

# Spiritual Growth Assessment

This is not an exam or a competition! There are no right or wrong answers, only true answers. It is designed to help you think about your own Christian growth and about areas of possible growth.

As you complete the assessment, avoid rushing. Listen for God's voice to encourage and challenge you. Consider this experience as one-on-one time with Him.

Please try not to over-rate or under-rate yourself. An honest appraisal is most helpful for you.

You might want to repeat it in the future and see what God has been doing in your life.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

I am a Christian and have been for \_\_\_\_\_ years.

Use the following scale to respond to each statement:

- |                  |    |              |
|------------------|----|--------------|
| 4 = Always       | or | Yes          |
| 3 = Usually      | or | Probably     |
| 2 = Sometimes    | or | Maybe        |
| 1 = Occasionally | or | Probably not |
| 0 = Never        | or | No           |

Conversion	
1.1	I believe Jesus is the Son of God, that He died for me, rose again and that there is no other way to God except through Him
1.2	I have answered Christ's call to repent and believe, and I know that my sins have been forgiven
1.3	I have been baptised as an adult (or as a child and have publicly confirmed that baptism as an adult)
<b>TOTAL/12</b>	

Healthy Spiritual Life	
2.1	I set aside time each day to be alone with God in prayer, Bible reading and meditation
2.2	My times of prayer include praise, thanksgiving, confession, prayer for others and for God's work
2.3	I regularly practice spiritual disciplines such as in-depth Bible study, fasting, solitude, Christian reading, and allowing other Christians to hold me accountable for spiritual growth
2.4	I experience life change as a result of my worship experiences
2.5	I memorise scripture regularly
2.6	I maintain an attitude of prayer and listening to God throughout each day
<b>TOTAL/24</b>	

Character	
3.1	I forgive others when their actions harm me
3.2	I am patient, gentle and loving towards others
3.3	Peace, contentment, and joy characterise my life rather than grumpiness or anxiety.

3.4	I do kind things for others	
3.5	I know that I have died to sin and successfully resist temptations to sin	
3.6	I disregard my own preferences in order to serve others	
3.7	When I say or do something wrong, I quickly put it right and humbly seek forgiveness from God and from those I've hurt	
<b>TOTAL/28</b>		

### **Faith & Hope**

4.1	Even in difficult circumstances, I trust God to provide and care for me	
4.2	I believe that Jesus will return to rule as King over all creation, and I eagerly await the coming of the Kingdom of God	
4.3	I make decisions knowing that this life is very short and temporary and my best investment is in eternity	
<b>TOTAL/12</b>		

### **Obedience**

5.1	I am committed to living according to God's word, doing what is right not what is convenient or selfish	
5.2	Generally, my public and private self are the same	
5.3	I am disciplined in terms of what I read, watch, think about and eat. I strive to keep my mind and body healthy and spiritually pure	
5.4	When the Bible exposes an area of my life needing change, I respond to make things right	
5.5	When making choices, I pray for wisdom and seek God's guidance first	
<b>TOTAL/20</b>		

### **Community**

6.1	I am committed to meeting regularly with other Christians for worship, teaching, ministry, prayer and fellowship	
6.2	I meet with a smaller number of Christians for mutual encouragement, support, spiritual growth and fun	
6.3	I am committed to having good relationships with other Christians, demonstrating love, acceptance and forgiveness	
6.4	I share my possessions with others	
6.5	I make my faith known to my neighbours and/or fellow employees, and spend time getting to know them	
6.6	If I know that a friend or neighbour is in need, I will help	
6.7	I am an encourager	
6.8	I am a peace-maker, seeking to restore relationships	
<b>TOTAL/32</b>		

### **Compassion**

7.1	I grieve for the disadvantaged and marginalised in society and seek to befriend and help them	
7.2	If I see someone (even a stranger) in need, I will stop to offer help	

7.3	I sacrificially contribute my finances to help others in my church and community	
<b>TOTAL/12</b>		

<b>Ministry</b>		
8.1	I know what God's calling on my life is, i.e. where He wants me to serve	
8.2	I serve within the church	
8.3	I know what my spiritual gifts are	
8.4	I regularly use my spiritual gifts	
8.5	I have a sense of God's calling in my work (paid or unpaid) and seek to do my job with excellence	
<b>TOTAL/20</b>		

<b>Fruitfulness</b>		
9.1	I can think of specific examples of people whose lives have been changed in some way because God has worked through me	
9.2	I am committed to making disciples	
9.3	I have, or am developing, friendships with non-Christians to whom I am committed	
9.4	I share my faith with non-Christians, and some have become committed Christians	
9.5	I regularly pray for non-believers I know	
9.6	I have mentored (even informally) younger Christians and know that my example and teaching have impacted their lives	
9.7	My life is a good witness of faith and obedience. People see Christ-likeness in my words, attitudes and actions	
<b>TOTAL/28</b>		

<b>Holding To The Truth</b>		
10.1	I have a good understanding of the core Biblical teachings	
10.2	Alarm bells ring when I read or hear of something that doesn't seem true to the scriptures	
10.3	I am able to teach/explain the truths of the Bible and know where to find the relevant passages	
10.4	I am committed to loving God with my mind. I am developing my ability to apply Biblical thinking to question secular thought and evaluate cultural ideas	
<b>TOTAL/16</b>		

<b>Faithfulness</b>		
11.1	My Christian walk is consistent. It doesn't fluctuate wildly	
11.2	I am determined to 'finish the race', being faithful to Jesus, no matter what temptations or obstacles may come my way	
<b>TOTAL/8</b>		

<b>TOTAL of totals</b>		
------------------------	--	--

## **IDEAS FOR ACTION**

Once you have completed a spiritual growth assessment, we invite you to prayerfully consider one or two actions you could take this year to grow spiritually. These are some suggestions to get you started. You might have other ideas, and you might wish to discuss your plan with your small group leader. The key to growth will be God's work in you as you intentionally seek His kingdom first.

### **Abide in Christ**

1. Attend a worship service weekly.
2. Set aside a specific time and location for a regular quiet time.
3. Establish a practice of worship preparation through prayer and confession.
4. Learn about biblical fasting.
5. Practice fasting as the Lord directs.
6. Read a book from the Christian Living or Spiritual Life sections of our library (see list of recommended books).
7. Regularly thank God and give Him praise in all situations.
8. Make a list of things that hinder your spiritual growth and seek God's help to remove those hindrances.

### **Live in the Word**

1. Memorise one Scripture verse each week.
2. Memorise longer passages of Scripture.
3. Use a Scripture Union daily Bible reading guide each day.
4. Take notes from the sermon each week. Evaluate how the study applies to your life.
5. Establish a regular time for personal Bible study. Take notes and evaluate how the biblical truth applies to your life.
6. Use commentaries and other study resources to enrich Bible study.
7. Participate in an ongoing small group Bible study.
8. Accept a Bible teaching position in your church.
9. Lead a small group study related to living by God's Word.
10. Read a book from the Bible section of our library (see list of recommended books).

### **Pray in Faith**

1. Pray each day.
2. Participate in the prayer ministry of your church.
3. Enlist a prayer partner and meet regularly for prayer.
4. Journal your prayers and record God's answers.
5. Read a book on prayer from our library (see list of recommended books).
6. Organise a prayer ministry for your church or small group.
7. Lead a small group study related to praying in faith.

### **Fellowship with Believers**

1. Ask family members to identify ways you can improve your relationships with each one.
2. Ask friends to identify ways you can improve your relationships with each one.
3. Make a list of people who have hurt you and ask God for help to forgive them.
4. Participate in an ongoing small group to build relationships with other believers.

5. Read a book from the Church or Relationships sections of our library.
6. Attend a retreat or workshop on marriage or parenting.
7. Lead a small group study related to marriage, parenting or building godly relationships.

### **Witness to the World**

1. Make a list of non-believers you know and begin praying for them regularly.
2. Write your testimony and practice sharing it with another believer.
3. Read a book from the Christian Belief section of our library so that you are “ready to explain the hope that is in you” (see list of recommended books).
4. Read a book on evangelism from the Missions section of our library (see list of recommended books).
5. Begin building relationships with the non-believers on your street.
6. Begin building relationships with non-believers at work.
7. Invite an unchurched friend to worship or Bible study.
8. Include a specific missions focus in your prayers.
9. Participate in an evangelistic missions experience.
10. Lead a small group evangelistic Bible study such as Journeys or Christianity Explored.
11. Volunteer to teach Bible in Schools.
12. With your accountability partner, list places you visit in a normal week. Brainstorm creative ways of witnessing to the people you regularly see at these places.

### **Minister to Others**

1. Discover your spiritual gifts (see list of recommended books).
2. Volunteer for a ministry in your church where you can use your spiritual gifts, interests, and natural abilities.
3. Send encouragement notes to your church staff.
4. Visit one home-bound person each week.
5. Volunteer to babysit for a single parent in your church to give them a night out each month.
6. Volunteer to serve meals at a local shelter.
7. Volunteer your time on a Habitat for Humanity project.
8. Help out at playgroup or Mainly Music.
9. Ask a member of your church staff to help you discover ways to minister to people on your street. For example, hold a small group meeting in your home quarterly to discuss topics such as marriage and parenting.
10. Lead a small group study related to ministering to others.

Adapted from [www.lifeway.com/lwc/files/lwcF\\_PDF\\_DSC\\_Spiritual\\_Growth\\_Assessment.pdf](http://www.lifeway.com/lwc/files/lwcF_PDF_DSC_Spiritual_Growth_Assessment.pdf)