




Growing in one's faith happens with practice. Here are some of the practices that the church has recognized as particularly important to grow in one's faith:

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1. Prayer
 2. Meditation
 3. Communion
 4. Journaling
 5. Confession
 6. Fasting
 7. Caring for others
 8. Worship
 9. Reading Scripture

Which of these practices seem to be most helpful and why?

Which of these practices seem to be less helpful and why?

What does faith growth mean to you?



These 12 statements describe aspects of faith growth:

1. I help others with their religious questions and struggles.
2. I seek opportunities to grow spiritually.
3. I feel a sense of responsibility for reducing pain and suffering in the world.
4. I give significant portions of time and money to help other people.
5. I feel God's presence in my relationships with other people.
6. I feel my life is filled with meaning and purpose.
7. I care a great deal about reducing poverty in my country and throughout the world.
8. I apply my faith to political and social issues.
9. The things I do reflect a commitment to Jesus Christ.
10. I talk with other people about my faith.
11. I have a real sense that God is guiding me.
12. I am spiritually moved by the beauty of God's creation.

Which of these statements do you resonate with most?

In light of these twelve statements, what could your church do to help you grow in faith?

Which of these are a challenge for you or make you uncomfortable?

Which 2 or 3 is your church doing well and which 2 or 3 does your church need to develop? Why?