

Prayer Life Self-Assessment Questionnaire

Introduction

This is a self-assessment questionnaire (SAQ) of your prayer life. It is designed as a prayer mentorship tool. It is a general list of 'Do You' style questions, so please skip any that may be irrelevant to you. This assessment tool does not generate a result or score but rather it is designed to help you think about the gap between your current and desired prayer life. No one should be able to check all of them. Yet, there are questions that should make you hungry to know more of God and to experience more of his power in your prayer life. Make that your goal.

Instruction

As you read each question, put a check mark where your response is yes. A good question to ask yourself after each question that is not checked off is "Why Not"? Use the space provided beside each question to capture your reason or to note important information.

- Do you have a daily quiet time alone with God?
- Do you regularly read and meditate on Scripture?
- Do you regularly praise and sing aloud to God privately?
- Do you always pray before your meals?
- Do you hunger for more of God?

- Do you have a designated place to pray in your house?
- Do you have a scheduled time to pray every day?
- Do you use a specific prayer pattern as you pray?
- Do you have a prayer diary or prayer journal?
- Do you have a variety of prayer postures?

- Do you pray daily with your spouse?
- Do you pray regularly as a family unit?
- Do you give your children an opportunity to pray with and/or for you?
- Do you share answers to prayer with your kids?
- Do you value children prayers as much as adults prayers?

- Do you have a prayer partner?
- Do you meet at least once a week with your prayer partner? More or less?
- Do you belong to a prayer group?
- Do people seek you out to teach them to pray?
- Do you mentor, coach or lead prayer?

- Do you keep a prayer list?
- Do people seek you out to pray for them?
- Do you pray with people over the phone?
- Do you pray with (not just for) people about their needs?
- Do you ever lay hands on people when you pray for them?

- Do you pray out loud when you are alone?
- Do you pray out loud in public (before other people)?
- Do you ever shed tears when you pray?
- Do you ask the Holy Spirit to guide your prayers?
- Do you stop and listen to hear God's voice and leading?

- Do you repent daily to draw near to God?
- Do you Fast? Regularly?
- Do you maintain a top three list of unsaved people?
- Do you practice spiritual warfare praying?
- Do you incorporate the power of praying the Scriptures?

- Do you read and study books on prayer?
- Do you set prayer goals for yourself, at least annually?
- Do you ever dedicate a whole day or large block of time to prayer?
- Do you go on prayer retreats?
- Do you record your prayer requests and answers?

- Do you believe prayer is essential in the life of a leader?
- Do you pray frequently for your ministry?
- Do you pray more or do more in your leadership role? (When a man works, man works. When a man prays, God works)
- Do you create prayerful environments as a leader?
- Do you see miraculous answers to your prayers?

Implementation

You cannot change everything at once, but pick a few and list them below. There are no perfect prayers any more than there are perfect people. Perfection is found in the constant pursuit of God. Paul said, "I have not yet attained, neither am I yet perfect, but I press toward the mark for the prize of the high calling of Christ."

Lord, please change my prayer life in these areas:

1. _____
2. _____
3. _____