

Spiritual Health Self-Assessment

This Spiritual Health Self-Assessment is a tool designed to help you determine how you are doing in 5 key areas of faith - Worship, Fellowship, Evangelism, Service, and Growth. Answer each question honestly and write the number next to your answer in the line to the right. Total each section. The highest total possible per section is 200, which is our ultimate goal in our spiritual life.

Worship

Attending weekly worship services takes priority in my schedule.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20) _____

My daily prayer life is consistent.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20) _____

My daily activities show that God is my highest priority.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20) _____

I attend a corporate worship service weekly.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20) _____

I am consistently pursuing habits that are helping me become more like Jesus.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20) _____

When I pray, it changes how I view and interact with the world.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20) _____

I give beyond my regular tithe to missions or ministry projects.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20) _____

I consistently tithe 10% of my income to my church.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20) _____

I receive strength from lifting my voice in praise to God.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20) _____

I am quick to confess anything in my character that does not look like Christ.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20) _____

Total _____

Fellowship

There is nothing in my relationships with others that is unresolved.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20) _____

My circle of healthy, transparent relationships is consistently growing.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20) _____

I gather regularly with a small group of Christians for fellowship and accountability.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20) _____

I believe that Jesus died for me and have confessed Him as Lord of my life.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20) _____

I am consistently growing closer to those in my small group.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20) _____

There are people in my small group who know the real me.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20)

I am a catalyst in helping other people connect with each other.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20)

I step out of my comfort zone to help others form relationships.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20)

I have connected with my church by going through the membership process.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20)

My small group helps me grow in my relationship with God.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20)

Total

Evangelism

I am comfortable explaining my beliefs to others and how they compare with other world religions.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20)

I look for opportunities to share my faith with others.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20)

I have shared my personal testimony with someone in the past 6 months.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20)

I have invited someone to a church event or service in the past 6 months.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20)

I look for opportunities to build relationships with those who don't know Jesus.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20)

I am consistently developing a specific list of people to witness to.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20)

I am confident in my ability to share my faith.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20)

I regularly seek out people to invite to church events or services.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20)

I feel personal responsibility to share my faith with those who don't know Jesus.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20)

I am able to use my experiences, both good and bad, to share my faith with others.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20)

Total

Serve

My family and friends can depend on me.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20)

I have a passion for sharing God with people in other cultures.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20)

I get a sense of fulfillment from serving my church.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20)

Those closest to me would say my life is a reflection of giving more than receiving.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20)

In the past year, I have been involved in a local mission or community service project.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20)

I enjoy meeting the needs of others without expecting anything in return.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20)

In the past year, I have given my time or resources to a global missions project.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20)

My service in a local mission/community project brings me joy.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20)

I am consistently serving in a ministry at my church.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20)

I see painful experiences as opportunities to minister to others.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20)

Total

Grow

I have identified my spiritual gifts.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20)

I have a consistent schedule and routine for bible reading and study.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20)

I have an easy time receiving advice, encouragement, and correction from others.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20)

I consistently read or listen to spiritual growth resources.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20)

I have people in my life that I look to for spiritual encouragement/correction.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20)

I am developing myself as a leader who can impact the spiritual growth of others.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20)

When life changes or issues arise, I seek biblical answers through spiritual resources.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20)

I look for way to use my God-given abilities to help others.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20)

I look for new ways to serve my family and friends.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20)

I find I am making better choices to do what is right when I'm tempted to do wrong.

Almost Never (0) Sometimes (5) Frequently (15) Almost Always (20)

Total

What now?

Now that you have assessed where you are spiritually, you can make a plan on how you will grow in areas where you are weaker.

SPIRITUAL GROWTH PLAN

The area(s) where I am strongest is _____.

If you are particularly strong (150+) in a particular area, please speak with a pastor about how you can help others grow in that area.

The area(s) where I am weakest is _____.

I plan to grow in my weakest area by: (choose one or write your own)

Worship:

- Commit to weekly worship attendance.
- Develop a daily routine of prayer.
- Increase my level of giving to or towards a 10% tithe.
- Develop a daily routine of study and worship.

Fellowship:

- Join a small group, bible study, or Sunday school.
- Commit to developing a closer relationship with a Christian brother/sister.
- Allow fellow believers to get to know the real me.
- Develop more relationships within the church.

Evangelism:

- Join a group to discover more about how to explain Christianity. (e.g. - ALPHA)
- Invite a friend, coworker, or neighbor to join me for worship in the next 6 months.
- Develop a list of 12 people whom I'd like to influence for Jesus Christ.
- Write down my personal story of how I came to know Jesus as Lord and Savior.

Service:

- Find a place to be in ministry within the church.
- Consistently pray for the needs of a world mission outreach.
- Participate in a local mission project in the next 6 months.
- Give a tangible gift to a mission out of my best, not out of my left overs.

Growth:

- Develop a regular bible reading/study routine.
- Identify and consult with a fellow Christian who can be a source of wisdom.
- Search for a new way to be in service to others for God.
- Develop a scripture memorization routine to incorporate scripture into my heart.