

Spiritual Assessment and Growth Plan

This assessment and the accompanying development plan were created to help ordinary followers of Jesus take concrete steps to grow as a disciple. First, you will answer the questions, then you will read a little about how the assessment was created, then you will score yourself, and finally you will work on a growth plan to turn this assessment into action.

There is also a Friend-Feedback Assessment. Give this to someone who knows you well who will honestly and lovingly help you assess your strengths and weaknesses. This step is so important because we are often blind to our own sins and faults, and you can't fix what you can't see.

Spiritual Health Assessment

Answer each question on a scale of 1 to 4.

1	2	3	4
Strongly Disagree	Somewhat Disagree	Somewhat Agree	Strongly Agree

Relationship with God

1. I regularly apply what I read in the Bible to my life. ___
2. My daily prayer brings me peace and joy. ___
3. My understanding of God has grown recently. ___
4. I am in God's Word every day. ___
5. I make it a priority to spend quality time with God. ___
6. I long for the return of Christ. ___
7. I apply the Bible to situations I am facing in my life. ___
8. My daily dependence on God is increasing. ___
9. I hate my sin more than I did 6 months ago. ___
10. My top priority is to obey God. ___
11. My emotions are deeply engaged in my worship of God. ___
12. I process my emotions in the presence of God rather than ignoring them or expressing them without thinking. ___
13. I am striving to live a life of holiness with regard to my body. ___
14. My private thought life is a positive reflection of my faith in Christ. ___
15. I am content with God's plan for my life during this season. ___

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Relationship with the Church

16. I know my spiritual gift(s). ___
17. I give generously to meet needs of the believers. ___
18. I am passionate about worshipping with God's people. ___
19. I am serving in ways that match my gifts, talents, and abilities. ___
20. I have grown in financial generosity in the past 6 months. ___
21. I diligently pray for the needs of people in the church. ___
22. I pray for my church leaders regularly. ___
23. I meet with other believers regularly for fellowship and accountability. ___
24. I am quick to address the situation and seek reconciliation with Christians who have hurt me. ___
25. I live with sexual purity in my relationships with people in the church. ___
26. I care less about money than I did 6 months ago. ___
27. I am loving my closest neighbors well (i.e.-spouse, roommate, family). ___
28. I intentionally connect with those in the church across demographic lines of all kinds. ___
29. I regularly invite unconnected people at my church to my community group. ___
30. I have developed relationships in the church where people know my unique temptations and besetting sins. ___

Relationship with the World

31. I have non-Christian friends, relatives, associates and neighbors I pray for regularly by name. ___
32. I am confident in my ability to share my testimony of how Jesus saved me and the difference he has made in my life. ___
33. I am confident in my ability to lead someone to Christ. ___
34. I understand how my work fits together with my faith. ___
35. I engage in spiritual conversations regularly. ___
36. I regularly invite my lost friends, relatives, associates and neighbors to hang out with my believing friends. ___
37. I regularly invite my friends, relatives, associates and neighbors to church. ___
38. I regularly show compassion to the poor. ___
39. I often think of the eternal destiny of my friends, relatives, associates and neighbors who don't know the Lord. ___
40. My friends, relatives, associates and neighbors know that I'm a Christian. ___
41. I influence my friends, relatives, associates and neighbors more than they influence me. ___
42. My passion to help those far from God find life in Christ is increasing. ___
43. I have reasons for my beliefs that I can explain clearly and concisely. ___
44. I don't care what people will think of me when they find out I'm a Christian. ___
45. I actively find ways to be a blessing to my friends, relatives, associates and neighbors. ___

Friend-Feedback Assessment

Relationship with God

1. I regularly apply what I read in the Bible to my life. ___
2. My daily prayer brings me peace and joy. ___
3. My understanding of God has grown recently. ___
4. I am in God's Word every day. ___
5. I make it a priority to spend quality time with God. ___
6. I long for the return of Christ. ___
7. I apply the Bible to situations I am facing in my life. ___
8. My daily dependence on God is increasing. ___
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About This Assessment

This assessment and the accompanying development plan were created to help ordinary followers of Jesus take concrete steps to grow as a disciple.¹ This assessment is based on three assumptions:

Assumption #1

Disciples of Jesus have three fundamental relationships. A relationship to God, a relationship to the church, and a relationship to the world. A healthy disciple is one who is growing in all three relationships: their love for the Lord, their love of His people, and their love for the spiritually and materially poor.²

Assumption #2

Discipleship is learning to live in the new family of Jesus. So, I will have to unlearn some unhealthy things from my family of origin and re-learn some new things in this family called the church where God is our Father. I need to examine my views on the following ten areas in light of God's word: Money, conflict, sex, grief and loss, expressing anger, family, relationships, attitudes to other cultures, success, feelings (and emotions).³

Assumption #3

You can practice all the spiritual disciplines that exist and still be an immature, unloving Christian if they are fueling your self-righteousness. The overwhelming emphasis in the Bible is on obeying Jesus, loving Jesus, and abiding in Jesus. The emphasis is decidedly *not* on a strict regimen of spiritual practices. Therefore, the questions focus less on spiritual disciplines ("Do you fast regularly?") and more on fruit ("Would you describe yourself as hungry for God's word?"). If the fruit is NOT there, perhaps you could fix that by introducing disciplines (spiritual habits) into your development plan, but only to serve the larger goal of growing in your love for God, the church, and the world.

¹The inspiration for this assessment and growth plan come from Saddleback's [Spiritual Health Assessment](#).² I learned this model of discipleship from a training conducted by Brad House, author of Community. I found it to be so profoundly scriptural and true that it has guided me ever since.

³These ten areas of discipleship were articulated by Pete Scazzero for his Emotionally Healthy Discipleship Course.

Scoring the Assessment

Add up your scores from each section and write the totals below.

The lowest possible score for each section is 15 and the highest is 60.

Relationship with God Me: _____ My Friend: _____

Relationship with God is characterized by love, adoration, and passion to be with Christ through the Word and Prayer. The assessment measures your passion level to know and worship the Lord. It is tracking whether your mind, will, and emotions are involved in your spiritual life. It is reflected by a battle against sin and increasing holiness.

Relationship with the Church Me: _____ My Friend: _____

Relationship with the Church is characterized by love and service. Do you increasingly feel about the church how Jesus feels about the church? Are you experiencing the kind of transformation that allows you to love your closest neighbors well? Are you taking opportunities through Sundays and Groups to love and serve other Christians that God has put in your path? This is measuring whether you have the kind of relationships that characterize people living in the new family of Jesus.

Relationship with the World Me: _____ My Friend: _____

Relationship with the world is about your passion to reach the lost and your compassion for the materially poor. These were twin emphases of Jesus' ministry. This is measuring how seriously and diligently you take your responsibility to build bridges of trust and care to the spiritually disconnected. It is tracking whether you are intentional and bold with your faith. It asks about whether you live a lifestyle that would reflect well on Christ.

Questions for Discovery

Take a moment to review your highest and lowest scores from the assessment. What insights do you gain from seeing your results? Is there anything that surprised you?

What strengths do you see based on your results? Did this highlight any progress you've made?

What areas of weakness did this assessment reveal? What is God calling you to address in your life next?

How to Create My Personal Spiritual Growth Plan

Follow these five steps to create a development plan. We suggest a maximum of three goals, and often times one goal is appropriate. It's better to plan something achievable, and grow from a place of success, than it is to make an ambitious plan that is not achievable and end feeling discouraged.

1. Start with prayer. Ask the Holy Spirit to help you grow. Ask for God's guidance as you make this plan and ask for the grace to faithfully complete it. If you get stuck, come back to prayer. Prayer is "home base" for the Christian, it keeps us safely connected to the Father's Will.
2. Think about your desired outcome. That is, what would you like to see different in your life four months from now? This desired outcome should be the result of prayer and God's leading. It should reflect your answers to the assessment questions. Review your questions and answers and ask the Lord to show you where He wants you to focus during this next season of life.
3. Come up with a specific goal that will help you achieve your desired outcome. Your goal should be as specific as possible. It should help you achieve your desired outcome. And it must be something you can actually do. If it is too unrealistic, go back and ask yourself what changes you can truly make in this season of your life that will get you where you want to go. It's better to make smaller changes that last a lifetime, than to make major changes that you'll soon give up on.
4. Go through your desired outcome and your specific goal with your accountability partner. This is someone who loves you enough to call you out if you don't do what you're supposed to. People who are highly conflict avoidant will struggle in this role! A community group leader or member is ideal because they can ask you about it as they see you in group.
5. Pull out your phone or calendar with your accountability partner and schedule check-in dates right now! A check-in should be a phone call or a quick face-to-face. It can be as simple as asking a) how is your goal coming along? b) what is working? c) what challenges or barriers are you facing? d) how can I pray for you? Lastly, put these dates in your calendar or task management software so you don't forget. BONUS – set a weekly reminder in your phone every Monday at lunchtime to pray for your accountability partner.

Personal Spiritual Growth Plan

**Remember this is a four-month plan.*

Spiritual Health Plan for (name) _____

I will share my plan with _____ who will be my spiritual partner to help me grow in my love for God, my love for His Church, and my love for the lost.

Desired Outcome	Specific Goal	Accountability Partner	Check-in Dates
<p>(EXAMPLE) My co-workers will know that I'm a Christian.</p>	<p>Hang out with my co-workers together with my Christian friends socially at least 4 times by the end of April.</p>	<p>Troy G.</p>	<p>1/15, 2/17, 3/23, 4/15</p>