

# **Spiritual Health Assessment**

**September, 2009**

Below and in the pages that follow, you will find a series of statements asking you to make a judgment as to how accurately each statement reflects where you currently are spiritually. Please circle the response that most closely reflects your opinion, then record the page total in the box at the bottom of each page.

**Characteristic: Communion with God –**

**A passion for God that draws me to Him and motivates me to live for Him**

1. The time I spend reading the Bible fosters a deeper relationship with God.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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2. Prayer is a central part of my daily life.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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3. When I'm aware that I have sinned, I quickly confess and seek forgiveness from God.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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4. As I go through my day, God is continuously in my thoughts.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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5. In addition to making requests, my prayers frequently focus on thanksgiving, praise, and listening to God.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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6. I respond to challenges with peace and faith rather than anxiety and fear.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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**TOTAL Score #1-6 – Communion with God**

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**Characteristic: Competent in the Word –  
Informed and transformed by the Word of God**

7. I can defend my faith by pointing to specific Scriptural passages.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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8. I regularly memorize Scripture.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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9. I understand the major themes of the Bible.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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10. I have an excellent understanding of how to study the Scriptures.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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11. My study of the Scriptures impacts my beliefs and behavior.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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12. I believe the Bible is absolutely true and is the final basis of authority.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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**TOTAL Score #7-12 – Competent in the Word**



**Characteristic: Consistent in my Walk** –

**Consistently living out my faith in every area of my life (Consistent Obedience)**

13. I am faithfully attending church worship services for spiritual renewal.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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14. I use the Bible as a guide to how I should live my life.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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15. I am giving at least 10% of my finances to God’s work.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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16. My public and private life are both consistently lived out with the same strong faith commitment.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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17. I live a life that is a healthy balance between serving God, caring for family members and friends, and work.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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18. I take a day each week to honor the Sabbath by worshiping God and resting.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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**TOTAL Score #13-18 – Consistent in my Walk**



**Characteristic: Connected to the Body –**

**Some deep, transparent relationships, plus a genuine commitment to the body of Christ**

19. I have close relationships with other Christians who hold me accountable to Christ's teachings.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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20. I regularly pray for other brothers or sisters in Christ.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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21. After I have sinned against another person, I consistently seek out their forgiveness.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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22. If someone has sinned against me, I consistently forgive him/her.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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23. My actions demonstrate that I care for Christians who are in need even if they don't attend my church.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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**TOTAL Score #19-23 – Connected to the Body**



**Characteristic: Commissioned for Ministry –**

**Regularly using my talents and spiritual gifts in the power of the Holy Spirit to serve the body of Christ**

24. I know which spiritual gifts God has given me.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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25. When I become involved in ministry, my work is in line with my spiritual gifts.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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26. When I am actively engaged in ministry, I clearly sense God’s Holy Spirit working through me.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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27. I regularly seek out advice or training opportunities to further develop my spiritual gifts.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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28. I am involved in some kind of Christian ministry, either inside or outside the church, at least twice a month.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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**TOTAL Score #24-28 – Commissioned for Ministry**



**Characteristic: Committed to the Lost –**

**A lifestyle that makes both personal and corporate evangelism a high priority**

29. I can clearly communicate to others how to find salvation through Christ.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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30. I intentionally develop relationships with non-Christians with the hope of being able to share my faith with them.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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31. I regularly pray for the salvation of specific individuals, outside my family, who do not know Christ.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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32. I regularly invite non-Christians to my church or church activities.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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33. I regularly minister to or serve people who do not know Christ.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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34. I believe that non-Christians who get to know me can clearly see that I'm different because of my faith in Christ.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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35. I initiate a spiritual conversation with someone who does not have a personal relationship with Christ at least once a month.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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**TOTAL Score #29-35 – Committed to the Lost**



**Characteristic: Compassion for those in Need –  
Actively caring for anyone who is in need**

36. It bothers me to see others in need.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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37. I ask God to show me opportunities to help those in need.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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38. I go out of my way to meet somebody's needs at least once a month.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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39. I joyfully share what I have with those in need, expecting nothing in return

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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40. I take action against injustice and inequality.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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41. I do not purchase everything I can afford so I have more money to give to others.

1 Not at all true of me	2 Somewhat true of me	3 Moderately true of me	4 Mostly true of me	5 Totally true of me
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**TOTAL Score #36-41 – Compassion for those in Need**



## Finding My Averages:

Transfer your **Total Score** for each category (at the bottom of each page) to the gray boxes below. Divide by the # of questions on that page (as listed below), and calculate your **Average**. *(Use this grid to make your calculations easy)*

	<b>Total Score</b>		<b>MY AVERAGE</b>
<b>Communion with God</b>	<input type="text"/>	÷ 6 =	<input type="text"/>
<b>Competent in the Word</b>	<input type="text"/>	÷ 6 =	<input type="text"/>
<b>Consistent in my Walk</b>	<input type="text"/>	÷ 6 =	<input type="text"/>
<b>Connected to the Body</b>	<input type="text"/>	÷ 5 =	<input type="text"/>
<b>Commissioned for Ministry</b>	<input type="text"/>	÷ 5 =	<input type="text"/>
<b>Committed to the Lost</b>	<input type="text"/>	÷ 7 =	<input type="text"/>
<b>Compassion for those in Need</b>	<input type="text"/>	÷ 6 =	<input type="text"/>

## My Plan:

<b>Total Score</b>	<b>/ 5</b>	<b>/ 6</b>	<b>/ 7</b>
<b>5</b>	1.0		
<b>6</b>	1.2	1.0	
<b>7</b>	1.4	1.2	1.0
<b>8</b>	1.6	1.3	1.1
<b>9</b>	1.8	1.5	1.3
<b>10</b>	2.0	1.7	1.4
<b>11</b>	2.2	1.8	1.6
<b>12</b>	2.4	2.0	1.7
<b>13</b>	2.6	2.2	1.9
<b>14</b>	2.8	2.3	2.0
<b>15</b>	3.0	2.5	2.1
<b>16</b>	3.2	2.7	2.3
<b>17</b>	3.4	2.8	2.4
<b>18</b>	3.6	3.0	2.6
<b>19</b>	3.8	3.2	2.7
<b>20</b>	4.0	3.3	2.9
<b>21</b>	4.2	3.5	3.0
<b>22</b>	4.4	3.7	3.1
<b>23</b>	4.6	3.8	3.3
<b>24</b>	4.8	4.0	3.4
<b>25</b>	5.0	4.2	3.6
<b>26</b>		4.3	3.7
<b>27</b>		4.5	3.9
<b>28</b>		4.7	4.0
<b>29</b>		4.8	4.1
<b>30</b>		5.0	4.3
<b>31</b>			4.4
<b>32</b>			4.6
<b>33</b>			4.7
<b>34</b>			4.9
<b>35</b>			5.0