

THE BIBLE CHURCH, SINGAPORE

# GRIP

SPIRITUAL GROWTH INVENTORY AND PLAN



**3. RELIES ON GOD IN  
PRAYERFULNESS**



TOOLBOX

# EVALUATION KEY

**Score: 28–35**

Be encouraged that there is a deep dependence on God. Consider encouraging others in their prayer lives by praying with them, especially new disciples, to help them grow in this area.

**Score: 21–27**

There is some room for improvement in this area. You can work on one aspect of your prayer life. You can start by keeping a personal prayer journal or start attending CG or Church Prayer Meetings regularly.

**Score: 0–20**

It is likely you have not been consistent in your prayer life. You may want to make plans to spend regular time each day in prayer. Look out for resources such as Prayer Cards that will be made available from time to time.



# TOOLBOX

**1. Start** with 10 minutes of prayer each day, trusting God with one matter at a time.

**2. Look** for clues of God in your daily life; give thanks for each clue and keep a journal.

**3. Invite** a prayer partner or seek a prayer mentor.

**4. Attend** a course on prayer or half-day prayer retreat organized by the church. You may also want to do a personal prayer retreat using this sample guide.

**5. Read, study & practise** [Eph 6.10-18](#) with a mature Christian.

**6. Pray & meditate** on [the Lord's Prayer](#).

**7. Reflect** on where you were most and least present to God's love in your day. You may ask "When today did I have the deepest sense of connection with God, others and myself? When today did I have the least sense of connection?"

**8. Read** Chapter 4 (on Sabbath) of God in My Everything by Ken Shigematsu. The Book which can be purchased at GRIP Resource Counter at the fellowship hall.







