

# SPIRITUAL GROWTH ASSESSMENT

All of us are on a spiritual journey, and when viewed through the lens of the four stages of spiritual maturity, the potential for spiritual growth is amplified. The four stages, CHAIR 1 (REACH), CHAIR 2 (BUILD), CHAIR 3 (EQUIP) and CHAIR 4 (MULTIPLY), can bring clarity to our understanding of the spiritual growth process and can help define next steps in our pursuit of following Jesus. It is our hope that as we view our spiritual journey in light of the four stages, our desire to mature spiritually will increase. With this hope in mind, we have designed the Spiritual Growth Assessment. Prayerfully use this tool to evaluate yourself because we believe it will help shape you into the person God wants you to become.

## WHAT IS THE SPIRITUAL GROWTH ASSESSMENT?

“Examine yourselves, to see whether you are in the faith. Test yourselves. Or do you not realize this about yourselves, that Jesus Christ is in you?—unless indeed you fail to meet the test!” 2 Corinthians 13:5

The Bible instructs us to evaluate our spiritual lives so we have developed the Spiritual Growth assessment to help you evaluate your spiritual growth in six key areas or disciplines:

- LIFESTYLE – Is my lifestyle demonstrating that I’m a follower of Jesus? (Titus 2:11-12)
- GOD’S WORD – Am I spending time in the Bible and does it reflect in my attitudes and actions? (2 Timothy 3:16-17; James 1:22)
- PRAYER – Is my prayer life demonstrating a deepening trust and dependence upon God? (Philippians 4:6-7)
- RELATIONSHIPS – Are my relationships with others loving and healthy? (John 13:34-35)
- EVANGELISM – Am I sharing my faith to others? (1 Peter 2:12)
- SERVING – Am I using my God given resources and abilities for His purposes? (Galatians 6:10)

This assessment will measure how you are progressing toward spiritual maturity. When the assessment is completed, you will have a snapshot showing you the stage to which you are most closely aligned.

## HOW DO I TAKE THE SPIRITUAL GROWTH ASSESSMENT?

The assessment consists of ten statements for each of the six disciplines, totaling sixty statements. It should take about fifteen minutes to complete the assessment. Score each statement honestly, as it applies to you. This is not designed to compare you with others; the goal is to provide you with a snapshot of where you are today in your spiritual journey and reveal potential growth areas.

1. Begin with the first discipline, LIFESTYLE. Read each statement, and assign a score (1-5) for each.
2. Continue to the next disciplines, assigning scores for each statement like in the first step.
3. Once you have completed all six disciplines, total the scores for each.
4. Find the Spiritual Growth Wheel and write your scores under the corresponding disciplines.
5. Once you have determined a number value for all six disciplines, total all your scores and divide by six.

Your overall score will provide you with the stage of maturity with which you are most closely aligned in your spiritual journey today. This will help you discover areas for potential growth.

LIFESTYLE

1. I daily enjoy a meaningful time with God through Bible reading and prayer. \_\_\_\_\_
  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 am able to overcome temptation and sin through the power of the Holy Spirit. \_\_\_\_\_
  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. \_\_\_\_\_
- Total** \_\_\_\_\_

GOD’S WORD

1. I regularly read and study the Bible. \_\_\_\_\_
  2. I believe the Bible is God’s Word and provides His instructions for life. \_\_\_\_\_
  3. I evaluate cultural lifestyles (marriage, sexuality, materialism) using biblical standards. \_\_\_\_\_
  4. I can answer questions about life and faith from biblical perspectives. \_\_\_\_\_
  5. I replace impure and inappropriate thoughts with God’s truth. \_\_\_\_\_
  6. I demonstrate honesty in my actions and conversations. \_\_\_\_\_
  7. When the Bible exposes an area of my life that needs changing, I allow God to make it right. \_\_\_\_\_
  8. Generally, who I am in public and private is the same. \_\_\_\_\_
  9. I use the Bible as the guide for the way I think and act. \_\_\_\_\_
  10. I study the Bible for the purpose of discovering truth for daily living. \_\_\_\_\_
- Total** \_\_\_\_\_

PRAYER

1. My prayers focus on discovering God’s will more than expressing my needs. \_\_\_\_\_
  2. I trust God when I pray and wait patiently on His timing for an answer. \_\_\_\_\_
  3. My prayers include thanksgiving, praise, confession, and requests. \_\_\_\_\_
  4. I want to grow in my prayer life and intentionally seek help to improve it. \_\_\_\_\_
  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 regularly pray in groups with other believers. \_\_\_\_\_
  8. I maintain an attitude of prayer by talking to God throughout each day. \_\_\_\_\_
  9. I believe my prayers impact my life and the lives of others. \_\_\_\_\_
  10. I engage in daily, scheduled prayer time. \_\_\_\_\_
- Total** \_\_\_\_\_

## RELATIONSHIPS

1. I forgive others when their actions harm me. \_\_\_\_\_
  2. I admit my errors in relationship and humbly seek forgiveness from the one I've hurt. \_\_\_\_\_
  3. I allow other Christ followers to hold me accountable for spiritual growth. \_\_\_\_\_
  4. I seek to live in harmony with all my relatives. \_\_\_\_\_
  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 discover 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, or hobbies. \_\_\_\_\_
- Total** \_\_\_\_\_

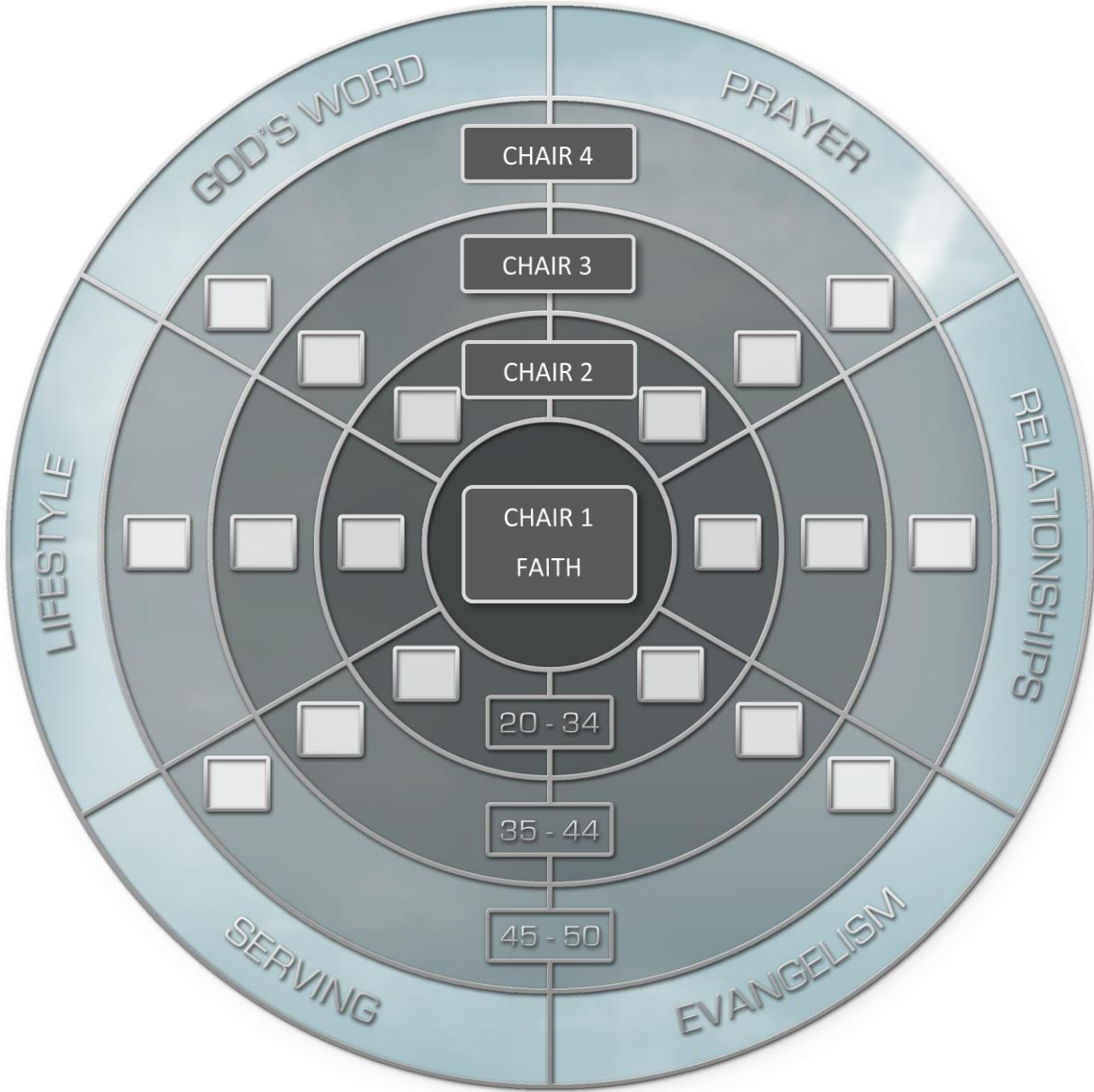
## EVANGELISM

1. I share my faith in Christ with non-believers. \_\_\_\_\_
  2. I regularly pray for non-believers. \_\_\_\_\_
  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 friends to support missions. \_\_\_\_\_
  9. I am prepared to share my testimony at any time. \_\_\_\_\_
  10. My actions demonstrate my commitment to reaching others for Christ. \_\_\_\_\_
- Total** \_\_\_\_\_

## SERVING

1. I understand my spiritual gifts and use them 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 need 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 others' needs are as important as my own. \_\_\_\_\_
  8. I expect God to use me every day in His work on earth today. \_\_\_\_\_
  9. I regularly contribute time to a ministry at my church. \_\_\_\_\_
  10. I help others identify their ministry gifts and help them become involved in ministry. \_\_\_\_\_
- Total** \_\_\_\_\_

# SPIRITUAL GROWTH WHEEL



NAME \_\_\_\_\_ DATE \_\_\_\_\_

**OVERALL SCORE**

Total your six scores then divide by six.

(    +    +    +    +    +    ) ÷ ( 6 ) =

**OVERALL** \_\_\_\_\_

**CHAIR 1** (10 – 19)

**CHAIR 2** (20 – 34)

**CHAIR 3** (35 – 44)

**CHAIR 4** (45 – 50)