



B5 Spiritual Health Assessment

Name: _____

Instructions:

Answer the following statements by rating how much you know, where you have been growing, and how prepared you are to show others how to know, grow and show in each of the six "Growth Essentials". Once you have completed the "Spiritual Health Assessment", please fill out the data tally sheet by writing your answers down in the appropriate boxes.

Legend: 1= rarely 2= occasionally 3= frequently 4=usually

BIBLICAL OBEDIENCE					
A	I know the Assurances from the Bible: Assurance of Salvation, Answered Prayer, Victory, Guidance and Forgiveness	1	2	3	4
B	I know how to read the Bible. (Understanding context and how to apply it to life)	1	2	3	4
C	I allow my consistent study of God's Word to guide my thoughts, influence my choices and direct my actions.	1	2	3	4
D	I intentionally pursue other habits that help me model my life after Jesus. (e.g. setting priorities, using my time & money wisely, building relationships, confessing anything in my character that does not look like Christ, etc.)	1	2	3	4
E	I look for God's purpose in all events, seeing them as opportunities for personal growth and praising Him for them.	1	2	3	4
F	I am equipped to disciple others in rightly Christian Living	1	2	3	4
G	I am confident that I can equip someone on how to study the Bible	1	2	3	4

EMPOWERED PRAYER					
A	I'm familiar with scripture fed and spirit led prayer	1	2	3	4
B	I know how to overcome my faith struggles through prayer (faith will move mountains)	1	2	3	4
C	Actively doing scripture fed, spirit led prayer during my devotions.	1	2	3	4
D	I make time for half day of prayer times (at least on a monthly basis)	1	2	3	4
E	Prayer continues to change how I view and interact with God, other believers and the world.	1	2	3	4
F	When someone shares a struggle with me, I take time then to pray with them	1	2	3	4
G	I am confident that I can equip someone on how to have a transformational prayer life.	1	2	3	4

PARTICIPATORY WORSHIP					
A	My primary life commitment is to the Lord Jesus	1	2	3	4
B	I focus on who God is as well as on what He's doing.	1	2	3	4
C	I take time before every worship service to prepare my heart for worship	1	2	3	4
D	I value and am committed to attending our evening God's Family Communion Services	1	2	3	4
E	I strive to attend Sunday Service on a weekly basis	1	2	3	4
F	I prepare for and wholeheartedly participate in corporate worship.	1	2	3	4
G	I spend significant time in God's presence, meditating on His Word and praising Him.	1	2	3	4
H	God is the centre of my life and I submit to His authority in all aspects of it.	1	2	3	4
I	I feel prepared to empower others in learning how to wholeheartedly participate in worship.	1	2	3	4
J	I have the confidence in equipping someone on how to meditate on God's Word	1	2	3	4
K	I am able to equip someone on how to have God as the centre of their life; submitting to His authority in everything they do.	1	2	3	4

COMMITTED FELLOWSHIP					
L	I have learned the "One Another's" passages from the Bible	1	2	3	4
M	I have learned the biblical principles that are needed to resolve relational difficulties	1	2	3	4
N	I am actively involved in a "WEE Group"				
O	I am building deep and meaningful connections with others in the church.	1	2	3	4
P	I actively work to resolve relational difficulties in accordance with Biblical principles.	1	2	3	4
Q	I am genuinely open & honest about who I am, and am willing to receive advice, encouragement and correction to help me grow.	1	2	3	4
R	I look for opportunities to give loving encouragement, advice and correction to others as appropriate, to help them grow	1	2	3	4
S	I can equip others on how to be a peace-maker or peace-keeper according to the Bible	1	2	3	4
T	I can empower others on how to have deep and meaningful connections with others in the church.	1	2	3	4

SACRIFICIAL SERVICE					
A	I know my gifts and abilities that God has given me to use for his glory.	1	2	3	4
B	My service reflects how Jesus modeled service; humbly, mercifully, inclusively and in the power of the Spirit.				
C	I view my everyday activities (at home, school/work, socially, at church) as opportunities to use the gifts & abilities God has given me for His glory.	1	2	3	4
D	I find fulfillment in faithfully serving God in the local church.	1	2	3	4
E	I actively use what I've learned from my life experiences (positive and negative) to minister to others.	1	2	3	4
F	I bless others in practical ways without expecting anything in return.	1	2	3	4
G	I am equipped to help others discover what gifts and abilities they have been given by God	1	2	3	4
H	I am equipped to help show someone how to use their gifts and abilities for God's glory.	1	2	3	4

INTENTIONAL EVANGELISM					
A	I know how to overcome my fears and courageously share the gospel with others who do not know Jesus.	1	2	3	4
B	I know how to explain the gospel to someone who is seeking	1	2	3	4
C	I know how to share my testimony to someone within a 5 minute time frame	1	2	3	4
D	I am confident in handling someone's tough questions in regards to my faith	1	2	3	4
E	I look for opportunities to build relationships with those who don't know Jesus.	1	2	3	4
F	I regularly pray for individuals who don't know Christ.	1	2	3	4
G	I feel personal responsibility to share my faith with those who don't know Jesus.	1	2	3	4
H	I am equipped to teach someone on how to explain the gospel to someone else	1	2	3	4
I	I am equipped to teach someone on how to share their testimony in a 5 minute time frame	1	2	3	4
J	I am confident that I can spur other disciples on in the sharing of their faith	1	2	3	4

Self Assessment Data Tally

Please write down the ratings you gave yourself in the following table.

Biblical Obedience

Knowing	Score
Add Rows: A, B	
Growing	
Add Rows: C, D, E	
Showing	
Add Rows: F, G	

Empowered Prayer

Knowing	Score
Add Rows: A, B	
Growing	
Add Rows: C, D, E	
Showing	
Add Rows: F, G	

Participatory Worship

Knowing	Score
Add Rows: A, B	
Growing	
Add Rows: C, D, E, F, G, H	
Showing	
Add Rows: I, J, K	

Committed Fellowship

Knowing	Score
Add Rows: L, M	
Growing	
Add Rows: N, O, P, Q, R	
Showing	
Add Rows: S, T	

Sacrificial Service

Knowing	Score
Add Rows: A, B, C	
Growing	
Add Rows: D, E, F	
Showing	
Add Rows: G, H	

Intentional Evangelism

Knowing	Score
Add Rows: A, B, C, D	
Growing	
Add Rows: E, F, G	
Showing	
Add Rows: H, I, J	

Which Growth Essential has your highest ratings in the Knowing?

Which Growth Essential has your highest ratings in the Growing?

Which Growth Essential has your highest ratings in the Showing?

Which Growth Essential needs some discipleship coaching so that your growing and showing will become stronger?

After reviewing all the growth areas, which is the one on which you want to focus?

Action plan: *What is your plan to grow in this area?*

1. .

2. .

3. .

Target: *When will you complete these actions?* _____

Today's date: _____