



# Spiritual Growth Assessment Tool

Your spiritual journey as a follower of Christ began the moment you admitted personal sin and placed your trust in Christ as Saviour 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 any of you wants to be My follower, you must turn from your selfish ways, take up your cross, and follow Me"* (NLT).

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.

- *"Let us search out and examine our ways..."* Lamentations 3:40
- *"Now, the Lord of Hosts says this: 'Think carefully about your ways.'"* Haggai 1:5
- *"Search me, God, and know my heart; test me and know my concerns. See if there is any offensive way in me; lead me in the everlasting way."* Psalm 139:23-24
- *"But each person should examine his own work, and then he will have a reason for boasting in himself alone, and not in respect to someone else."* Galatians 6:4
- *"Pay careful attention, then, to how you walk—not as unwise people, but as wise."* Ephesians 5:15

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

1. Complete the **Spiritual Growth Assessment** on page 2-3.

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. Complete the **Spiritual Growth Graph** on page 4.

3. Reflect on the results and ask God to help you discern what you need to see in them. As you complete this assessment process the temptation might be to think your efforts are central to growing spiritually. **Remember, becoming like Christ centres 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 submit to God's Spirit.	
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 as 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>	

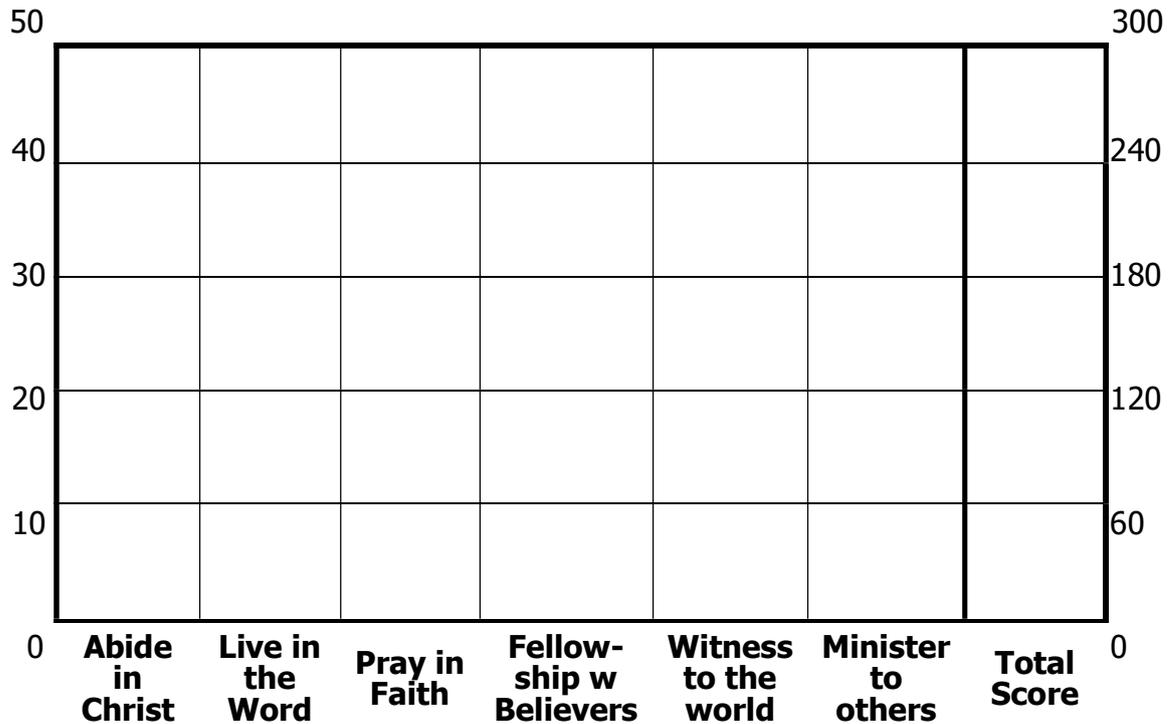
<b>FELLOWSHIP WITH BELIEVERS</b>	
1. I forgive others when their actions harm or hurt me.	
2. I admit my errors in relationships and humbly seek forgiveness from those I've hurt.	
3. I allow other Christians to hold me accountable for spiritual growth.	
4. I seek to live in harmony with other members 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 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 neighbours and/or friends.	
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 ensure the people to whom I witness, get the follow-up and support needed to grow.	
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>	

## Spiritual Growth Assessment Results Graph

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

**Step One:** In each column, draw a line at the level that corresponds to your total score for that discipline.

**Step Two:** Add up your total for all 6 disciplines and draw a line in the Total Score column on the right side that corresponds with your score.



**Step Three:** Reflect on the assessment by asking yourself these questions:

1. Which areas have the most shading? At this point in your spiritual journey, you see these as the strongest elements of your spiritual growth. List below one benefit these strengths bring to
  - a. You personally: \_\_\_\_\_
  - b. Your family: \_\_\_\_\_
  - c. Your church: \_\_\_\_\_
  - d. Your community: \_\_\_\_\_
  
2. Which areas have the least shading? At this point in your spiritual journey you see these as the elements needing the most improvement. List below one reward growth in these disciplines would bring to:
  - a. You personally: \_\_\_\_\_
  - b. Your family: \_\_\_\_\_
  - c. Your church: \_\_\_\_\_
  - d. Your community: \_\_\_\_\_

# Recommended Actions for Spiritual Growth Guide

The following actions can help you intentionally create a plan to grow spiritually. See these as simply suggestions to get you started rather than as a list of the only possibilities. Additionally, please don't view these as checklist items to be completed in any certain sequence to reach the finish line. Trust God to guide you in your choices. The key to growth will be His work in you as you intentionally seek His kingdom first.

## Abide in Christ

1. Attend a corporate worship experience weekly.
2. Set aside a specific time and location for a regular quiet time.
3. Establish a practice of worship preparation through prayer and confession.
4. Learn about biblical fasting.
5. Practice fasting as the Lord directs.
6. Learn about your identity in Christ.
7. Regularly thank God and give Him praise in all situations.
8. Make a list of things that hinder your spiritual growth and seek God's help to remove those hindrances.

## Live in the Word

1. Meditate on one Scripture verse each week.
2. Regularly use *Lectio Divino* (spiritual reading and meditation) when reading passages of Scripture.
3. Take notes from the pastor's message and other group experiences each week. Revisit those notes during the week, evaluate how the study applies to your life.
4. Establish a regular time for personal Bible study. Take notes from the study and evaluate how the biblical truth applies to your life. Write notes in a journal.
5. Engage with the Bible reading plan such as Read Scripture from The Bible Project.
6. Use further study resources to enrich Bible study. (The Bible Project is one useful resource)
7. While reading the Bible, practice the ACTS reading method (Adoration/Confession/Thanksgiving/Submission)
8. Complete a know the Bible as a whole story course such as God's Big Picture (see RevMel for details)
9. Lead a group which focusses on learning God's overarching Biblical story.

## Pray in Faith

1. Pray each day
2. Enlist a prayer partner and meet regularly for prayer.
3. Journal your prayers and record God's answers.
4. Make up a prayer roster to ensure you are balanced in your prayer life. Such as praying for friends and family, the worldwide church, the Anglican Diocese, the persecuted church, the sick and suffering etc on different days.
5. Learn about different types of prayer (Praying with the Word, Praying the Examen, Praying with Imagination, Intercessory Prayer, Silence, Meditation and Solitude, etc) RevMel has further resources.
6. Join the Australian Prayer Network or another prayer network.

## Fellowship with Believers

1. Ask family members to identify ways you can improve your relationships with each one.
2. Ask friends to identify ways you can improve your relationships with each one.
3. Make a list of people who have hurt you and ask God for help to forgive them.
4. Participate in "Story Thru the Bible" group to build relationships with other believers.
5. Complete an individual study related to building godly relationships in your marriage.
6. Lead a small group study related to building godly relationships with others.

## Witness to the World

1. Write your testimony and practice sharing it with another believer.
2. Secure several gospel tracts and distribute them as the Lord leads.
3. Learn to share your testimony without using printed support.
4. Make a list of non-believers you know and begin praying regularly for their salvation.
5. Begin building relationships with the non-believers on your street.

6. Begin building relationships with non-believers at work.
7. Invite an unchurched friend to worship
8. Include a specific missions focus in your prayers.
9. Share your testimony as God provides the opportunity.
10. Participate in an evangelistic missions experience.
11. With your accountability partner list places you visit in a normal week. Brainstorm creative ways of witnessing to the people you regularly see at these places.

**Minister to Others**

1. Complete a SHAPE form to discover your God given design for ministry. (Available from RevMel)
2. Volunteer for a ministry in your church where you can use your spiritual gifts, interests, and abilities.
3. Send encouragement notes to your church staff.
4. Visit one home isolated person each week.
5. Volunteer to shop for an elderly neighbour or bring them to church to aid their social interaction.
6. Volunteer to serve or deliver meals to people in the church family or broader community.
7. Pray about creative ways to minister to people on your street. For example, hold a small group meeting in your home quarterly to discuss topics such as spiritual growth.

## Spiritual Growth Plan

Complete this plan, and post it somewhere in which you'll engage it everyday. Make an appointment with Rev Melinda (or another designated spiritual coach) who will agree to do the following:

1. Meet with me initially to overview my assessment and pray with me about this plan.
2. Meet with me at least once each month to discuss my progress on this plan.
3. Affirm my successes and challenge me to stay focused on achieving each part of the plan.
4. Pray regularly for me.
5. The Spiritual Coach I have chosen is: \_\_\_\_\_

RevMelinda is available on Monday and Tuesday mornings for mentoring meetings.

Decide on actions for spiritual growth.

1. On the blanks below, write in the time of the year for your spiritual growth commitment followed by the particular additional disciple or study you will do to grow in your faith.
2. Use the previous pages to determine actions. For example, looking at areas of less shading, what is the next step for your growth in that area?  
*(For example: knowing more about what God expects, building skills in this discipline, just doing it, or joining a group that does this discipline).*

Next, consider the areas of more shading. What is the next step for your growth in those areas?  
*(For example: leading others in knowing this discipline, leading others in doing this discipline, or building consistency in doing this discipline)*

**During the months of \_\_\_\_\_ I will focus on the discipline of \_\_\_\_\_ and improve my understanding God's standard through the individual or group study of the following material:**

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**During the months of \_\_\_\_\_ I will focus on the discipline of \_\_\_\_\_ and improve my understanding God's standard through the individual or group study of the following material:**

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