

# Spiritual Growth Assessment

As you complete the assessment, avoid rushing. Listen for God's voice to encourage and challenge you. Consider this experience as one-on-one time with Him. Be intentional in your growth towards Christ-likeness. Assess the strength of these aspects of your spiritual life by choosing one of the following responses for each item below. Highlight scores of 2 or less and prayerfully consider a strategy to strengthen these weaker areas of your spiritual life.

1 = Never      2 = Seldom      3 = Occasionally      4 = Frequently      5 = Always

## Abide in Christ

1.	I practice a regular quiet time and look forward to that time with Christ.
2.	When making choices, I seek Christ's guidance first.
3.	My relationship with Christ is motivated more by love than duty or fear.
4.	I experience life change as a result of attending worship services.
5.	When God makes me aware of His specific will in an area of my life, I follow His leading.
6.	I believe Christ provides the only way for a relationship with God.
7.	My actions demonstrate a desire to build God's kingdom rather than my own.
8.	Peace, contentment, and joy characterize my life rather than worry and anxiety.
9.	I trust Christ to help me through any problem or crisis I face.
10.	I remain confident of God's love and provision during difficult times.

## Live in the Word

1.	I regularly read and study my Bible.
2.	I believe the Bible is God's Word and provides His instructions for life.
3.	I evaluate cultural ideas and lifestyles by biblical standards.
4.	I can answer questions about life and faith from a biblical perspective.
5.	I replace impure or inappropriate thoughts with God's truth.
6.	I demonstrate honesty in my actions and conversation.
7.	Generally, my public and private self are the same.
8.	I use the Bible as the guide for the way I think and act.
9.	I study the Bible for the purpose of discovering truth for daily living.

## Pray in Faith

1.	My prayers focus on discovering God's will more than expressing my needs.
2.	I trust God to answer when I pray and wait patiently on His timing.
3.	My prayers include thanksgiving, praise, confession, and requests.
4.	I expect to grow in my prayer life and intentionally seek help to improve.
5.	I spend as much time listening to God as talking to Him.
6.	I pray because I am aware of my complete dependence on God for everything in my life.
7.	I pray for those in the ministry of my church.
8.	I maintain an attitude of prayer throughout each day.
9.	I believe my prayers impact my life and the lives of others.
10.	I engage in a daily prayer life.

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## Build Godly Relationships

1.	I forgive others when their actions harm me.
2.	I admit my errors in relationships and humbly seek forgiveness from the one I've hurt.
3.	I allow other Christians to hold me accountable for my spiritual growth.
4.	I seek to live in harmony with other members of my family.
5.	I place the interest of others above my self-interest.
6.	I am gentle and kind in my interactions with others.
7.	I encourage and listen to feedback from others to help me find areas for relationship growth.
8.	I show patience in my relationships with family and friends.
9.	I encourage others by pointing out their strengths rather than criticizing their weaknesses.
10.	My time commitments demonstrate that I value relationships over work/career/hobbies.

## Witness to the World

1.	I share my faith in Christ with non-believers.
2.	I regularly pray for non-believers I know.
3.	I make my faith known to my neighbors and/or fellow employees.
4.	I intentionally maintain relationships with non-believers in order to share my testimony.
5.	When confronted about my faith, I remain consistent and firm in my testimony.
6.	I help others understand how to effectively share a personal testimony.
7.	I make sure the people I witness to get the follow-up and support needed to grow in Christ.
8.	I encourage my church and friends to support mission efforts.
9.	I am prepared to share my testimony at any time.
10.	My actions demonstrate a belief in and commitment to the Great Commission ( <i>Matthew 28: 19-20</i> ).

## Minister to Others

1.	I understand my spiritual gifts and use those gifts to serve others.
2.	I serve others expecting nothing in return.
3.	I sacrificially contribute my finances to help others in my church and community.
4.	I go out of my way to show love to people I meet.
5.	Meeting the needs of others provides a sense of purpose in my life.
6.	I share biblical truth with those I serve as God gives opportunity.
7.	I act as if the needs of others are as important as my own.
8.	I expect God to use me every day in His kingdom work.
9.	I regularly contribute time to an activity or outreach ministry at my church.
10.	I help others identify ministry gifts and encourage them to become involved in church activities and outreach ministries.

LifeWay Christian Resources, Nashville, TN. Adapted from the content displayed on their website, [www.lifeway.com](http://www.lifeway.com).  
For more information on spiritual growth and maturity visit [www.accounseling.org/spiritualmaturity](http://www.accounseling.org/spiritualmaturity) or scan here:

