

SHAPING  
DISCIPLES  
2023

# Spiritual Practice Surveys

See the difference spiritual practices  
make in daily life

licc.

Our **'Shaping Disciples'** research has found that embedding spiritual practices into daily life helps Christians live more like Jesus, and improves the way they view both their faith and themselves.

During the project, one of the key things that helped people form sustainable habits was seeing clearly that the practices were making a difference. Through the surveys and interviews, people could spot that they were living and feeling differently as a result of their new practices.

**We want to help people in your church to see that same difference.** So we've put together these two surveys.

For people who are keen to try out spiritual practices, the surveys are a simple way to help them see the change God works in us when we focus on him and his word during our days.

Each survey should only take around five minutes to complete.

## How to use these surveys

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### **1** Invite people to spend five minutes filling in the first survey.

This acts as a benchmark, showing how people are feeling and living as disciples before they've tried embedding spiritual practices into daily life.

### **2** Encourage them to use spiritual practices at different points each day.

Section 1 of the **report** has plenty of ideas on what this could look like. For example, they could:

- Start the day by reflecting on a passage from the Bible, considering what it's saying and living in response through the day
- End the day with the prayer of Examen, giving thanks for what's been good and repenting for areas of sin
- Incorporate breath prayers, repeating a line of Scripture or a promise of God at moments of frustration or anxiety
- Use common actions (like brushing your teeth) as a reminder to direct their thoughts towards God and his purposes

### **3** Around 12 weeks later, invite the same people to fill in the second survey.

The second survey is more detailed than the first. As well as giving a direct comparison, it includes questions about each of the practices and the difference they've made.

The results will demonstrate the difference the practices are making to how your congregation are living in the everyday – encouraging them to keep using practices, so they might ultimately keep growing more like Jesus.

# Week 1 survey



1. Full name \_\_\_\_\_

2. Age:

- a. 18–29
- b. 30–44
- c. 45–59
- d. 60–74
- e. 75+

6. In one or two sentences, how would you describe your relationship with God at this moment in time?

3. Thinking about the places where you spend your time during a typical week, to what extent do you have a clear sense of God's purpose for you there?

- a. I have a very clear sense of God's purpose for me there
- b. I have a reasonably clear sense of God's purpose for me there
- c. I have a little sense of God's purpose for me there
- d. I don't really have any sense of God's purpose for me there

4. Think back over the last month. To what extent would the following phrases apply to you (1–5, where 1 = not at all, 5 = a lot)?

In my everyday life over the last month...

- a. I saw God working through me
- b. I was attentive to the Spirit
- c. I knew I was a vital part of God's purposes
- d. I did my jobs or tasks well
- e. I intentionally acted with grace and love
- f. I tried to change things for the better
- g. I displayed the fruit of the Spirit
- h. I stood up for truth and justice
- i. I shared my faith appropriately with others
- j. I prayed for people who aren't Christians

7. In one or two sentences, how is your relationship with God shaping your everyday life?

5. Which of these words best describe you as a disciple at this moment in time? (Choose up to three.)

- |                 |                |
|-----------------|----------------|
| a. Flourishing  | m. Learning    |
| b. Stuck        | n. Hurting     |
| c. Joyful       | o. Courageous  |
| d. Peaceful     | p. Challenged  |
| e. Suffering    | q. Indifferent |
| f. Faith-filled | r. Thankful    |
| g. Purposeful   | s. Anxious     |
| h. Doubting     | t. Hopeful     |
| i. Fruitful     | u. Jaded       |
| j. Angry        | v. Frustrated  |
| k. Growing      | w. Alone       |
| l. Failing      | x. Connected   |

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The following questions concern how you're getting on with the spiritual practices you've been using

8. How frequently are you doing the Bible reading practice?

- a. About 7 days a week
- b. About 5–6 days a week
- c. About 3–4 days a week
- d. About 1–2 days a week
- e. I've not really been doing it

9. To what extent do you think it's helping you to live as a disciple of Jesus in day-to-day life?

- a. A lot
- b. A fair bit
- c. Not much
- d. Not at all

10. How frequently are you doing the reflective prayer?

- a. About 7 days a week
- b. About 5–6 days a week
- c. About 3–4 days a week
- d. About 1–2 days a week
- e. I've not really been doing it

11. To what extent do you think it's helping you to live as a disciple of Jesus in day-to-day life?

- a. A lot
- b. A fair bit
- c. Not much
- d. Not at all

12. How frequently are you doing the breath prayer practice?

- a. About 7 days a week
- b. About 5–6 days a week
- c. About 3–4 days a week
- d. About 1–2 days a week
- e. I've not really been doing it

13. To what extent do you think it's helping you to live as a disciple of Jesus in day-to-day life?

- a. A lot
- b. A fair bit
- c. Not much
- d. Not at all

14. How frequently are you doing the DIY practice?

- a. About 7 days a week
- b. About 5–6 days a week
- c. About 3–4 days a week
- d. About 1–2 days a week
- e. I've not really been doing it

15. To what extent do you think it's helping you to live as a disciple of Jesus in day-to-day life?

- a. A lot
- b. A fair bit
- c. Not much
- d. Not at all

16. To what extent would you agree with the following statements?

As a result of using these spiritual practices, I think I have... (1–5, where 1 = definitely not, and 5 = definitely)

- a. Grown closer to God
- b. Become more like Jesus
- c. Been more aware of God's presence with me in my daily life
- d. Related better to the people around me
- e. Had healthier thought processes
- f. Had a better attitude towards my work and daily tasks
- g. Represented Jesus to the people around me more faithfully
- h. Helped and blessed people around me more
- i. Prayed more for situations I'm facing
- j. Prayed more for people who aren't Christians
- k. Lived with a greater sense of confidence
- l. Been more aware of God's love for me
- m. Had more or better conversations about my faith with people who aren't Christians
- n. Had a clearer sense of how God wants me to act and react in everyday situations