

Spiritual Life Assessment **and Goal-Setting**

Please pray before you take this assessment. Ask God to give you wisdom, clarity and honesty as you take time to examine yourself. The summary of this assessment will help you evaluate where you need to focus for improved balance and maturity in Christ. It will also help us as a church in determining our balance and maturity as a body of believers.

Balance is a subjective term. None of us are perfect. But most of us know if we are doing well in an area of our lives or not. The assessment assumes that God has called us all to grow up in Christ and to be diligent to bring balance to our spiritual lives.

In each category, circle the numbers 1-5 on the right side of the sheet that best represent your answer. 1 is lowest and near a No. 5 is highest and represents a strong Yes!

Your goal should be to circle a 5 after every question in each category.

Next, add up you numbers from your five questions in each category and write down that total number. Use the numbers in the box on the bottom to do an initial assessment.

Finally, transfer your scores to the summary worksheet.

This assessment is here for you to measure yourself now and to help you improve in the months ahead.

Spiritual Life Assessment

*Beginning
Best*

1- The Priority of PRAYER- Discipleship

| | |
|--|-----------|
| I put aside time on a regular basis to pray for both lost people and fellow believers. | 1 2 3 4 5 |
| I understand the power of prayer and I pray like I understand it. | 1 2 3 4 5 |
| I understand and I am applying truths about spiritual warfare. | 1 2 3 4 5 |
| Prayer is a regular and important component of my time. | 1 2 3 4 5 |
| I participate in a group of believers where we pray with and for each other. | 1 2 3 4 5 |

Prayer Total _____

2- The Priority of WORSHIP- Exalting the Father

| | |
|---|-----------|
| The PATTERN OF MY LIFE does exalt Christ as my source of strength and honor. | 1 2 3 4 5 |
| I understand who I am in Christ and I am living like I understand it. | 1 2 3 4 5 |
| My worship of God is demonstrated by a consistent lifestyle of purity and holiness. | 1 2 3 4 5 |
| I see God's strength in me as I have overcome sin issues and wrong habits. | 1 2 3 4 5 |
| I spend regular time, planned and spontaneous, to worship the Lord. | 1 2 3 4 5 |

Worship Total _____

3- The Priority of the WORD- Discipleship

| | |
|--|-----------|
| I read and study the Bible on a daily basis. | 1 2 3 4 5 |
| I am involved in regular times of Bible study with others in the Body. | 1 2 3 4 5 |
| It is the practice of my life to submit to the commandments and instructions in God's Word. | 1 2 3 4 5 |
| I have learned to obey God's Word in disciplines like giving, sacrifice, time usage, surrender of rights, etc. | 1 2 3 4 5 |
| I consistently spend time listening to the preaching and teaching of God's Word. | 1 2 3 4 5 |

Word Total _____

4- The Priority of FELLOWSHIP- Great Commandment Love

| | |
|---|-----------|
| I really do love people everywhere I go and they KNOW IT. | 1 2 3 4 5 |
| My prejudices are being transformed into unconditional love for all people, crossing all kinds of barriers. | 1 2 3 4 5 |
| My family would say that I balance my time between loving them and loving others. | 1 2 3 4 5 |
| I am involved in a small group that allows me to be loved and to demonstrate my love for others. | 1 2 3 4 5 |
| I help to create an environment that encourages the expression of God's love to each other. | 1 2 3 4 5 |

Fellowship Total _____

5- The Priority of EQUIPPING THE WORKERS - Service

| | |
|---|-----------|
| I am INTENTIONALLY investing my life in others and encouraging everyone to do the same thing. | 1 2 3 4 5 |
| I know my spiritual gifts and I am using them to serve the Lord both in the church and the community. | 1 2 3 4 5 |
| I have been trained to serve the Lord in both peer care and in peer evangelism. | 1 2 3 4 5 |
| I feel adequate in my training to help others in both of these areas. | 1 2 3 4 5 |
| I am involved in taking new believers through the process of Building and Equipping. | 1 2 3 4 5 |

Equipping Total _____

#6- The Priority of WINNING THE LOST- Outreach

| | |
|---|-----------|
| My priorities reflect a heart for the lost. | 1 2 3 4 5 |
| There are many non-Christians who would call me their friend. | 1 2 3 4 5 |
| I am intentionally making friendships for the purpose of cultivating, planting and reaping. | 1 2 3 4 5 |
| I actively participate in and bring friends to outreach events. | 1 2 3 4 5 |
| I encourage fellow believers to share Christ with their own peers. | 1 2 3 4 5 |

Winning Total _____

#7- The Priorities of MULTIPLYING AND SENDING - Leadership Development

| | |
|---|-----------|
| I am committed to developing my own leadership skills for service wherever God wants to use me. | 1 2 3 4 5 |
| I am helping to identify future leaders and encouraging them to receive training. | 1 2 3 4 5 |
| I am committed to giving away leadership opportunities as new leaders do develop. | 1 2 3 4 5 |
| I am helping to send leaders to plant new ministries here and around the world. | 1 2 3 4 5 |
| I am praying for and financially supporting God's worldwide Mission. | 1 2 3 4 5 |

Multiplying Total _____

0-5- First Steps 6-10- Beginning to Grow 11-15- Growing Stronger 16-20- Very Good 21-25- Your Personal Best

Life Assessment Summary

Name: _____

Date- _____

Spiritual Growth Score- Am I growing?

Summary thoughts

Prayer _____
 Worship _____
 Word _____
 Fellowship _____
 Equipping _____
 Winning _____
 Multiplying _____
 Total - _____
 Divide by 7 _____

0-5- First Steps 6-10- Beginning to Grow 11-15- Growing Stronger 16-20- Very Good 21-25- Your Personal Best

| <u>2 Growth Areas</u> | <u>Specific Issues</u> | <u>Measurable Steps</u> | <u>Acct. ✓</u> |
|-----------------------|------------------------|-------------------------|----------------|
| 1. _____ | 1) _____ | _____ | _____ |
| | 2) _____ | _____ | _____ |
| | 3) _____ | _____ | _____ |
| 2. _____ | 1) _____ | _____ | _____ |
| | 2) _____ | _____ | _____ |
| | 3) _____ | _____ | _____ |

Disciplemaking Focus- Am I Going?

| <u>3 Pre-Christian Friends</u> | <u>Last Contact & Date</u> | <u>Next Contact & Date</u> | <u>C P R</u> |
|--------------------------------|--------------------------------|--------------------------------|--------------|
| 1. _____ | _____ | _____ | _____ |
| 2. _____ | _____ | _____ | _____ |
| 3. _____ | _____ | _____ | _____ |

Growing Stronger

1. **Assessment Scores-** Transfer your total scores under each category to the summary sheet. Then add up your scores and divide by seven to get an overall assessment of your spiritual balance right now. Write down some summary thoughts about each area of spiritual life. You might write down things like " I really need help in this area" or " I seem to be in a rut- can't move forward" or " P.T. L! I'm really growing!" The ultimate question you want to ask yourself is: Am I Growing?

Let's review our five levels of growth for evaluation and goal setting. Remember, these scores mean something completely different to a new Christian, a young person and an adult believer who's been saved for years. The same levels that need to encourage a newer believer in their faith should challenge an older Christian to wake up and become an authentic disciple of Jesus Christ!

0-5- First Steps - This is where you will be in many areas as a brand new believer. Don't get frustrated. Ask God to help you begin to grow! Go to the next section and pick out two areas that you want to start working on. If you've been a Christian for a while, you need to get going!

6-10- Beginning to Grow - This level shows us that we have begun to make progress as a newer and growing Christian. We need to celebrate the areas of growth that we are maturing in while we continue to press forward in other areas. But you don't want to land here for long if you are an older Christian!

11-15- Growing Stronger - This is a great level to come to as a believer. It is important to bring each area of our lifestyle to the middle in our Christian walk. Some passionate young believers will get here in their first year or two. Unfortunately, many Christians seem to get stuck in the middle. We can't stop here or we will never experience all that God has in store for us!

16-20- Very Good - We should all be growing in our Christian walk with the goal of being mature and balanced in all of our areas of Christian living. We should be happy that we are growing strong in so many parts of our life, as we continue to focus on weaker areas.

21-25- Your Personal Best- All of us can achieve our personal best, but it takes discipline and intentionality. It's a process! It's not perfection. In fact, your personal best will be different at different ages. It won't look like someone else's personal best; it's your walk with God! It also takes a growing dependence on God for strength and wisdom. Every believer needs to model their personal best for others who are growing up or coming into the faith. Make it your goal to become a 9-10 disciple in the months and years ahead!

2. **Two Growth Areas-** Check the two categories that you believe need the most help right now. These are the areas that you will want to focus on for continued growth in the Lord!

- I need to grow stronger in my prayer life!
- I need to grow stronger in my understanding and demonstration of worship!
- I need to grow stronger in my commitment to God's Word!
- I need to grow stronger in this area of intentional, loving relationships with others!
- I need to grow stronger in becoming fully equipped and helping others become fully equipped!
- I need to grow stronger in this area of making friends for Christ!
- I need to grow stronger in my support and involvement in building God's church, both here and around the world!

Take time to write down several specific goals that will help you grow in the next thirty days. Use the assessment statements and the example provided below to help you set your goals. Write down the name of a person helping you reach your goals and the date that you either met or talked together about your progress. Write that under Accountability Check (Acct ✓)

| I want to Grow in: | Specific Issues: | Measurable Goals and Steps: | Acct ✓ |
|--------------------|---|--|--|
| <u>Prayer</u> | 1) need a daily prayer time 2) Need to understanding prayer better 3) need to be more focused | 1) 20 min. every morning 2) Praise time on my walk at night 1) find and read Cymbala's book, Fresh Wind Fresh Fire 2) Talk with Pastor Smith about what I should do 1) make and use a list to help me remember needs and people 2) include my neighbors and my three non-believing friends 3) use the Prayer / Praise sheet from church for specific needs | Joe-6/03✓ Joe- 6/03✓ Joe-7/03✓ |

3. Disciplemaking Focus- Write down the names of the three pre-Christians that you are intentionally building relationships with. Write down the dates and what you did and are doing to do next. Then circle whether you are Cultivating, Planting, or Reaping (CPR). The ultimate question you want to ask yourself is: Am I Going?

These seven qualities of maturity are meant to be multiplied! That has to begin with you. First, we have to grow strong in the areas where we are weak. As we become more and more balanced in our own lifestyle, then we can begin to help others do the same thing. This assessment is meant to help you get excited about the areas that are strong and improving. It's also meant to help you identify the areas where you need to improve. You will want to take this assessment many times to help you measure that improvement. Use each of the statements under our seven categories to help you decide what you need to do next to grow spiritually. Your goal, of course, is to be a fully developed disciple, faithfully serving our Lord on His great Mission! We model that best when the majority of believers in our church are living a balanced great Commandment, Great Commission lifestyle. Your personal commitment to that goal will have significant influence on the church as a whole.