SOUL FOOD
Feasting and Fasting at the Feet of Jesus

Personal Worship Inventory

Silence and Solitude I regularly spend time in silence and solitude.					
	stongly disagree	disagree	neutral	agree	strongly agree
Bible Study I read and study the Bible regularly.					
	stongly disagree	disagree	neutral	agree	strongly agree
Prayer I pray reg	gularly.	1.			
	stongly disagree	disagree	neutral	agree	strongly agree
Secrecy I regularly engage in spiritual activity without anyone noticing.					
	stongly disagree	disagree	neutral	agree	strongly agree
Fasting I regularly abstain from food or other things in order to devote my time and attention to the Lord.					
	stongly disagree	disagree	neutral	agree	strongly agree
Worship I make corporate worship a high priority.					
	stongly disagree	disagree	neutral	agree	strongly agree
Sabbath I regularly set aside time to rest and refocus on my relationship with God.					
	stongly disagree	disagree	neutral	agree	strongly agree
Simplicity I purposefully "declutter" my I ife in order to mitigate distractions and maintain focus on Christ.					
	stongly disagree	disagree	neutral	agree	strongly agree

My Personal Worship Plan 1. 2. 3.