

# Spiritual Fitness Discipline Chart for 2010

Colossians 1:9-11 For this reason we also, since the day we heard it, do not cease to pray for you, and to ask that you may be filled with the knowledge of His will in all wisdom and spiritual understanding; <sup>10</sup> that you may walk worthy of the Lord, fully pleasing Him, being fruitful in every good work and increasing in the knowledge of God;



## **1. Areas of weakness in my life that need to change:**

A. Attitudes:

B. Thoughts:

C. Habits:

## **2. Habits of personal devotions and church life am I going to practice:**

A. Weekly attendance: (Yes or No) (Circle: Sunday AM / Pm, Wed. Bible School, Speakers, Prayer):

B. Daily Prayer: Dedicated time daily: \_\_\_\_\_ How long: \_\_\_\_\_ In tongues (Min.): \_\_\_\_\_

C. Fasting: How often? \_\_\_\_\_

D. Daily Word – Reading: Chapters a day? \_\_\_\_\_ Memorization verses a week: \_\_\_\_\_

E. Books, CD's – Minutes a day: Reading? \_\_\_\_\_ Listening? \_\_\_\_\_

## **3. Areas of Christian service will I participate in:**

A. Men's/ Woman's Ministries: (Yes or No) Other: \_\_\_\_\_

B. Personal Witnessing: (Yes or No) Do you plan to pass out tracts? \_\_\_\_\_

D. Giving – Will you tithe? (Yes or No) Will you give offerings? (Yes or No)

▪ Missions: \$ \_\_\_\_\_ Building pledge: \$ \_\_\_\_\_ Benevolence fund: \$ \_\_\_\_\_

E. Have you completed?

▪ Covenant Class: Yes / No

▪ Discipleship Class: Yes / No

▪ Cleansing Streams Class: Yes / No

▪ Leadership Class: Yes / No

F. Circle ministries you will be involved with:

Administration \* Graphics \* Historian \* Internet \* Finances \* Special events \* Deacon \* Altar call \*  
Building maintenance \* Greeter \* Helps \* Helps \* Hospitality \* Prayer \* Usher \* Education \* Children,  
School of ministry \* Teaching \* Media \* Media: Sound \* Bulletin, PowerPoint Bulletin \* Discipleship \*  
Follow up \* Healing \* Phone calling \* KAM (Kingdom Advancement Ministry) \* Visitation teams \*  
Outreach \* Concert \* Young adult \* Youth \* Homeless \* Worship \* Flag \* Dance \* Music \* Shofar \*  
Puppet Ministry \* Women's Ministry \* Men's Ministry \* Leadership \* \_\_\_\_\_ \* \_\_\_\_\_

## **4. Personal Goals:**

A. Spiritual:

B. Physical:

Q) Current Weight? \_\_\_\_\_ Q) Weight goal? \_\_\_\_\_

Q) Circle days of the week you will work out: Mon Tues Wed Thurs Fri Sat Sun

C. Mental:

D. Family:

E. Financial/Job:

F. Social:

G. Other: