

Practices Sheet



We believe our daily practices—what we choose to prioritize, ponder, and pursue—are the things that form us. Incorporating practices of devotion, worship, accountability, hospitality, and rest into our everyday lives gives us a starting point to help us grow as disciples of Christ—not just for our own sake, but for the good of the city.

Fill in each of the practices you currently keep, as well as those you want to build into your life.

Devotion

We practice listening to God speak to us in Scripture and responding personally to him in prayer.

PRAYER

AM Prayer: _____ AM for _____ min

PM Prayer: _____ PM for _____ min

BIBLE READING (CIRCLE)

Redeemer Devotional

Bible in One Year

Other: _____

Worship

We practice intentionally placing our affections on God and cultivating a love for him above all else.

Baptized church member? ☐ Y ☐ N

Serving? How: _____

Tithing? Goal: _____

Daily practices to cultivate attentiveness to God: _____

Accountability

We practice building friendships where we are responsible to challenge, support, and pray for one another's spiritual growth.

Two friendships of accountability:

1. _____
2. _____

How often will you meet? (circle)

Weekly Bi-weekly Monthly

In Community Group? ☐ Y ☐ N

Hospitality

We practice regularly inviting people, especially those who are different from us, into our lives through the sharing of time, attention, and resources.

Frequency: (circle)

Bi-weekly Monthly Quarterly

How: _____

Who? (e.g. church, friends, neighbors, co-workers, non-Christians)

Rest

By ceasing from work, we are regularly reminded that our identity is not in what we do or achieve, but in what has been done for us in Christ.

Day: (circle)

M T W R F S S

Time: (circle)

Morning Afternoon Evening All Day

Activity: _____

Other Practices

There are many more practices to explore in our formation in Christ.

List those you will keep here:



FORMATION

Redeemer cares about your spiritual formation and wants to equip you with practices to grow as a disciple. Formation offers Redeemer churches and ministries a common approach and pathways to deepen our formation as people called to Christ, strengthened in community, and sent into the city.

► **Learn more at redeemer.com/formation.**

As you focus on practices, consider how they integrate with the other components of your spiritual formation.

Practices

How are we incorporating devotion, worship, accountability, hospitality, and rest into our everyday lives?

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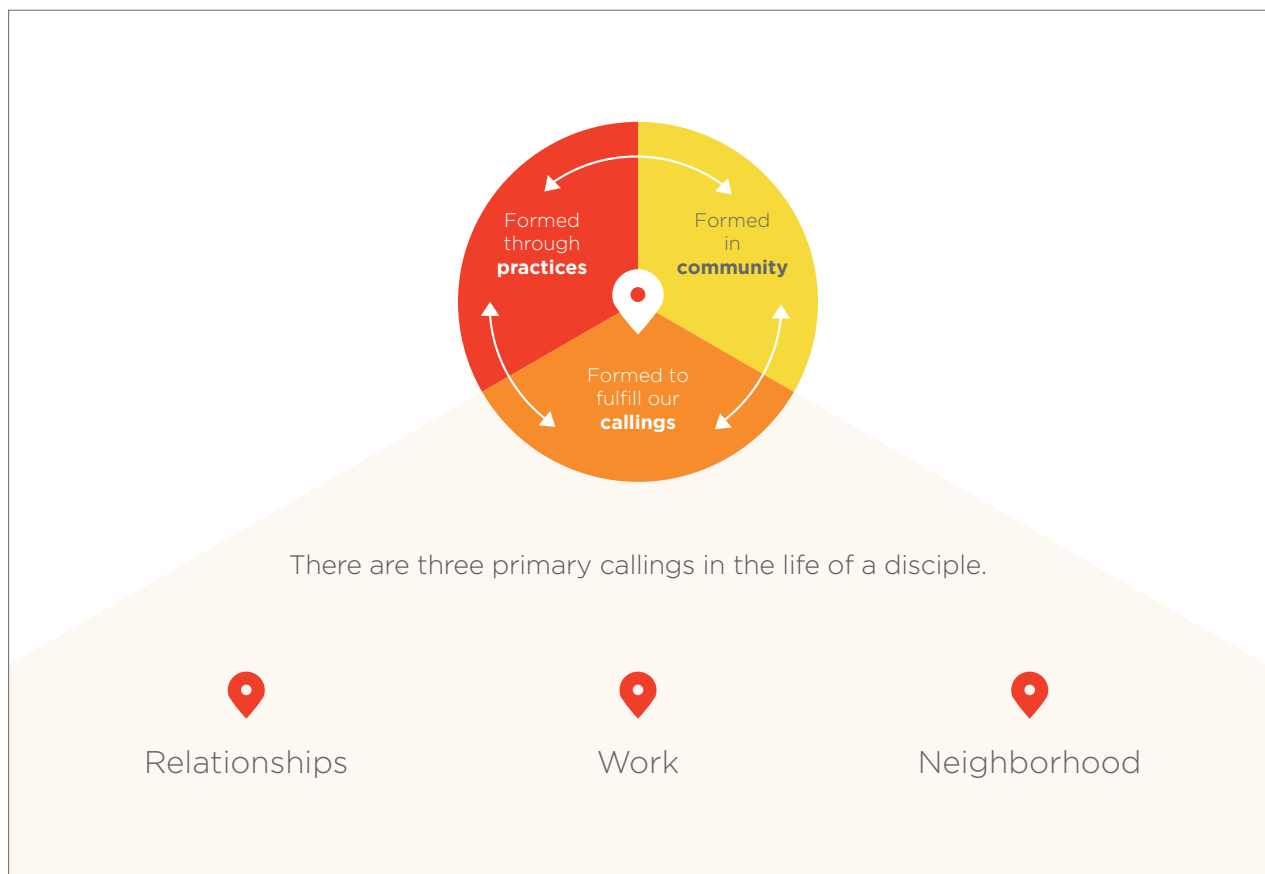
Community

Are we rooted as a member in a local congregation, engaging in communal liturgy, sacraments, and accountable relationships?

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Callings

Do we see where God places us—relationships, work, and neighborhood—as areas to fulfill the biblical mandates to make disciples and bring renewal?



► Learn more at redeemer.com/formation.