

# Self-Assessment Questionnaire



This study guide is built around 40 statements that help you evaluate where you are on your faith journey. Answer the questions as honestly as you can to gain the most possible from the study. You won't share your responses with anyone unless you choose to do so.

To complete the survey, read each statement and decide how well it fits you. Write the appropriate number in the blank next to the statement. Choose your response from the following options:

1 = Never true

2 = Rarely true

3 = True once in a while

4 = Sometimes true

5 = Often true

6 = Almost always true

7 = Always true

- \_\_\_\_\_ 1. Every day I see evidence that God is active in the world.
- \_\_\_\_\_ 2. I feel a deep sense of responsibility for reducing pain and suffering in the world.
- \_\_\_\_\_ 3. I am spiritually moved by the beauty of God's creation.
- \_\_\_\_\_ 4. I care a great deal about reducing poverty in the United States and throughout the world.
- \_\_\_\_\_ 5. I devote time to reading and studying the Bible.
- \_\_\_\_\_ 6. I do things to help protect the environment.
- \_\_\_\_\_ 7. I have a real sense that God is guiding me.
- \_\_\_\_\_ 8. I am concerned that our country is not doing enough to help the poor.
- \_\_\_\_\_ 9. I like to worship and pray with others.
- \_\_\_\_\_ 10. I give significant portions of time and money to help other people.
- \_\_\_\_\_ 11. I seek out opportunities to help me grow spiritually.
- \_\_\_\_\_ 12. I go out of my way to show love to people I meet.
- \_\_\_\_\_ 13. I take time for periods of prayer or meditation.
- \_\_\_\_\_ 14. I speak out for equality for women and minorities.
- \_\_\_\_\_ 15. I talk with other people about my faith.

## *Overview of the Study*

This study guide is based on these nine indicators of mature faith. Here's how it's structured:

- First, you'll take a 40-question survey that helps you evaluate your own faith maturity. These questions are based on a more complex scientific measurement, The Faith Maturity Index, which has been used in national studies of the faith lives of youth and adults in many Christian denominations. The largest of these studies, called Effective Christian Education, involved 11,000 adults and youth in six major Protestant denominations.
- Then you'll look at faith maturity by collapsing the nine indicators into two key elements of faith: a relationship to God, and a concern for other people. And you'll make a preliminary diagnosis of your faith maturity.
- Next, in the heart of the study, you'll examine each indicator of faith maturity through an explanation and several questions for reflection and discussion.
- Finally, you'll discover specific ways you can grow in your faith.

## *A New Prescription*

As you take the survey and work through the study guide, keep in mind that few Christians are equally mature in all nine facets of faith—just as few people are in perfect physical condition. But you will discover the areas in which your spiritual growth is progressing well and those in which it is relatively undeveloped.

During this study, you may think of other aspects of spiritual health that aren't included. Or you'll think of other ways to arrange the elements. That's good. This guide isn't intended to present the final answer on the components of mature Christian faith. It represents one approach to defining faith maturity. Over time, as many people discuss and debate this concept, the understanding of faith maturity will be enlarged.

This guide is designed to help you take a thoughtful look at your spiritual health and perhaps write a new prescription for a stronger, deeper, more mature Christian faith. If it does this, it has fulfilled its purpose.

