

Spiritual Growth Check-Up

As you complete the assessment below, don't spend too much time on any one item. Being as honest as possible in your responses is important and will make this assessment a valuable tool in helping you to take steps forward in your discipleship in the coming year. Use this scale to respond to each statement:

Rarely or Never – 1 Some of the Time – 2 Most of the Time – 3 Almost Always - 4

DISCIPLESHIP STEPS	RESPONSE
KNOW: ABIDE IN CHRIST	
1. I practice a regular devotional time (quiet time) and look forward to it as time with Christ.	
2. I experience God's presence when I worship and recognize changes needed in my life as a result.	
3. I seek Christ's guidance first in my life, and when He makes me aware of His will I follow His leading.	
4. My relationship with Christ is the most important value in my life. Knowing and pleasing Him is my greatest joy.	
Abide in Christ Total	
GROW: LIVE IN THE WORD	
1. I read the Bible each day.	
2. I evaluate the ideas and lifestyles in my culture to see if they are consistent with the Bible.	
3. I use the Bible as the guide for the way I think and act.	
4. I join together with others regularly to study the Bible.	
Live by God's Word Total	
GROW: PRAY IN FAITH	
1. My praying includes thanksgiving, praise, confession, and requests.	
2. I desire to grow in my prayer life and look for ways to improve it.	
3. I am moved to pray because I am aware of my complete dependence on God for everything in my life.	
4. I have a time of prayer each day.	
Pray in Faith Total	
(OVER)	

GROW: FELLOWSHIP WITH BELIEVERS	
1. I seek forgiveness when I hurt someone and forgive others when they hurt me.	
2. I allow other Christians to hold me accountable in how I live for and serve Christ.	
3. I show patience and kindness in my relationships with family and friends.	
4. I am forming meaningful relationships with other believers.	
Fellowship with Believers Total	
SHOW: WITNESS TO THE WORLD	
1. I share my faith with non-believers.	
2. I make my faith known to my neighbors, fellow employees, and others I meet on a regular basis.	
3. I intentionally maintain relationships with non-believers, desiring to be a witness to them, and pray for their salvation.	
4. I am prepared to share my testimony or talk about spiritual matters at any time.	
Witness to the World Total	
SHOW: MINISTER TO OTHERS	
1. I understand what my spiritual gifts are and use them to serve others.	
2. I tithe or faithfully give a significant percent of my income to support my church and to help others.	
3. Meeting the needs of others is an important value in my life.	
4. I serve regularly in a ministry at my church.	
Minister to Others Total	

SCORING:

- Add your total score in each of the six spiritual disciplines. Is the score in any of the disciplines noticeably lower than the others? If so, then this would be a good area to try to strengthen this year.
- Circle the items with a response of a “1” or a “2.” Using the “Recommended Steps for Spiritual Growth” decide on action steps that you can take this year to move forward in this area of your discipleship.
- To get an idea of your over-all spiritual health, add the scores for all six disciplines together and divide that total by 24 and compare that number to the following scale:
 - 3.5 – 4 Excellent Condition (Keep it up! The discipleship journey is never done.)
 - 3 – 3.5 Good Condition (You’re making good progress—keep going!)
 - 2 – 2.9 Fair Condition (You’re doing some good things—keep moving ahead!)
 - 1 – 1.9 Weak Condition (The bad news: You haven’t gone very far yet.
The good news: with God’s help you can make great progress this year!)