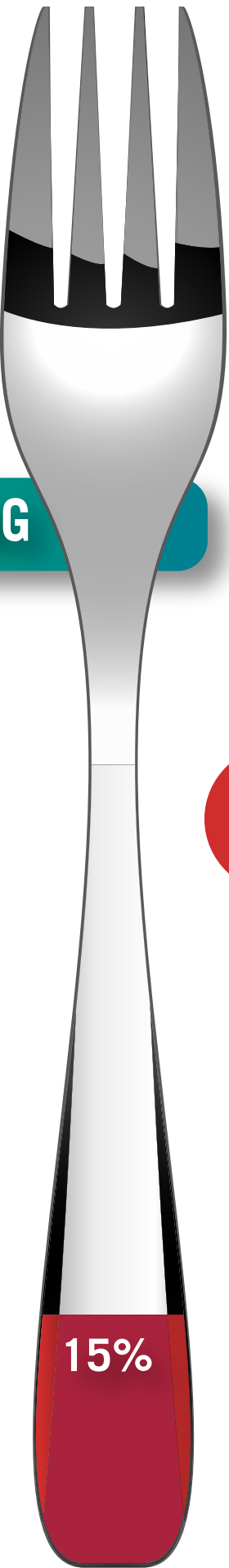


## Transformational Discipleship

# SPIRITUAL DISCIPLINES

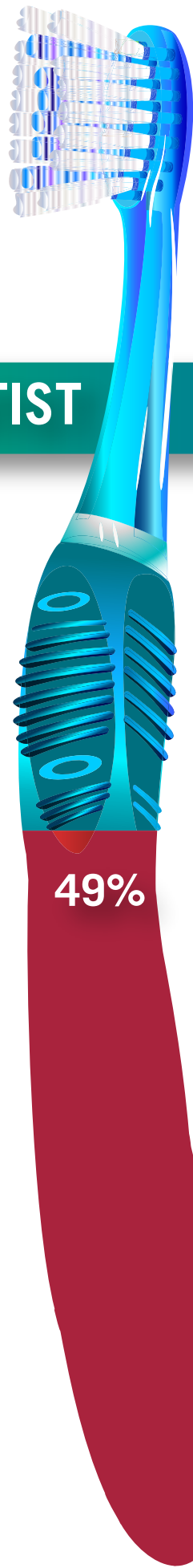
Survey of 2,930 USA Protestant church goers

Fasting was defined as going without eating for a certain period of time, in order to concentrate on prayer or meditation.



**FASTING**

15% of churchgoers have fasted in the past 6 months



**DENTIST**

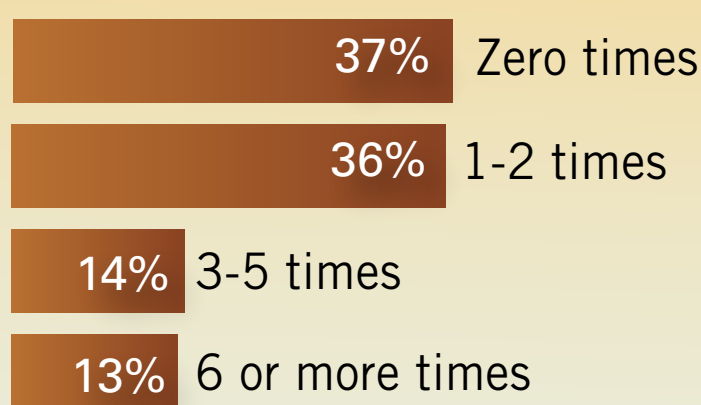
49% of Americans have visited the dentist in past 6 months

**VS.**

49%

### OBEDIENCE & SACRIFICE

In the past 6 months, how many times have you made a decision to obey or follow God with awareness that choosing His way might be costly to you in some way?



### PRAYER TIME

How often I set aside time for prayer of any kind



48%

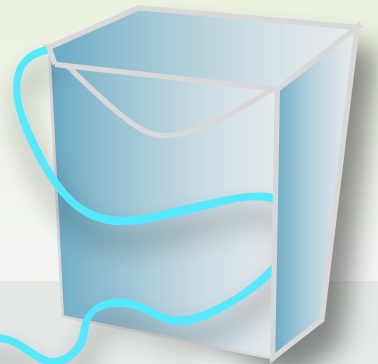
Every day

### FLOSSING

49% of average Americans floss daily<sup>1</sup>.

49%

Every day



**VS.**

### BIBLE READING

How often I set aside time to read the Bible



19%

Every day

### PET EXERCISING

68% of average Americans exercise their pet daily<sup>2</sup>.

68%

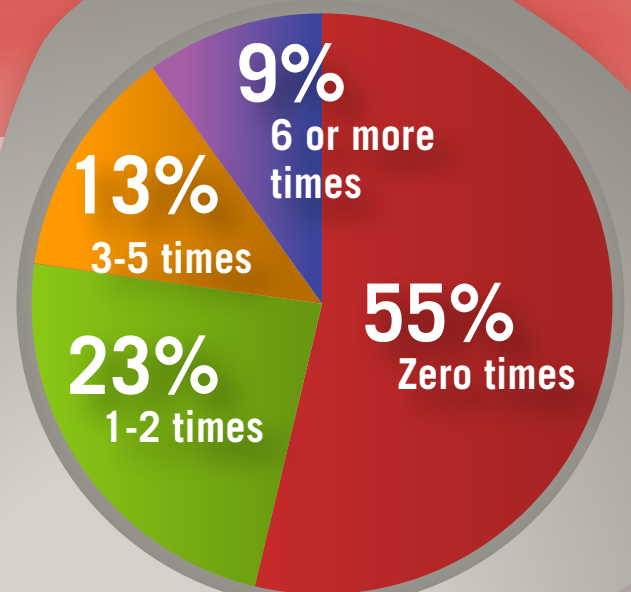
Every day



**VS.**

### SCRIPTURE MEMORIZATION

In the past 6 months, how many times have you memorized a Bible verse?



See Transformational Discipleship Assessment at [tda.lifeway.com](http://tda.lifeway.com)

 **LifeWay**  
RESEARCH

<sup>1</sup> Crest.com/ada-webcast/surveyfindings.pdf <sup>2</sup> Cyberpet.com/dogs/articles/general/crawford.htm