

Cultivate Spiritual Rhythms: Chapter Assessment

This assessment is designed to gauge the spiritual rhythms practiced within your chapter. Use it as a tool for growth not judgment, to identify areas for improvement or exploration of new practices. For each category, check off the activities your chapter is currently engaged in. While the options provided are common examples of spiritual practices, use the “other” category for additional activities. When you finish, take this sheet back to your Area Director or ministry coach to help you devise a plan.

GENERAL	
<input type="checkbox"/>	Spiritual rhythms are practiced as a normal part of chapter life
<input type="checkbox"/>	Rhythms are done both communally and individually
<input type="checkbox"/>	Newcomers and non-Christians feel comfortable in participating
<input type="checkbox"/>	Engagement with rhythms is being discussed and debriefed

PRAYER	
<input type="checkbox"/>	Regular prayer meetings (daily, weekly, etc.)
<input type="checkbox"/>	Planned concert of prayer/prayer event
<input type="checkbox"/>	Praying with your leaders
<input type="checkbox"/>	Accountability partners
<input type="checkbox"/>	Incorporating prayer into every meeting
<input type="checkbox"/>	Providing a platform for members to communicate prayer requests
<input type="checkbox"/>	Engaging in a prayer walk on campus
<input type="checkbox"/>	Participating in a retreat of silence
<input type="checkbox"/>	Other:

WORSHIP	
<input type="checkbox"/>	Incorporating musical worship into large gatherings
<input type="checkbox"/>	Hosting planned concerts of prayer and worship events
<input type="checkbox"/>	Exploring worship styles beyond the normal preference (such as a different language or style, liturgy or tactile worship)
<input type="checkbox"/>	Attending church regularly
<input type="checkbox"/>	Other:

SCRIPTURE	
<input type="checkbox"/>	Regular Bible study sessions during small group meetings
<input type="checkbox"/>	Leaders engaging in daily Scripture reading habits
<input type="checkbox"/>	Applying Scripture to daily life
<input type="checkbox"/>	Utilizing structured reading approaches like the D-cycle or meditative practices like Lectio Divina
<input type="checkbox"/>	Other:

SABBATH	
<input type="checkbox"/>	Staff regularly observe a weekly Sabbath
<input type="checkbox"/>	Leaders communicate their Sabbath practices for accountability
<input type="checkbox"/>	A dedicated Sabbath is scheduled in high ministry seasons such as NSO
<input type="checkbox"/>	Opportunities for chapter members to participate in longer Sabbath experiences such as conferences or retreats
<input type="checkbox"/>	Leaders model Sabbath-taking behaviors for the rest of the chapter
<input type="checkbox"/>	Other:

TESTIMONY	
<input type="checkbox"/>	Equipping leaders to share their faith stories effectively
<input type="checkbox"/>	Hosting regular testimony-sharing sessions
<input type="checkbox"/>	Engaging in spotlight sharing opportunities
<input type="checkbox"/>	Sharing stories that encompass both successes and failures
<input type="checkbox"/>	Inviting guest speakers or alumni to share their experiences
<input type="checkbox"/>	Providing opportunities to debrief shared testimonies
<input type="checkbox"/>	Other:

FASTING	
<input type="checkbox"/>	Organizing planned fasting events or associating fasting with specific occasions
<input type="checkbox"/>	Ensuring awareness of alternative fasting options beyond food abstention
<input type="checkbox"/>	Engaging in Lenten practices
<input type="checkbox"/>	Considering fasting in response to specific issues or events
<input type="checkbox"/>	Other: