

## Spiritual Disciplines and Persistent Sins Assessment (pre-survey)

First Baptist Church of Nacogdoches

The frustration level is high among many Christians as they struggle with persistent sins. This struggle is a common theme of the Christian life at least as far back as the recipients of Paul's letters to the Corinthians. However, the speed and ease with which these sins can irrevocably destroy lives has never been faster. How many Christians struggle today with the persistent sins of internet pornography, over-eating, over-spending, gossip, procrastination, sloth, and drug and alcohol abuse? For many, the biblical promises of freedom from the power of sin (such as those in John 8:31-36, Rom 6:15-23) seem hollow and misleading. The Bible, however, speaks of a powerful tool for the destruction of the strongholds of persistent sin. This tool is collectively called the spiritual disciplines. The spiritual disciplines can, when energized by the ministry of the Holy Spirit, yield great power over temptation. This project endeavors to lead the people of the First Baptist Church of Nacogdoches, Texas, to use this powerful tool and experience more of the promised freedom that is so earnestly desired.

The research in which you are about to participate is designed to measure your knowledge and practice of basic spiritual disciplines and any correlation between the practice of spiritual disciplines and the presence of persistent sins. This research is being conducted by Noel Dear for purposes of collecting data for a ministry project. In this research, you will answer approximately forty questions. Any information you provide will be held strictly confidential, and at no time will your name be reported, or your name identified with your responses. Participation in this study is totally voluntary and you are free to withdraw from the study at any time.

By completion of this survey, you are providing informed consent for the use of your responses in this project.

This is an anonymous survey. You will be asked to create a four-digit code so your answers can be correlated with the answers you provide in a follow-up survey that will be given to those who participate by listening to and viewing the sermons and completing the devotions that will be assigned. You may choose to use the last four digits of your social security number or the last four digits of your phone number or any other four digits. It is important that you remember the code you choose.

[OK](#)

\* 1. Four-digit code (described above) for anonymous tracking. (*This number needs to be one you can easily remember when you take the follow-up survey in about two months.*)

\* 2. Do you regularly attend worship services at the First Baptist Church of Nacogdoches?

Yes

No

\* 3. What is your age?

Under 18

19-24

18-24

25-34

35-44

45-54

55-64

65+

\* 4. What is your gender?

Male

Female

\* 5. Are you currently a college student?

Yes

No

6. Are you a Christian?

Yes

No

7. If you are a Christian, how long have you been a Christian?

\* 8. Do you regularly (more than half the time) attend a Sunday School class?

Yes

No

9. In your own words, provide a brief definition of "spiritual disciplines." (*If you are not familiar with the phrase, please leave answer blank.*)

\* 10. Please indicate the response that most accurately and honestly reflects your agreement on these

statements.

	Strongly Disagree	Disagree	Disagree Somewhat	Agree Somewhat	Agree	Strongly Agree
I struggle with substance abuse (alcohol, prescription or non-prescription drugs).	<input type="radio"/>					
I struggle with overeating.	<input type="radio"/>					
I struggle with viewing inappropriate sexual images.	<input type="radio"/>					
I struggle with persistent sins of the tongue (gossip, foul language, lying).	<input type="radio"/>					
I regularly struggle with lust.	<input type="radio"/>					
I regularly struggle with pride.	<input type="radio"/>					
I regularly struggle with anger.	<input type="radio"/>					
I regularly struggle with worry.	<input type="radio"/>					
I regularly struggle with laziness.	<input type="radio"/>					
I regularly struggle with materialism, greed, or covetousness.	<input type="radio"/>					
I regularly struggle with a specific sin that I have fought and prayed to overcome for some time.	<input type="radio"/>					
I read the Bible daily.	<input type="radio"/>					
I fast at least one day per month.	<input type="radio"/>					
I write in a spiritual journal at least three times per week.	<input type="radio"/>					
I spend at least five minutes each day in continual, uninterrupted prayer.	<input type="radio"/>					
I memorize at least one Bible verse per week.	<input type="radio"/>					
I spend ten minutes in uninterrupted meditation on a Bible passage at least three times a week.	<input type="radio"/>					
At least once a week I share and pray with a fellow Christian concerning my struggles with temptation.	<input type="radio"/>					
I could explain to someone the value and the methods of						

and the methods of biblical meditation as they are outlined in the Bible.

     

I could explain to someone the value and the methods of the spiritual discipline of prayer as it is outlined in the Bible.

     

I could explain to someone the value and the methods of the spiritual discipline of fasting as it is outlined in the Bible.

     

I could explain to someone the value and the methods of journaling as it is presented in the Bible.

     

I could explain to someone the difference in the Holy Spirit's role in removing sin from my life and my role in the process.

     

I could explain to someone the value of spiritual disciplines for overcoming persistent sins.

     

\* 11. Do you struggle with any persistent or ongoing, often repeated sins?

Yes

No

12. If you struggle with one or more persistent sins, list the one that frustrates you the most. (*If you do not struggle with persistent sins, leave blank.*)

13. How long have you struggled with this persistent sin? (*If you do not struggle with persistent sins, leave blank.*)

14. What is the status of this persistent sin? (*If you do not struggle with persistent sins, leave this question unanswered.*)

I am making steady improvement in overcoming this sin

- There has been little or no improvement in my struggle with this sin.
- This sin is becoming a more serious issue in my life.

15. Is your family aware of this persistent sin? (*If you do not struggle with persistent sins, leave this question unanswered.*)

- Yes
- No

16. Is there a small group of Christians who you have made aware of this sin? (*If you do not struggle with persistent sins, leave this question unanswered.*)

- Yes
- No

17. What are one or two things you have done to try to eradicate this sin in your life? (*If there are none, please leave blank.*)

\* 18. How many days a week do you typically read the Bible?

\* 19. When you do read your Bible, typically how many minutes do you spend reading?

\* 20. How many days a week do you typically pray a prayer that lasts longer than five minutes?

\* 21. Have you ever spent a whole day fasting for spiritual purposes?

- Yes
- No

\* 22. How many days a year do you typically fast?

- 0
- 1
- 2
- 3
- 4 to 10
- More than 10

23. Apart from Bible reading, praying, and fasting, what other spiritual disciplines, if any, do you regularly engage?

DONE

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