

# Personal Spiritual Assessment

The purpose of this assessment is to help you to evaluate what the areas of strength and the areas of opportunity for growth are in your personal spiritual development. This is important if we, as followers of Jesus, are serious about whether we are growing in our faith or not.

This assessment is only useful in the context of evaluating and understanding your own particular spiritual condition. Although it may be tempting to compare your assessment with someone else's, doing so is both unhelpful and irrelevant. There is no prize or punishment for scoring higher or lower than someone else in any given area of assessment.

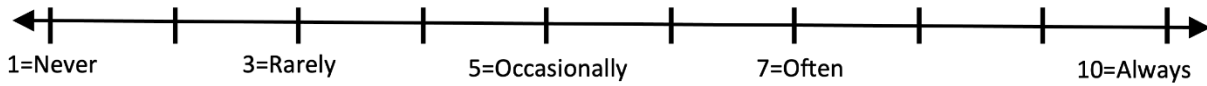
To get the most benefit from this assessment, you are encouraged to set aside time to thoughtfully complete each of the 10 sections. Each section contains 10 statements that you will evaluate on a scale of 1 to 10. After you have evaluated all 10 statements, you will then add up your evaluation scores for the statements in that section. This total value will be your score for that section. It is highly recommended that you either set aside a couple of hours to complete the assessment in one attempt, or that you work through the assessment one section at a time over several days or even weeks.

After you have completed the entire assessment, transfer all your section scores to the appropriate squares at the end of the assessment document. Then identify *only one or two* areas that you will focus on over the next 3 – 6 months. After choosing your focus area, check out our *A Field Guide For Following Jesus* Series of books — as well as the Resources section of our website (found at <http://www.heychurchmedia.com/field-guide-resources>) — to find more great tools to help you grow and develop in that area.

We wish you all the best as you continue in your spiritual growth. We pray you will be blessed through the use of this assessment, as well as through the *A Field Guide for Following Jesus* Series and other recommended resources. When you are ready, proceed with the assessment contained in the next several pages.

**Directions**

Please answer all statements for each Question on a scale of 1 to 10, using the following guide:



Record your score for each statement on the line to the left of the statement number. When you have given yourself an assessment score for all 10 statements, add the scores together and write them in the box at the bottom of the list. Then transfer that total number to the last page of this assessment and write it in the appropriate box in the **Summary Section**.

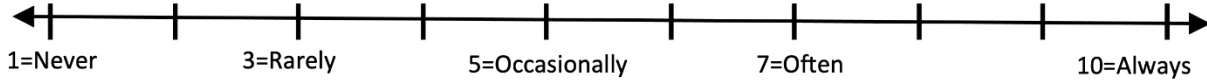
Remember... take your time – this is not a race. Think carefully about each question, then evaluate yourself using the 1-10 scale, being as honest and truthful as possible...

**Question 1 – Do I have a close relationship with God?**

- \_\_\_\_ 1-1) I think about God’s greatness in His creation.
- \_\_\_\_ 1-2) I reflect on God’s goodness in my life despite my circumstances.
- \_\_\_\_ 1-3) I acknowledge and express my desperate need for Jesus.
- \_\_\_\_ 1-4) I desire to read God’s Word to know Him more deeply.
- \_\_\_\_ 1-5) I meditate thoughtfully on God’s Word.
- \_\_\_\_ 1-6) I see God at work in the world around me.
- \_\_\_\_ 1-7) I love to communicate with God.
- \_\_\_\_ 1-8) I actively seek to include God in all my decisions and actions.
- \_\_\_\_ 1-9) I think about the consequences of my disobedience to God and seek His forgiveness and restoration.
- \_\_\_\_ 1-10) I long to worship God and be with His people.

***Total Score for Question 1 – “Do I have a close relationship with God?”***

Please answer all statements for each Question on a scale of 1 to 10, using the following guide:

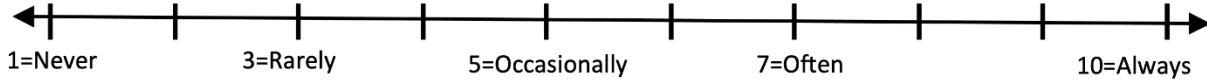


**Question 2 – Is God’s Word important to me?**

- \_\_\_\_\_ 2-1) I eagerly read the Word of God.
- \_\_\_\_\_ 2-2) I keep an established time for reading the Bible regularly.
- \_\_\_\_\_ 2-3) I read Scripture as divinely given from God.
- \_\_\_\_\_ 2-4) When I read God’s Word I seek to understand it better by using other books and materials.
- \_\_\_\_\_ 2-5) I work to apply God’s Word to specific aspects of my life.
- \_\_\_\_\_ 2-6) When making decisions, I question whether God’s Word addresses the situation.
- \_\_\_\_\_ 2-7) When considering my opinion on topics, I rely on Scripture to guide and inform me.
- \_\_\_\_\_ 2-8) I enjoy reading and discussing God’s Word with other believers.
- \_\_\_\_\_ 2-9) When I find my actions in conflict with Scripture I change them to align with God’s Word.
- \_\_\_\_\_ 2-10) I find myself at odds with culture because of my obedience to God’s Word.

***Total Score for Question 2 – “Is God’s Word important to me?”***

Please answer all statements for each Question on a scale of 1 to 10, using the following guide:

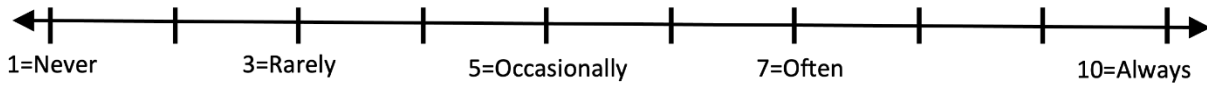


**Question 3 – How am I at loving other people?**

- \_\_\_\_\_ 3-1) I show love by being patient with other people.
- \_\_\_\_\_ 3-2) I show love by being kind to people, even when they are not kind to me.
- \_\_\_\_\_ 3-3) I show love by being genuinely happy for the success and blessings that other people receive.
- \_\_\_\_\_ 3-4) I show love by being courteous to others, especially those close to me, rather than being rude.
- \_\_\_\_\_ 3-5) I show love by making time for others and for their interests, even at the expense of my own time and interests.
- \_\_\_\_\_ 3-6) I show love by serving and caring about people who are difficult to love.
- \_\_\_\_\_ 3-7) I show love by my concern for the spiritual condition of people I know who do not know Jesus.
- \_\_\_\_\_ 3-8) I show love by sharing the Gospel of Jesus with people in my life.
- \_\_\_\_\_ 3-9) I show love by sacrificing and giving to others out of my abundance.
- \_\_\_\_\_ 3-10) I show love by overlooking the slights and offenses others make towards me.

***Total Score for Question 3 – “How am I at loving other people?”***

Please answer all statements for each Question on a scale of 1 to 10, using the following guide:

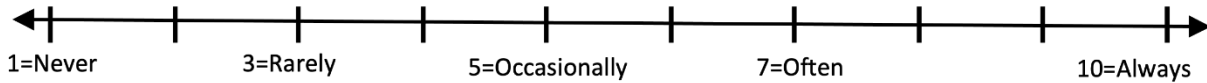


**Question 4 – Do I feel God at work around me?**

- \_\_\_\_\_ 4-1) I acutely feel the presence of God as I go through my day.
- \_\_\_\_\_ 4-2) I sense the nearness of God when I am alone with my thoughts.
- \_\_\_\_\_ 4-3) I feel God’s presence when I am in nature enjoying His creation.
- \_\_\_\_\_ 4-4) I sense the presence of God when I am worshipping Him, alone or with others.
- \_\_\_\_\_ 4-5) I feel God’s presence in my heart and mind when I’m in conversations with others.
- \_\_\_\_\_ 4-6) I perceive God’s presence when I read His Word.
- \_\_\_\_\_ 4-7) I feel the closeness of God when I am praying to Him.
- \_\_\_\_\_ 4-8) I have acutely felt the absence of God during seasons of my life.
- \_\_\_\_\_ 4-9) I see God at work in my life and in the world around me.
- \_\_\_\_\_ 4-10) I give thanks to God for the ways He interacts with my everyday life.

***Total Score for Question 4 – “Do I feel God at work around me?”***

Please answer all statements for each Question on a scale of 1 to 10, using the following guide:

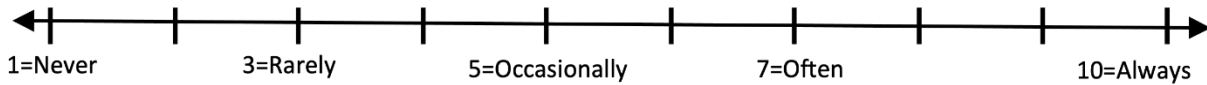


**Question 5 – Do I really care about the needs of other people?**

- \_\_\_\_\_ 5-1) I share the Gospel of Jesus with people I have a relationship with.
- \_\_\_\_\_ 5-2) I give my money to help others who are less fortunate and who are in need.
- \_\_\_\_\_ 5-3) I pray for salvation and understanding of Christ for those around me.
- \_\_\_\_\_ 5-4) I share my time in service to help others around me who are in need.
- \_\_\_\_\_ 5-5) I share examples of God’s work in my life with family, friends, coworkers, and acquaintances.
- \_\_\_\_\_ 5-6) I use my gifts and talents to help others, both inside and outside the church.
- \_\_\_\_\_ 5-7) I point out the sins of other believers with truth, grace, gentleness, and humility.
- \_\_\_\_\_ 5-8) I am willing to go without in order that someone else may have what they need and/or want.
- \_\_\_\_\_ 5-9) I am comfortable sharing about Jesus with people I do not know well or at all.
- \_\_\_\_\_ 5-10) I see and help the needs of others without stereotyping them or making assumptions about their particular situations.

***Total Score for Question 5 – “Do I really care about the needs of other people?”***

Please answer all statements for each Question on a scale of 1 to 10, using the following guide:

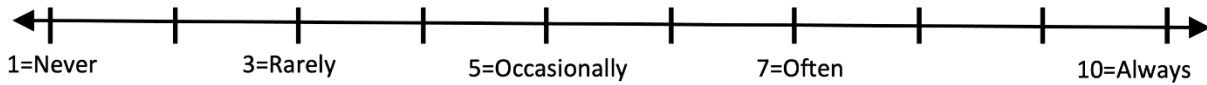


**Question 6 – Do I care about the Church?**

- \_\_\_\_\_ 6-1) I look forward to the company and gathering of other Believers.
- \_\_\_\_\_ 6-2) I choose to put the interests of my fellow Church members ahead of my own interests.
- \_\_\_\_\_ 6-3) I choose to attend church gatherings/events/activities when it is not convenient to do so.
- \_\_\_\_\_ 6-4) I feel joy when I see other members of my local congregation.
- \_\_\_\_\_ 6-5) I attend worship services at/with my church regularly.
- \_\_\_\_\_ 6-6) I participate in the work and ministry of my church.
- \_\_\_\_\_ 6-7) I view the Church as the means that God is using to change the world.
- \_\_\_\_\_ 6-8) I joyfully invite others to join me at my church’s activities and/or services.
- \_\_\_\_\_ 6-9) I regret when I am not able to join together with other members of my church body.
- \_\_\_\_\_ 6-10) I encourage and support cooperative work with other churches in my area when opportunities arise to do so.

***Total Score for Question 6 – “Do I care about the Church?”***

Please answer all statements for each Question on a scale of 1 to 10, using the following guide:

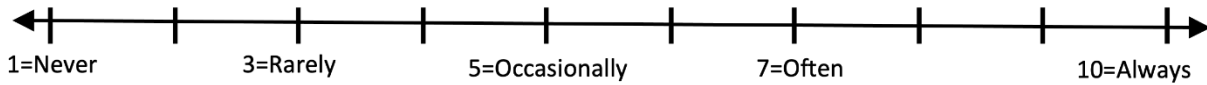


**Question 7 – Am I interested in spiritual growth?**

- \_\_\_\_\_ 7-1) I regularly read and meditate on Scripture.
- \_\_\_\_\_ 7-2) I regularly spend time praying to God.
- \_\_\_\_\_ 7-3) I spend time fasting (from food or other things) so that I can better hear God speak to my heart.
- \_\_\_\_\_ 7-4) I spend intentional time in solitude by myself, praying and abiding with Christ.
- \_\_\_\_\_ 7-5) I intentionally set aside extended time for being silent so that I can hear God speaking in my life.
- \_\_\_\_\_ 7-6) I consistently keep a journal of prayers and thoughts for my own spiritual growth.
- \_\_\_\_\_ 7-7) I worship with other Christ followers on a weekly basis.
- \_\_\_\_\_ 7-8) I share in the Lord’s Supper with fellow believers when I have the opportunity to do so.
- \_\_\_\_\_ 7-9) I observe the Sabbath to rest and enjoy God’s provision for me.
- \_\_\_\_\_ 7-10) I strive to submit myself to authority in my life that I might be in submission to Jesus Christ.

***Total Score for Question 7 – “Am I interested in spiritual growth?”***

Please answer all statements for each Question on a scale of 1 to 10, using the following guide:

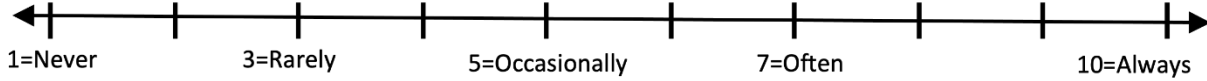


**Question 8 – Does sin bother me?**

- \_\_\_\_\_ 8-1) I recognize sinful actions, thoughts, words, and attitudes in my life.
- \_\_\_\_\_ 8-2) I read Scripture to understand what God’s standard for Holiness is and to identify sin in my life.
- \_\_\_\_\_ 8-3) I sometimes become aware of sins in my life that I did not previously recognize as sins.
- \_\_\_\_\_ 8-4) I am saddened when I see sinful actions of others.
- \_\_\_\_\_ 8-5) I ask God to reveal my sins so that I might turn from them.
- \_\_\_\_\_ 8-6) I grieve over my sinful condition.
- \_\_\_\_\_ 8-7) I confess my sins to God regularly, repenting and asking for His forgiveness.
- \_\_\_\_\_ 8-8) I confess my sins to other trusted Christ followers.
- \_\_\_\_\_ 8-9) I make intentional plans to avoid and/or eliminate situations that tempt me into sin.
- \_\_\_\_\_ 8-10) I forgive the sins of others against me.

***Total Score for Question 8 – “Does sin bother me?”***

Please answer all statements for each Question on a scale of 1 to 10, using the following guide:

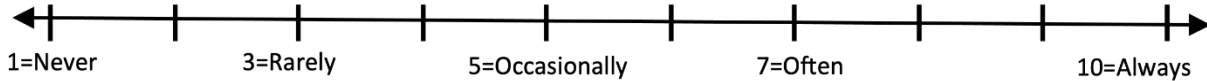


**Question 9 – Do I forgive easily?**

- \_\_\_\_\_ 9-1) I am quick to forgive those who wrong me.
- \_\_\_\_\_ 9-2) I pray for those who sin against me, that they might know God and His forgiveness.
- \_\_\_\_\_ 9-3) I ask God to reveal unforgiveness and bitterness in my heart.
- \_\_\_\_\_ 9-4) I see a direct relationship between my desire for God’s forgiveness and my own willingness to forgive others.
- \_\_\_\_\_ 9-5) I quickly let go of hurt and bitterness towards others.
- \_\_\_\_\_ 9-6) I am quick to forgive when others unknowingly wrong me.
- \_\_\_\_\_ 9-7) I am quick to forgive when others intentionally wrong me.
- \_\_\_\_\_ 9-8) I will repeatedly forgive a brother or sister who sins against me.
- \_\_\_\_\_ 9-9) I encourage my friends to seek forgiveness instead of anger or vengeance.
- \_\_\_\_\_ 9-10) I see forgiving my enemies as a way to become stronger in my faith.

***Total Score for Question 9 – “Do I forgive easily?”***

Please answer all statements for each Question on a scale of 1 to 10, using the following guide:



**Question 10 – Am I interested in Heaven?**

- \_\_\_\_\_ 10-1) I read Scripture to better understand what it will be like to spend eternity with Jesus.
- \_\_\_\_\_ 10-2) I think about what it will be like to experience the reality of Heaven one day.
- \_\_\_\_\_ 10-3) When I think about the sin and brokenness of this world it causes me to desire the Holiness of Heaven.
- \_\_\_\_\_ 10-4) I desire to be in the presence of God and to see Him face to face.
- \_\_\_\_\_ 10-5) I long for all of Creation to be made new and without sin.
- \_\_\_\_\_ 10-6) I long for the Holiness of Heaven more than the pleasures and rewards of this earth.
- \_\_\_\_\_ 10-7) I set my mind on things above – subjects of great matter – by reading and learning about Jesus, Heaven, and redemption.
- \_\_\_\_\_ 10-8) I long to be freed from the sin that entangles my life and the lives of others.
- \_\_\_\_\_ 10-9) When I reflect on my sinfulness, it causes me to desire the righteousness of Christ.
- \_\_\_\_\_ 10-10) I get excited when I think about the treasures I have stored up in Heaven and wonder what they will be like.

***Total Score for Question 10 – “Am I interested in Heaven?”***

# Personal Spiritual Assessment

## Summary Page

Transfer your scores for each assessment section to the appropriate boxes below:

- Total Score for Question 1 – *“Do I have a close relationship with God?”*
- Total Score for Question 2 – *“Is God’s Word important to me?”*
- Total Score for Question 3 – *“How am I at loving other people?”*
- Total Score for Question 4 – *“Do I feel God at work around me?”*
- Total Score for Question 5 – *“Do I really care about the needs of other people?”*
- Total Score for Question 6 – *“Do I care about the Church?”*
- Total Score for Question 7 – *“Am I interested in spiritual growth?”*
- Total Score for Question 8 – *“Does sin bother me?”*
- Total Score for Question 9 – *“Do I forgive easily?”*
- Total Score for Question 10 – *“Am I interested in Heaven?”*

Based upon the scores for each section, choose one or two focus areas from above that you are going to intentionally work on:

**My Focus Area Is:** \_\_\_\_\_  
\_\_\_\_\_

Using the Suggested Resources for your Focus Area, write out your plan to help facilitate growth in your Focus Area:

**My Growth Plan Is:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_