

Spiritual Health Assessment

Worship: You Were Planned for God's Pleasure

	Doesn't describe me	Partially describes 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: You Were Formed for God's Family

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	_____		

Discipleship: You Were Created to Become Like Christ

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	_____		

Ministry: You Were Shaped for Serving God

I regularly use my time to serve God	1	2 3	4 5
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	_____		

Evangelism: You Were Made for a 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	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 me, in whatever capacity, to share my faith	1	2 3	4 5
Evangelism Total	_____		

Transfer your scores to the Spiritual Health Plan on the inside back cover of this booklet.

Spiritual Health Plan for _____ (your name)

I will share my plan with _____ who will be my spiritual partner
to help me balance the five Biblical purposes in my life.

PURPOSES	PRACTICES	PARTNERSHIP	PROGRESS
<i>What purposes are out of balance?</i>	<i>What do I need to do?</i>	<i>How will my spiritual partner help me in this purpose?</i>	<i>What progress have I made?</i>
<p>Worship</p> <p>How I scored myself _____</p> <p>How my friend scored me _____</p>			
<p>Fellowship</p> <p>How I scored myself _____</p> <p>How my friend scored me _____</p>			
<p>Discipleship</p> <p>How I scored myself _____</p> <p>How my friend scored me _____</p>			
<p>Ministry</p> <p>How I scored myself _____</p> <p>How my friend scored me _____</p>			
<p>Evangelism</p> <p>How I scored myself _____</p> <p>How my friend scored me _____</p>			