Do you engage in any spiritual practices like prayer, meditation, Bible reading or study, service, fasting, giving, celebration, confession, self-examination, solitude, or any other ones that come to mind, intentional gratitude, etc ?

Which ones?

How often?

Why?

Do you feel it is important to practice spiritual disciplines? Why or why not?

If you were asked about a Rule of Life, would you say you have one?

How would you explain Rule of Life to someone who has never heard of it?

Are you Male or Female?