

## **Spiritual Growth Assessment**

Your spiritual journey as a follower of Christ began the moment you admitted personal sin and placed your trust in Christ as Savior and Lord. From that point, until death or the return of Christ, your life's call is to grow in Christlikeness. Jesus summarizes the disciple's call in Mark 8:34, "If anyone would come after, let him deny himself and take up his cross and follow Me."

Accomplishing such a challenging assignment requires growing in your understanding of what it means to be a Christian, expanding your personal knowledge of biblical truth, and applying daily what you learn. Through the presence of His indwelling Spirit, God enables you to know, obey, and serve Him.

God expects His children to grow spiritually and His Word encourages personal examination as an element of growth.

- 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
- For if anyone thinks he is something, when he is nothing, he deceives himself. But let each one test his own work, and then his reason to boast will be in himself alone and not in his neighbor. For each will have to bear his own load. - Galatians 6:3-5
- Let us test and examine our ways, and return to the Lord! - Lamentations 3:40

This assessment process can help you complete an examination and careful search of your spiritual growth. Follow these simple steps to complete the process.

1. Complete the Spiritual Growth Assessment.  
The assessment helps you think carefully about your spiritual development related to six specific spiritual disciplines; abiding in Christ, living in the Word, praying in faith, fellowshiping with believers, witnessing to the world, ministering to others. Before completing your responses, ask the Lord to guide your evaluation. Since most of these statements require a subjective response, His guidance is the key to an accurate appraisal. Also, resist the urge to compare scores with others. Self-condemnation or pride could result from such comparisons. Trust God to help you grow spiritually by revealing heart issues and empowering you to take action.
2. Draw and evaluate your Discipleship Wheel.

As you complete this assessment process the temptation might be to think your efforts are central to growing spiritually. Remember, becoming like Christ centers on His work in us and not our work for Him. God desires heart change over religious actions. Without question, God does the revealing, the renewing, the empowering, and the recreating. Your part as His disciple is to do the yielding, the submitting, and the obeying.

## Spiritual Growth Assessment

As you complete the assessment, avoid rushing. Listen for God's voice to encourage and challenge you. Consider this experience as one-on-one time with Him. Be intentional in your growth towards Christlikeness. Use the scale below to respond to each statement.

**Never - 1      Seldom - 2      Occasionally - 3      Frequent - 4      Always - 5**

SPIRITUAL DISCIPLINES	RESPONSE
<b>ABIDE IN CHRIST</b>	
1. I practice a regular quiet time and look forward to that time with Christ.	
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 experience life change as a result of my worship experiences.	
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.	
<b>Abide in Christ Total</b>	
<b>LIVE IN THE WORD</b>	
1. I regularly read and study my Bible.	
2. I believe the Bible is God's Word and provides His instructions for life.	
3. I evaluate cultural ideas and lifestyles by biblical standards.	
4. I can answer questions about life and faith from a biblical perspective.	
5. I replace impure or inappropriate thoughts with God's truth.	
6. I demonstrate honesty in my actions and conversation.	
7. When the Bible exposes an area of my life needing change, I respond to make things right.	
8. Generally, my public and private self are 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.	
<b>Live By God's Word Total</b>	
<b>PRAY IN FAITH</b>	
1. My prayers focus on discovering God's will more than expressing my needs.	
2. I trust God to answer when I pray and wait patiently on His timing.	
3. My prayers include thanksgiving, praise, confession, and requests.	
4. I expect to grow in my prayer life and intentionally seek help to improve.	
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. Regular participation in group prayer characterizes my prayer life.	
8. I maintain an attitude of prayer throughout each day.	
9. I believe my prayers impact my life and the lives of others.	
10. I engage in a daily prayer time.	
<b>Pray In Faith Total</b>	

<b>FELLOWSHIP WITH BELIEVERS</b>	
1. I forgive others when their actions harm me.	
2. I admit my errors in relationships and humbly seek forgiveness from the one I've hurt.	
3. I allow other Christians to hold me accountable for spiritual growth.	
4. I seek to live in harmony with other members of my family.	
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/hobbies.	
<b>Build Godly Relationships Total</b>	
<b>WITNESS TO THE WORLD</b>	
1. I share my faith in Christ with non-believers.	
2. I regularly pray for non-believers I know.	
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 church and friends to support mission efforts.	
9. I am prepared to share my testimony at any time.	
10. My actions demonstrate a belief in and commitment to the Great Commission (Matthew 28:19-20).	
<b>Witness To The World Total</b>	
<b>MINISTER TO OTHERS</b>	
1. I understand my spiritual gifts and use those gifts 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 needs 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 other's needs are as important as my own.	
8. I expect God to use me every day in His kingdom work.	
9. I regularly contribute time to a ministry at my church.	
10. I help others identify ministry gifts and become involved in ministry.	
<b>Minister To Others Total</b>	

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Please copy your answers from above and submit this copy to Sojourn. You can leave the name line blank if you choose to.

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Name

## Your Discipleship Wheel

For a visual representation of your spiritual assessment complete the following steps:

**Step One:** On the dotted line in each discipline section of the circle plot a point corresponding to your total score for that discipline. Place similar points on the solid lines to the immediate right and left of each dotted line.

**Step Two:** Connect the plotted points with curved lines similar to the lines of the circle.

**Step Three:** Using a pencil or marker shade the areas in each section between the lines you drew and the center of the circle. The shaded areas reveal your personal discipleship wheel at this point in your spiritual journey.

