

SPIRITUAL FITNESS GUIDE

This is a self-assessment tool to help persons consider their spiritual condition)

Spiritually FIT	Spiritually DISTRESSED	Spiritually DRAINED	Spiritually DEPLETED
<p>POTENTIAL INDICATORS</p> <ul style="list-style-type: none"> • Engaged in life's meaning/purpose • Hopeful about life/future • Makes good moral decisions • Able to forgive self and/or others • Routinely practices faith disciplines • Respectful to people of other faiths • Engaged in core values/beliefs • Appropriately makes worldview adjustments 	<p>POTENTIAL INDICATORS</p> <ul style="list-style-type: none"> • Neglecting life's meaning/purpose • Less hopeful about life/future • Makes some poor moral decisions • Difficulty forgiving self and/or others • Infrequently practices faith disciplines • Less respectful to people of other faiths • Neglects core values/beliefs • Adequately makes worldview adjustments 	<p>POTENTIAL INDICATORS</p> <ul style="list-style-type: none"> • Loss sense of life's meaning/purpose • Holds very little hope about life/future • Makes poor moral decisions routinely • Unable to forgive self and/or others • Discounts practices of faith disciplines • Strong disrespect to people of other faiths • Disregards core values/beliefs • Inadequately makes worldview adjustments 	<p>POTENTIAL INDICATORS</p> <ul style="list-style-type: none"> • Claims life has no meaning/purpose • Holds no hope about life/future • Extreme immoral behavior • Forgiveness is not an option • Abandons practices of faith disciplines • Complete disrespect to people of all faiths • Abandons core values/beliefs • Inappropriately makes worldview adjustments

CENTERING ACTIVITY: Psalm 139

FOCUS SCRIPTURE: Psalm 73

SCRIPTURE STANDARD: Prov. 4:18-27

PRAYER SUPPORT: Hebrews 4:14-16