



spiritual health assessment

Assessing My Worship

Disciples Confess Christ: Professing Christ as Savior and following Him as Lord.

Ask yourself...

What evidence do family, friends, and colleagues have that I am in a vibrant life-changing relationship with Jesus Christ?

Where am I longing to grow in authentically following Christ? (Aspect of my life: roles, emotions, social, etc.)

Respond to these statements by circling a number...

1 = Not at all · 2 = Needs improvement · 3 = Most of the time · 4 = Consistently true					
I am aware of my own sinfulness and want to change and become more like Jesus.	1	2	3	4	<input type="checkbox"/>
I grasp the Gospel message and understand the basics of my faith.	1	2	3	4	<input type="checkbox"/>
I feel a deep concern for those who do not know the love of Jesus and I intentionally develop relationships with them when I can.	1	2	3	4	<input type="checkbox"/>
I am comfortable sharing my faith with others.	1	2	3	4	<input type="checkbox"/>
I have a good reputation with non-believers and live a winsome loving life before them.	1	2	3	4	<input type="checkbox"/>
I submit my life and agendas to the will of Christ representing His direction in my life.	1	2	3	4	<input type="checkbox"/>

Identify particular desires or passions...

Go back and put a check mark in one or two boxes in the far right column where there are statements that describe something for which you feel a particularly deep or passionate desire to develop further. Don't check more than one or two.

Assessing My Worship

Disciples Celebrate God's Glory: Participating in weekly group worship and personal time alone with God.

Ask yourself...

How do I see myself celebrating the love and glory of God with reverence and joy? (Psalm 95:1-7)

Where am I longing to move into deeper celebration of God?

Respond to these statements by circling a number...

1 = Not at all • 2 = Needs improvement • 3 = Most of the time • 4 = Consistently true					
I participate weekly in corporate worship.	1	2	3	4	<input type="checkbox"/>
Worshipping with my fellow believers gives me a deep sense of God's presence.	1	2	3	4	<input type="checkbox"/>
I am a joyful, thankful person who expresses gratitude to God and others easily and often.	1	2	3	4	<input type="checkbox"/>
I take time to celebrate God by deeply entering into a weekly Sabbath day.	1	2	3	4	<input type="checkbox"/>
I am aware of God's presence in my life and intentionally celebrate our connection.	1	2	3	4	<input type="checkbox"/>
My love for God is as visible to others as my love for other persons and passions.	1	2	3	4	<input type="checkbox"/>

Identify particular desires or passions...

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Assessing My Growth

Disciples Connect in Community: Giving and receiving love through a regular experience of Christian community.

Ask yourself...

How am I connecting and growing with others?

How am I giving and receiving love in a way that reflects God's love of me? (John 15:12-17)

How am I longing to be with others in community?

Respond to these statements by circling a number...

1 = Not at all · 2 = Needs improvement · 3 = Most of the time · 4 = Consistently true					
I have a relationship with someone who helps me grow in my spiritual walk.	1	2	3	4	<input type="checkbox"/>
I am a dedicated small group participant.	1	2	3	4	<input type="checkbox"/>
I am a committed member of a larger group that meets regularly for Christian fellowship.	1	2	3	4	<input type="checkbox"/>
I seek to serve others without thought of recognition or reward.	1	2	3	4	<input type="checkbox"/>
I am comfortable being honest and vulnerable with my spiritual companions.	1	2	3	4	<input type="checkbox"/>
I am self-controlled, even tempered. I am not argumentative and contentious.	1	2	3	4	<input type="checkbox"/>
I feel comfortable opening my home to people not in my family.	1	2	3	4	<input type="checkbox"/>

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Assessing My Growth

Disciples Cultivate Christ-Likeness: Rooting themselves in practices God uses to grow in them a character and conduct like Jesus.

Ask yourself...

How am I cultivating the knowledge of God, the character of Christ and the presence of the Spirit in my life? (John 15:5-15)

How am I experiencing Christ's presence, guidance, conviction and power in my life? (John 16:5-15)

How am I being drawn to know Jesus and follow Him more closely?

Respond to these statements by circling a number...

1 = Not at all • 2 = Needs improvement • 3 = Most of the time • 4 = Consistently true					
I have a plan for intentionally growing my Christian walk.	1	2	3	4	<input type="checkbox"/>
I regularly and intentionally create space in my life for God to show up.	1	2	3	4	<input type="checkbox"/>
I am aware of how God speaks to me and I recognize His voice.	1	2	3	4	<input type="checkbox"/>
God's priorities and agenda are more important to me than my own.	1	2	3	4	<input type="checkbox"/>
The fruit of the Spirit is more and more evident in my life.	1	2	3	4	<input type="checkbox"/>

The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control. (Galatians 5:22-23)

Identify particular desires or passions...

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Assessing My Growth:

Disciples Cultivate Christ-Likeness: Rooting themselves in practices God uses to grow in them a character and conduct like Jesus.

Ask yourself...

How am I connecting with God and living a life of prayer?

How am I growing in the knowledge of God and His Word? (2 Timothy 3:16-17)

Respond to these statements by circling a number...

1 = Not at all • 2 = Needs improvement • 3 = Most of the time • 4 = Consistently true

It's easy for me to get around to praying.	1	2	3	4	<input type="checkbox"/>
I am comfortable praying out-loud with others.	1	2	3	4	<input type="checkbox"/>
My prayer life is NOT mostly about myself and my needs.	1	2	3	4	<input type="checkbox"/>
I am searching for new ways of being with God in prayer.	1	2	3	4	<input type="checkbox"/>
I engage in regular small group discussion and study of Scripture.	1	2	3	4	<input type="checkbox"/>
I am more Scripturally literate this year than I was last year.	1	2	3	4	<input type="checkbox"/>
On a regular basis, I am nourished by time spent alone with God and His Word.	1	2	3	4	<input type="checkbox"/>
I find the Bible alive and interesting to me.	1	2	3	4	<input type="checkbox"/>

Identify particular desires or passions...

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Assessing My Service

Disciples Contribute God's Gifts: Giving their time, talent, and resources to the ministry of God's church.

Ask yourself...

How am I contributing my God-given gifts for the extension of Christ's kingdom?

How am I wanting to grow in generosity and self-giving, so that others see Jesus in me?

Does my walk match my talk? Do I know more truth than I live? How can I live into more authentic discipleship? (Colossians 1:9-12)

Respond to these statements by circling a number...

1 = Not at all • 2 = Needs improvement • 3 = Most of the time • 4 = Consistently true					
I know the needs of a small group of people, in this church and I am involved in helping to meet their needs.	1	2	3	4	<input type="checkbox"/>
I know my spiritual gifts and contribute them to ministries of the church and world.	1	2	3	4	<input type="checkbox"/>
I know what percent of my income I give to the church.	1	2	3	4	<input type="checkbox"/>
I want to grow into giving a tenth, or more, of my income to the Lord's work.	1	2	3	4	<input type="checkbox"/>
I want to live more simply.	1	2	3	4	<input type="checkbox"/>
I willingly set aside my agenda to share my home(s), possessions, skills, and time with others.	1	2	3	4	<input type="checkbox"/>

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Assessing My Service

Disciples Catalyze Kingdom Change: Sowing seeds of God's kingdom wherever and however they can.

Ask yourself...

How is God changing the way I do life? How am I a catalyst for change?

How am I responsive to the needs and concerns of people around me? Am I kind and respectful, caring and encouraging to others?

I am longing to participate with God in Kingdom change through...

Respond to these statements by circling a number...

1 = Not at all • 2 = Needs improvement • 3 = Most of the time • 4 = Consistently true					
I have gone on a short term mission trip or participated in community service projects.	1	2	3	4	<input type="checkbox"/>
I work for justice and have a heart for the dispossessed and under-resourced.	1	2	3	4	<input type="checkbox"/>
I am hospitable. I love, enjoy, respect and reach out to strangers.	1	2	3	4	<input type="checkbox"/>
I am comfortable in doing and regularly connect with those who are of a different race than me.	1	2	3	4	<input type="checkbox"/>
I am just and fair in dealing with others. I honor my contracts, and pay people what is right.	1	2	3	4	<input type="checkbox"/>
I have a heart for the world that impacts the way I live in my own community.	1	2	3	4	<input type="checkbox"/>
I am comfortable sharing with others about what Christ has done for me.	1	2	3	4	<input type="checkbox"/>

Identify particular desires or passions...

Go back and put a check mark in one or two boxes in the far right column where there are statements that describe something for which you feel a particularly deep or passionate desire to develop further. Don't check more than one or two.

My Spiritual Health Plan

Embracing the means to become more like Jesus.

1. Look back over the assessments.

From each assessment category - Worship, Grow and Serve - collect the items you checked that you felt a desire to develop further and write them below.

WORSHIP		#
GROW		#
SERVE		#

2. Number in order of importance.

Use the far right column to do this. I now have a written intention and a focus to offer the Holy Spirit in my journey to becoming who Christ intends me to be.

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