

# Spiritual Health Assessment

## Gathering

- Worship

	Doesn't Describe me		Partly Describe me		Generally Describes me
How I live my life shows that God is my highest priority	1	2	3	4	5
I am dependent on God for every aspect of my life	1	2	3	4	5
There is nothing in my life that I have not surrendered to (kept back from) God	1	2	3	4	5
I regularly meditate on God's Word and invite Him into my everyday activities	1	2	3	4	5
I have a deep desire to spend time in God's presence	1	2	3	4	5
I am the same person in public that I am in private	1	2	3	4	5
I have an overwhelming sense of God's awesomeness even when I do not feel His presence	1	2	3	4	5

Worship Total: \_\_\_\_\_

- Fellowship

I am genuinely open and honest about who I am	1	2	3	4	5
I regularly use my time and resources to care for the needs of others	1	2	3	4	5
I have a deep and meaningful connection with others in the church	1	2	3	4	5
I have an easy time receiving advice, encouragement, and correction from others	1	2	3	4	5
I gather regularly with a group of Christians for fellowship and accountability	1	2	3	4	5
There is nothing in my relationships that is currently unresolved	1	2	3	4	5
There is nothing in the way I talk or act concerning others that I would not-be willing to share with them in person	1	2	3	4	5

Fellowship Total: \_\_\_\_\_

## Growing

- Discipleship

I am quick to confess anything in my character that does not look like Christ	1	2	3	4	5
A review of how I use my finances shows that I think more about God and others-than I do about myself	1	2	3	4	5
I allow God's Word to guide my thoughts and change my actions	1	2	3	4	5
I am able to praise God during difficult times and see them as opportunities to grow	1	2	3	4	5
I find I am making better choices to do what is right when I am tempted to do wrong	1	2	3	4	5
I have found that prayer has changed how I view and interact with the world	1	2	3	4	5
I am consistent in pursuing habits that are helping me model my life after Jesus	1	2	3	4	5

Discipleship Total: \_\_\_\_\_

## Going

- Ministry

I regularly use my time to serve God	1	2	3	4	5
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I am currently serving God with the gifts and passions he has given me	1	2	3	4	5
I regularly reflect on how my life can have an impact for the Kingdom of God	1	2	3	4	5
I often think about ways to use my god-given gifts and abilities to please God	1	2	3	4	5
I enjoy meeting the needs of others without expecting anything in return	1	2	3	4	5
Those closest to me would say my life is a reflection of giving more than receiving	1	2	3	4	5
I see my painful experiences as opportunities to minister to others	1	2	3	4	5

Ministry Total: \_\_\_\_\_

- Mission

I feel personal responsibility to share my faith with those who don't know Jesus	1	2	3	4	5
I look for opportunities to build relationships with those who don't know Jesus	1	2	3	4	5
I regularly pray for those who don't know Christ	1	2	3	4	5
I am confident in my ability to share my faith through word and deed	1	2	3	4	5
My heart is full of passion to share the good news of the gospel with those who have never heard it	1	2	3	4	5
I find that my relationship with Jesus comes up frequently in my conversations - with those who don't know him	1	2	3	4	5
I am open to going anywhere God calls to actively demonstrate my faith my neighbors	1	2	3	4	5

Mission Total: \_\_\_\_\_