

Spiritual Health Assessment

Evaluating your spiritual journey is a good thing. Parts of your journey will take you to low spots, while others will lead you to high places. Spiritual growth is not a smooth incline – loopy roller coaster is more like it. When you regularly consider your life, you'll develop an awareness of God's Spirit working in you. Evaluate. Think. Learn. Grow.

This assessment is a tool, not a test. The purpose of this tool is to help you evaluate where you're at in your faith journey. No one is perfect in this life, so don't worry about what score you get. It won't be published on the church website! Be honest so you have an accurate idea of how you're doing.

When you finish, celebrate the areas where you're relatively healthy, and think about how you can use your strengths to help others on their spiritual journeys. Then think of ways your small group members can aid one another to improve weak areas through support and example.

FELLOWSHIP: CONNECTING Your Heart to Others'

- I meet consistently with a small group of Christians.
1 2 3 4 5
poor outstanding
- I'm connected to other Christians who hold me accountable.
1 2 3 4 5
poor outstanding
- I can talk with my small group leader when I need help, advice, or support.
1 2 3 4 5
poor outstanding
- My Christian friends are a significant source of strength and stability in my life.
1 2 3 4 5
poor outstanding
- I regularly pray for others in my small group between meetings.
1 2 3 4 5
poor outstanding

- I have resolved all conflicts I have had with other Christians and non-Christians.
1 2 3 4 5
poor outstanding
- I've done all I possibly can to be a good son or daughter and brother or sister.
1 2 3 4 5
poor outstanding

Take time to answer the following questions to further evaluate your spiritual health. If you need help with this, schedule a time with your small group leader to talk about your spiritual health.

- List the three most significant relationships you have right now. Why are these people important to you?
- How would you describe the benefit you receive from being in fellowship with other Christians?
- Do you have an accountability partner? If so, what have you been doing to hold each other accountable? If not, how can you get one?

DISCIPLESHIP: GROWING to Be Like Jesus

- I have regular times of conversation with God.
1 2 3 4 5
poor outstanding
- I'm a closer friend with God this month than I was last month.
1 2 3 4 5
poor outstanding

30. What frustrations have you experienced as a result of serving?

39. Has your faith been challenged by any non-Christians? If yes, how?

EVANGELISM: SHARING Your Story and God's Story

31. I regularly pray for my non-Christian friends.

1 2 3 4 5
poor outstanding

32. I invite my non-Christian friends to church.

1 2 3 4 5
poor outstanding

33. I talk about my faith with others.

1 2 3 4 5
poor outstanding

34. I pray for opportunities to share about what Jesus has done in my life.

1 2 3 4 5
poor outstanding

35. People know I'm a Christian by more than my words.

1 2 3 4 5
poor outstanding

36. I feel a strong compassion for non-Christians.

1 2 3 4 5
poor outstanding

37. I have written out my testimony and am ready to share it.

1 2 3 4 5
poor outstanding

Take time to answer the following questions to further evaluate your spiritual health. If you need help with this, schedule a time with your small group leader to talk about your spiritual health.

38. Describe any significant spiritual conversations you've had with unbelievers in the past month.

40. What have been some difficulties you've faced with sharing your faith?

41. What successes have you experienced recently in personal evangelism? (Success isn't limited to bringing people to salvation directly. Helping someone take a step closer at any point on his or her spiritual journey is success.)

WORSHIP: SURRENDERING Your Life to Honor God

42. I consistently participate in Sunday and midweek worship experiences at church.

1 2 3 4 5
poor outstanding

43. My heart breaks over the things that would break God's heart.

1 2 3 4 5
poor outstanding

44. I regularly give thanks to God.

1 2 3 4 5
poor outstanding

45. I'm living a life that, overall, honors God.

1 2 3 4 5
poor outstanding

46. I have an attitude of wonder and awe toward God.

1 2 3 4 5
poor outstanding

