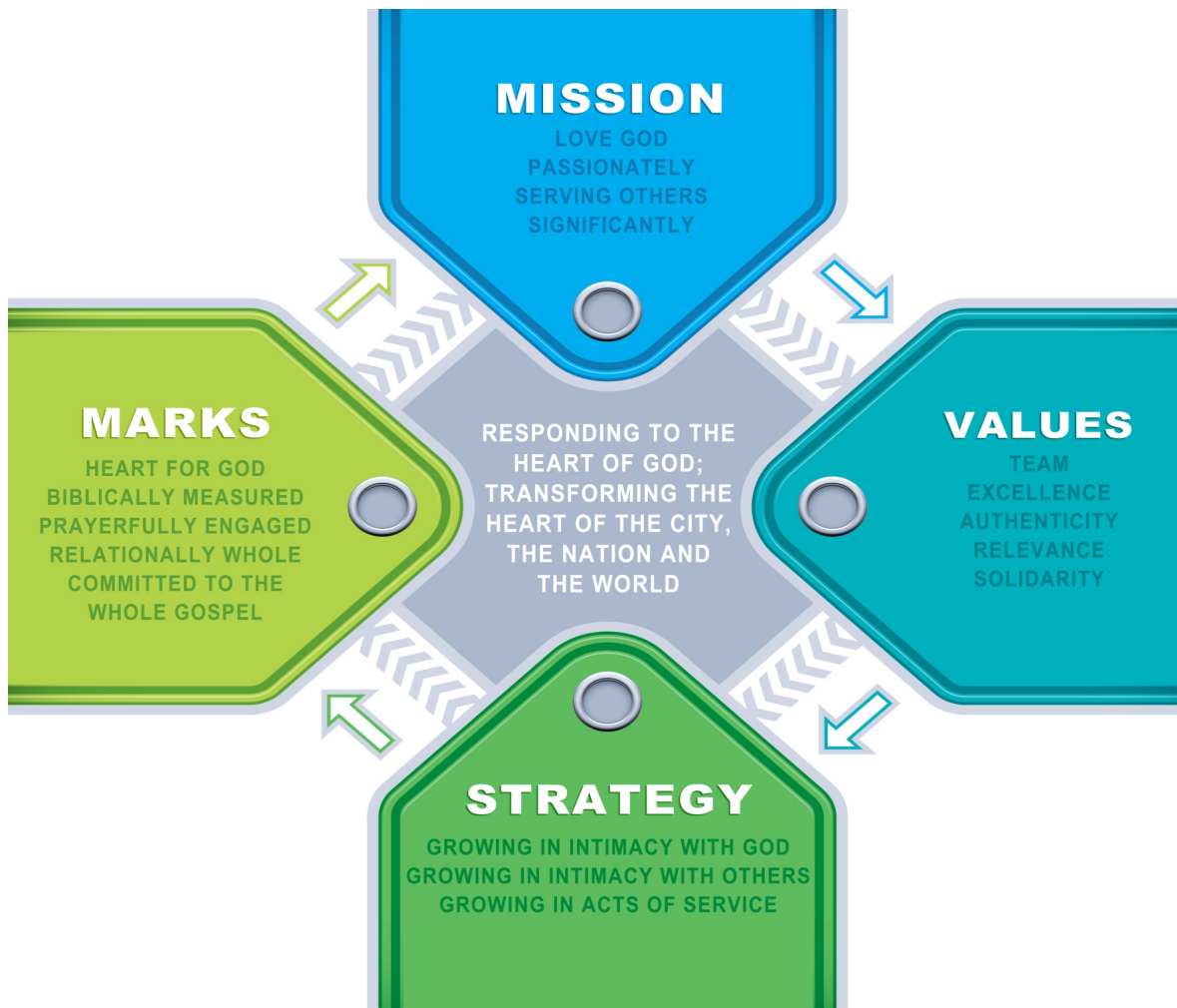


Personal Spiritual Health Assessment

Introduction

²² But be doers of the word, and not hearers only, deceiving yourselves. ²³ For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. ²⁴ For he looks at himself and goes away and at once forgets what he was like. ²⁵ But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing. James 1:22-25

As disciples (apprentices) of Jesus, it is essential that we understand what it means to follow the Master and learn the trade (Kingdom living!) with all of our heart, mind, and strength. It can be hard, however, to know what areas of our lives need further training and development. The following questionnaire is designed to help you identify areas for growth in your own life in 5 specific areas: (See the 5 Marks in the graphic).



These questions are not exhaustive but are designed to help you identify both **BEHAVIOUR** patterns & **HEART** postures in each of these areas. The purpose is to help you identify areas for growth and then help you create an actionable, measurable plan forward.

Before you begin:

- 1) Pray & submit this time to the Lord. Ask for an honest heart.
- 2) NOTE: the point is not what number you are on the scale (or even what that number stands for) but how can we move you from a “2” to a “3” or “4” to a “5” as part of your own growth.

Prayerfully Engaged (Prayer)

When we pray, are we praying differently as a result of what we am learning or experiencing in prayer?

Is God responding to our prayers by giving us opportunities for kingdom service? Are we praying for opportunities for kingdom service?

<i>Prayerfully Engaged</i>	Doesn't describe me			Generally describes me	
	1	2	3	4	5
I trust that God hears my prayers and He answers (though not always in the way I want or expect)	1	2	3	4	5
I engage in personal daily prayer time	1	2	3	4	5
Regular participation in prayer with others characterizes my life	1	2	3	4	5
I spend as much time listening to God as I do talking to Him	1	2	3	4	5
My prayer life includes: adoration, confession, thanksgiving, and intercession for myself and others.	1	2	3	4	5

Biblically Measured (Scripture)

Am I allowing Scripture to impact my life and choices?

How is my heart being shaped by the Word of God and Jesus Christ?

<i>Biblically Measured/ Word-Centered</i>	Doesn't describe me		Generally describes me		
	1	2	3	4	5
I regularly meditate on God's Word and invite him into my everyday activities	1	2	3	4	5
I have a desire to spend time in God's Word	1	2	3	4	5
I regularly study God's Word (either alone or with others)	1	2	3	4	5
I am able to answer questions about life, culture and faith from a biblical perspective	1	2	3	4	5
When the Bible exposes areas of my life needing change, I move towards change .	1	2	3	4	5

Whole Heart for the Whole Gospel (Community)

Is God responding to our prayers by giving us opportunities for kingdom service?

Are we praying for opportunities for kingdom service?

<i>Community - Scattered</i>	Doesn't describe me		Generally describes me		
	1	2	3	4	5
I regularly think about and pray for those who don't know Jesus (including family members).	1	2	3	4	5
I am confident in my ability to share my faith.	1	2	3	4	5
I look for opportunities to build relationship with those who don't know Jesus.	1	2	3	4	5
I intentionally support (time, treasures or talents) individuals or organizations that reach out to those who don't know Jesus (this is outside of church giving)	1	2	3	4	5
I make my faith known to those with whom I am in relationship (my neighbours & co-workers, family, etc.).	1	2	3	4	5
Non-believers would say I am a Christ-follower based on my actions & the way I serve others.	1	2	3	4	5
Non-believers would say I am a Christ-follower based on my words and posture towards others.	1	2	3	4	5

Relationally Healthy (Community & Accountability)

Is the group's love for each other growing?

Do we have an increasing desire to serve each other in practical & tangible ways?

<i>Community - Gathered</i>	Doesn't describe me		Generally describes me		
I encourage and listen to feedback from others to help me discover areas for relationship growth.	1	2	3	4	5
I am committed to meet with others (not including spouse) for the purpose of growing my faith & coming closer to Jesus	1	2	3	4	5
I am using my time & gifts to serve others in my community	1	2	3	4	5
I attend church regularly (circle the number that applies to the amount of times a month)	1	2	3	4	5
I am financially committed to regular giving	1	2	3	4	5

Diligently Seeking God

Do I have a passionate growing love for God?

Do I think and act more like Jesus than I once did? How? Give concrete examples of growth OR Give concrete examples for growth.

<u>Accountability</u>	Doesn't describe me			Generally describes me	
	1	2	3	4	5
I am committed to pursue my own spiritual growth	1	2	3	4	5
I have a person (or people) with whom I can be honest about my joys and struggles	1	2	3	4	5
I am quick to confess anything in my character that does not reflect Christ.	1	2	3	4	5
I am consistent in pursuing habits that help me model my life after Jesus.	1	2	3	4	5
I am honest about my areas of strength and areas of growth	1	2	3	4	5

Add your totals together:

Prayerfully Engaged _____

Biblically Measured/Word-Centered _____

Whole Heart for the Whole Gospel/Community Scattered _____

Relationally Healthy/Community Gathered _____

Diligently Seeking God/Accountability _____

Now what?

NOTE: If you want to take this to the next level, have a friend fill this in for you and compare your answers with their answers. Discuss and pray, being open to feedback.

Possibly invite them into accountability when you create your goals for growth.

- 1) Consider your strongest score, lowest score. Prayerfully consider what area(s) you believe the Lord would like you to pursue. Part of this may be a conversation with your friend if you invited someone else into the process.
- 2) **Choose ONLY 1-2 areas for growth** and use the following to establish a PERSONAL GROWTH PLAN. Use the following to help you set a goal.



- 3) Commit your plan to the Lord and PRACTICALLY MAKE SOME DECISIONS in your schedule about how you will make it happen.
- 4) Share your plan & create a plan for checking-in.