do I Live a Life of Worship?

### By the Spirit's help...

I acknowledge the importance of this area for spiritual health.	I occasionally live out this area of spiritual health.	I am beginning to integrate this in my spiritual rhythms.	I integrate this area of spiritual health in my life on a daily basis.	I help others pursue spiritual health through modeling and teaching.
I value congregational worship enough to be a regular attender. I pray several times a week.	I understand that worship is for God and reflects upon the greatest commandment of loving God with all our being.	I am an active participant in congregational worship. I have a growing sense of the awesomeness of God. I am growing in my sense of gratitude toward God.	I live a lifestyle of prayer and worship. I have daily focused prayer times that contributed to a continual sense of worship and prayer in communion with God.	I am able to lead others into a lifestyle of worship and prayer through example, teaching, and mentoring.

**Directions:** On your own, review each category. Intentionally pray that God would guide you in understanding your true spiritual state in this area. Which column is most true of you? After answering, ask someone else (a close friend, spouse, sibling, or even a child) to answer this question about you. Do your answers agree? How might God be calling you to make progress in this area?