

Spiritual Health Assessment

Introduction

God created you and loves you very much. As any loving parent wants their children to be healthy, so our heavenly Father wants us to be healthy. This brief assessment will help you look at your own spiritual health. It will help you determine ways you can **Reach**, **Grow**, and **Connect** even stronger at Faith Church. It will help clarify ways you move forward on your spiritual Journey.

Congratulations! You are demonstrating a sense of spiritual health by taking this assessment. Please consider having a friend or spouse fill out the Spiritual Health Assessment for you as well. Second opinions are often sought when people have matters to improve that are especially important to them.

Instructions

Read each statement on the next page and rate your agreement on a scale of 1—5, with 1 being “just beginning,” 3 being “growing,” and 5 being “well developed.”

Example:					
		Just Beginning		Growing	Well- Developed
This is a sample statement	1	2	3	4	5

For best results, read each question, pause a moment to consider your authentic answer, then circle the appropriate response and go to the next question. If you need to think about a question for a moment, feel free to skip it and return to it later.

The Spiritual Health Assessment should take you no more than three minutes to complete. After you complete the Spiritual Health Assessment you should contact your Coach. He/She will want to spend some time with you talking about your Priorities and Plans for the upcoming year.

Parts adapted from: Journey of Life Lutheran Church: Personal Spiritual Health Assessment (2008) Retrieved: July 2008

Reach

Reach Up – To a deeper worshipful life and regular attendance at Faith's worship services

Reach Out – To disconnected people

	Just Beginning		Growing		Well-Developed
I am faithfully attending Celebration Services at one of Faith Church's campuses.....	1	2	3	4	5
I have a growing heart to worship God through music, praise, and prayer.....	1	2	3	4	5
I regularly have spiritual conversations with friends who are not Christian.....	1	2	3	4	5
I can express the basic message of the Bible and my faith to others.....	1	2	3	4	5
I am actively praying for and cultivating relationships with un-churched friends and family.....	1	2	3	4	5
I am inviting religiously disconnected people to church.....	1	2	3	4	5
I regularly invite disconnected people to activities at Faith or my Mini-Church.....	1	2	3	4	5

Reach Total _____

Just Beginning 0 – 10 Growing 10 – 20 Very Good 20 – 28 Well Developed 28 – 35

Grow

Grow Your Faith – Cultivate your relationship with Christ – daily Bible reading and prayer

Grow Your Gifts – Give of your time, financial resources, and talents for the kingdom

	Just Beginning		Growing		Well-Developed
I am growing in my relationship with God through a daily personal devotional time.....	1	2	3	4	5
I am participating in the Bible Reading Schedule at Faith.....	1	2	3	4	5
I am encouraging other Christians to grow in their faith.....	1	2	3	4	5
I have someone I can and do talk to for advice and direction in spiritual matters.....	1	2	3	4	5
I consider God's plan for my life and His call on my life as I plan and make decisions.....	1	2	3	4	5
I am open to becoming an Apprentice or finding others to Apprentice under me.....	1	2	3	4	5
I can, right now, call to mind several passages of scripture that guide my thought and life.....	1	2	3	4	5
I am more loving, grace-filled, and forgiving to others than I was a year ago.....	1	2	3	4	5
I respond to challenges with peace and faith rather than anxiety and fear.....	1	2	3	4	5
I am regularly connecting with my immediate family relationships (parents, siblings, kids, and spouse)..	1	2	3	4	5
I face conflicts directly resolving them in a Biblical manner	1	2	3	4	5
I support the leadership of my church family.....	1	2	3	4	5
I am honoring God with my physical and personal health (exercise and nutrition).....	1	2	3	4	5
I avoid using addictive behaviors (food, television, busyness, etc.) to meet my needs.....	1	2	3	4	5
I use my money in ways that honor God including my personal giving to His work (tithing).....	1	2	3	4	5

Grow Total _____

Just Beginning 0 – 15 Growing 15 – 40 Very Good 40 – 60 Well Developed 60 – 75

Connect

Connect – In a Serving Mini-Church and/or a Gathering Mini-Church

	Just Beginning		Growing		Well-Developed
I am active in a Gathering Mini-Church.....	1	2	3	4	5
I am active in a Serving Mini-Church.....	1	2	3	4	5
I am serving on a regular (once a month or better) ministry at Faith or in the community.....	1	2	3	4	5
I know my spiritual gifts.....	1	2	3	4	5
I am discovery new ways to cultivate and develop my spiritual gifts.....	1	2	3	4	5
I am intentionally cultivating relationships with Christian friends and mentors.....	1	2	3	4	5
I am authentically sharing my true self with those around me.....	1	2	3	4	5
I am seeking to connect religiously disconnected people into my Mini-Church	1	2	3	4	5

Connect Total _____

Just Beginning 0 – 15

Growing 15 – 40

Very Good 40 – 60

Well Developed 60 – 75

What to do now that you’ve completed this Spiritual Health Assessment?

Now that you have completed the *Spiritual Health Assessment*, choose one or more elements from each section (**Reach**, **Grow**, and **Connect**) that you want to focus on. Write those elements on your *Spiritual Health Plan*. In the following pages you will find a table for each section (**Reach**, **Grow**, and **Connect**) with spaces for: What I Need to Work On, How am I going to Move Toward Change, Who is Holding Me Accountable?

While you may need to challenge yourself to step up to the task, you also need to be realistic in your expectations; otherwise you might become discouraged and give up. So consider starting off with a simple step—a target you can easily hit in the next thirty days. Then you can move on to a tangible goal that will stretch you over the next sixty to ninety days. Finally, choose a faith step—something that will require a leap of faith, but through the power of the Holy Spirit will bring you to a whole new level of spiritual maturity.

When you have selected the purpose you want to work on and the steps you want to take, we encourage you to share your decisions with someone you trust who can help you stay the course by praying for you and holding you accountable. Don’t try to do this alone. Isolation can lead to procrastination. A Coach or friend can encourage you if you’re feeling discouraged and help you up if you fall down.

Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up! Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken. Ecclesiastes 4:9-12, NIV

Parts adapted from: Purpose Driving Spiritual Health Plan and Spiritual Health Planner, Gladden and Olthoff (2005) Retrieved: July 2008

Use this as a planner choosing areas you would like to **grow**.

	Element	What I Need to Work on...	How I Will Move Toward Change?	Who is Holding Me Accountable?
Reach				
Grow				
Connect				

Reach

Use this as a planner choosing areas you would like to **grow**.

Element	Beginning	Growing	Extending
I am faithfully attending Celebration Services at one of Faith Church's campuses.	Attend most Celebration Services	Attend Celebration Services each weekend.	Attend Celebration Services each weekend and the Harvest Life Service. I help in a Serving Mini-Church that enables or equips others for worship
I have a growing heart to worship God through music, praise, and prayer.	Think about how you worship at Celebration Services.	Prepare for worship. Intentionally listen to Christian music. Begin to view how others see God in your life.	Each day is an act of worship. Look for ways praise to God in all situations. Listen to music that focuses your heart on God.
I regularly have spiritual conversations with friends who are not Christian.	Talk with unchurched or religiously disconnected people on a regular basis, but not about spiritual matters.	Occasionally talk with others about Faith church and how Christ has impacted your life.	Challenge yourself to have conversations with others about God.
I can express the basic message of the Bible and my faith to others.	Talk about the Bible. Have the courage to start such conversations.	Share the Gospel story or your faith when the opportunity arises.	Share the Gospel story simply and succinctly. Take advantage of and look for opportunities to share your faith.
I am actively praying for and cultivating relationships with unchurched friends and family.	Pray for unchurched friends or family members.	Pray for family and friends on a regular basis. Try to look for ways to develop relationships with them that might lead to conversations about spiritual matters.	Pray for family and friends each day. Build strong relationships that sometimes lead to conversations about spiritual matters which you can take advantage of.
I am inviting religiously disconnected people to church.	Tell religiously disconnected people about Faith Church.	Invite religiously disconnected to Faith fairly often.	Regularly find religiously disconnected people that you know to invite to Faith. Make plans to have them come with you to church.
I regularly invite disconnected people to activities at Faith or my Mini-Church.	Invite others to events with you.	Invite others to events and your Mini-Church.	Strategically plan invitations to events and your Mini-Church.

Reach Resources

Books

The Purpose Driven Life by Rick Warren (specifically Days 8 to 14)

The Way of a Worshiper by Buddy Owens

The Unquenchable Worshipper: Coming Back to the Heart of Worship by Matt Redman

The Air I Breathe: Worship As a Way of Life by Louie Giglio

Suggestions

Practicing the Presence of God:

Practicing the presence of God involves looking for God in every detail of life. To do this you may want to think of God as ever present in every situation, and remember you are never alone. Look at everything you do not as something you do by yourself, but something you do together with God. Spend time speaking with Jesus as if he were right there with you. Take some time to think about Him every hour of the day.

Fasting:

The purpose of a traditional fast is to abstain from food in order to focus clearly on your relationship with God. You can also fast from television, entertainment, reading, or anything that distracts you from God. Those who are diabetic, pregnant, or who suffer from severe physical disorders when fasting from food should fast from other things that are not physically damaging. Remember, the goal is to develop a focus on God. In order to fast you may want to consider the following:

- What is the purpose of this fast?
- Begin with something small like one meal or one time slot.
- During the fast, commit the time you would have spent eating to prayer, bible study, worship, etc. Use it as a time to focus on God.

Journaling:

Sometimes it is helpful to journal in order to see God's work in our lives. You may want to start a journal that allows you to record some of the victories and struggles you are having. Record your thoughts and feelings as you go through a process of self-examination. Make it a point to review your journal annually to see how God has worked in your life over the past year.

Worship:

Find a place where you can worship God privately. It may be a spot outdoors, in the privacy of your bedroom, or even in your car while commuting to work with a good worship CD. Wherever it is, make a habit of visiting this place regularly and worshiping God there.

Meditate on God:

Take some time to meditate on who God is and to get a sense of His greatness. You may want to use the Psalms as a guide. Read through a Psalm and note what the psalmist says about

God's character and about his experiences with God. Take some time to praise God for who He is and for what He has done in your life.

Worship as a Lifestyle:

Make it a point to see every action as a worship sacrifice to God. When you wake, thank Him for the day. As you go to work or school, sing praise music or adore Him for who he is. Throughout the day, try to commit every word, thought, and action to Him as a way of thanking him and worshiping Him, realizing every breath is His gift to us. At home, bring God into every activity. Talk with others about the things God has done in your life.

Preparation for Corporate Worship:

Spend some time preparing yourself for your church worship service. As you approach the building, take a moment to stop and thank God for your church. Before the service begins, say a prayer of thanks to God. Tell Him you are looking forward to meeting Him in worship. Pray that God would prepare your heart to worship Him. Spend some time praying for the pastor and everyone involved in worship that day. Look around at those entering the church and pray for as many as you can specifically that God would touch their hearts and souls during the service. During worship, try to picture Christ seated on the throne (read Isaiah 6:1–8) and thank Him for His sacrifice.

Parts adapted from: Purpose Driving Spiritual Health Plan and Spiritual Health Planner, Gladden and Olthoff (2005) Retrieved: July 2008

Grow

Use this as a planner choosing areas you would like to **grow**.

Element	Beginning	Growing	Extending
I am growing in my relationship with God through a daily personal devotional time.	Read the Bible each day.	Do the Bible Reading Schedule with Faith Church. Read other scriptures.	Do the Bible Reading Schedule with Faith Church. Have a dedicated time each day to have personal devotions.
I am participating in the Bible Reading Schedule at Faith.	Start or get back on track by continuing or catching up.	Continue participating in the Bible Reading Schedule keeping on schedule.	Continue participating in the Bible Reading Schedule Read the online information or other resources to support understanding.
I am encouraging other Christians to grow in their faith.	Tell other Christians you are glad to see them when they come to church.	Find someone to be your spiritual mentor to in their faith walk.	Meet with and/or support someone in their faith walk. Romans 12: 7-9.
I have someone I can and do talk to for advice and direction in spiritual matters.	Talk with others about spiritual matters.	Find a spiritual mentor.	Meet regularly with a spiritual mentor who you feel free to talk about spiritual matters.
I consider God's plan for my life and His call on my life as I plan and make decisions.	Pray about your decisions.	Think about how God is using you to reach others for Christ. Pray about most decisions.	Develop complete dependence on God for decisions. Pray for clear guidance on His will for your life. Isaiah 10:11 directs.
I am open to becoming an Apprentice or finding others to Apprentice under me.	Be open to considering Apprenticeship.	Take the online training for Apprentices. Talk with someone about how you might be used in a Mini-Church.	Look for someone to be your Apprentice. Invite them to consider Joining the Journey.
I can, right now, call to mind several passages of scripture that guide my thought and life.	Use scripture throughout the day.	Memorize a verse or passage of scripture each year. Use scripture to influence your thinking.	Memorize a verse or passage of scripture each month. God's word influences all my decisions.
I am more loving, grace-filled, and forgiving to others than I was a year ago.	Try to forgive more frequently.	Regularly look for ways to overlook others. Forgive often.	Decide to live a 'grace-filled' life. Forgive others when they do not meet your expectations. Live Colossians 3: 12-14.
I respond to challenges with peace and faith rather than anxiety and fear.	Live in the fact that God is in control.	Face challenges as gifts from God for growth in character.	Use James 1: 2-18 as your guide for facing challenges.
I am regularly connecting with my immediate family relationships (parents, siblings, kids, and spouse).	Schedule dinners with family members.	Get to know your family members better. Create ways to spend time together.	Plan times together with family to cultivate relationships.

Element	Beginning	Growing	Extending
I face conflicts directly resolving them in a Biblical manner.	Pray about conflicts	Seek to resolve conflicts you know of. Look to your spiritual mentor for direction.	Live life by the Spirit (Galatians 5: 16-26)
I support the leadership of my church family.	Pray for those in Leadership	Pray for the Pastors and those in leadership each day.	Not only pray for leaders but give them encouragement throughout the year.
I am honoring God with my physical and personal health (exercise and nutrition).	Live a healthy lifestyle.	Avoid foods or habits that are not healthy. Begin to exercise.	Develop an exercise plan. Each healthier foods.
I avoid using addictive behaviors (food, television, busyness, etc.) to meet my needs.	Identify addictive behaviors in your life.	Share with a mentor or friend about a behavior you are trying to change. Have them hold you accountable.	Ask a friend or someone you trust to complete this Spiritual Health Assessment for you.
I use my money in ways that honor God including my personal giving to His work (tithing).	Give regularly to Faith Church.	In addition to tithing 10%, look for ways to help others.	Ask God to help you to look for ways you can give more (beyond what you are currently giving).

Grow Resources

Books

The Purpose Driven Life by Rick Warren (Specifically Days 22 to 28)

Twelve Dynamic Bible Study Methods by Rick Warren

The Way of a Worshiper by Buddy Owens

Knowing God by J.I. Packer

Attributes of God by Arthur W. Pink

Knowledge of the Holy by A.W. Tozer

The Life You've Always Wanted by John Ortberg

The Pursuit of God by A.W. Tozer

What's So Amazing About Grace? by Phillip Yancey

Suggestions

Book Study:

Choose a book of the Bible and commit to studying it in depth. Read through the entire book a few times. While doing this, get a basic understanding of how the book is structured, what the author's message is, who he is speaking to, what the book's purpose is, etc. Then start with a section of one chapter and read this through a few times asking the same questions as above. To help you in your study, you may want to pick up a commentary that helps explain things verse by verse.

The AC TS Model:

The AC TS model of prayer involves breaking our prayers up into different phases or focuses. The A stands for adoration. The first portion of our prayers should focus on adoring God for who he is and giving him honor and glory. The C stands for confession. A very basic part of prayer is self-examination and coming clean before God about our sin, confessing it, and then turning from it. The T stands for thanksgiving. Thanksgiving involves thanking God for who he is and what he has done. The S stands for supplication, which involves bringing our requests before God. This model helps us stay balanced in our prayers and attuned to the will of God.

Fasting:

The purpose of a traditional fast is to abstain from food in order to focus clearly on your relationship with God. You can also fast from television, entertainment, reading, or anything that distracts you from God. Those who are diabetic, pregnant, or who suffer from severe physical disorders when fasting from food should fast from other things that are not physically damaging. Remember, the goal is to develop a focus on God. In order to fast you may want to consider the following:

- What is the purpose of this fast?
- Begin with something small like one meal or one time slot.
- During the fast, commit the time you would have spent eating to prayer, bible study, worship, etc. Use it as a time to focus on God.

Journaling:

Sometimes it is helpful to journal in order to see God's work in our lives. You may want to start a journal that allows you to record some of the victories and struggles you are having.

Record your thoughts and feelings as you go through a process of self-examination. Make it a point to review your journal annually to see how God has worked in your life over the past year.

The Lord's Prayer:

When asked by his disciples to teach them to pray, Jesus gave them what has come to be known as the Lord's Prayer. The Lord's Prayer is a model of prayer that can be broken up into six R's. The first three R's deal with prayers directed toward God. They are: Remember the Lord is near ("Our Father in heaven" — Matthew 6:9), Reflect on who God is ("hallowed be your name" — Matthew 6:9), and Refocus our lives toward his Kingdom and his will ("your kingdom come, your will be done on earth as it is in heaven" — Matthew 6:10). The second three R's deal with prayers for our needs. They are: Request the needs you have for today ("Give us today our daily bread" — Matthew 6:11), Repent of the sins you have committed ("Forgive us our debts as we also have forgiven our debtors" — Matthew 6:12), and Rest in God's deliverance and presence in times of temptation ("And lead us not into temptation, but deliver us from the evil one" — Matthew 6:13).

Flash Prayers:

Frank Laubach talked about "flashing" prayers at anyone you meet. He explained how he would pray silently for those he came into contact with and ask for God's joy and presence in their lives. He would "flash" these prayers at anyone he saw, people on the bus, the street, in a plane, etc. Take some time to experiment with this approach to prayer. At church you may want to flash prayers at those you pass by or see in the sanctuary. In every instance ask for God's joy and presence in the person's life. Then look for the response. Do you notice a difference in them?

The Bible as Story:

For many people Scripture can become dry because it is read like an encyclopedia. Take some time to read the Bible like a novel. Start at the beginning and read it straight through. Instead of looking for something to apply that day, look for overall themes and indications of what God is like and how he interacts with people.

Money Management:

Take some time to look over how you manage your money. If you don't have a budget you may want to establish one. Spend some time praying over what God wants you to do with the money he has given you. This will then help you budget with God's priorities in mind. If you need help with this it may be a good idea to see a Christian financial counselor.

Parts adapted from: Purpose Driving Spiritual Health Plan and Spiritual Health Planner, Gladden and Olthoff (2005) Retrieved: July 2008

Connect

Use this as a planner choosing areas you would like to **grow**.

Element	Beginning	Growing	Extending
I am active in a Gathering Mini-Church.	Join a Gathering Mini-Church	Consider becoming an Apprentice in a Gathering Mini-Church; Take the online training.	Lead a Gathering Mini-Church
I am active in a Serving Mini-Church.	Join a Serving Mini-Church	Consider becoming an Apprentice in a Serving Mini-Church; Take the online training.	Lead a Serving Mini-Church
I am serving on a regular (once a month or better) ministry at Faith or in the community.	Look for ways to serve in the community or at Faith	Serve in a community or Faith Ministry at least once a month.	Look for ways to serve the community on a regular basis
I know my spiritual gifts.	Take the Spiritual Gifts class	Look to develop your Spiritual Gifts identified in the Spiritual Gifts class	Look to grow your Spiritual Gifts. See I Corinthians 14:12
I am discovery new ways to cultivate and develop my spiritual gifts.	Ask a mentor to help you grow in your Spiritual Gifts. Take a class at Faith.	Look at your Spiritual Gifts. Consider ways to help them to grow further. I Corinthians 12: 30-31.	Ask a friend or mentor to complete the Spiritual Health Assessment. Review the results together.
I am intentionally cultivating relationships with Christian friends and mentors,	Attend Connecting Groups and activities at Faith Church.	Develop friendships with those in my Mini-Church. Look for those who seem to be “on the fringes”.	Develop friendships with those outside my church “circle”. Look for someone to Apprentice or mentor.
I am authentically sharing my true self with those around me.	Try to not hide behind weaknesses.	Be open to sharing your true self with others.	Develop a stronger relationship with your friend or mentor.

Connect Resources

Books

The Purpose Driven Life by Rick Warren (Specifically Days 29 to 35)

The Call by Os Guinness

Improving Your Serve by Chuck Swindoll

Becoming a Contagious Christian by Mark Mittelberg and Lee Strobel

Suggestions

Join a Mini-Church:

Join an existing Mini-Church that best fits your spiritual gifts, interests, passions, talents, abilities, personality type, and experiences.

Jump in Anywhere:

You discover your gifts by getting involved in a Mini-Church. If you don't know your gifts and abilities yet, then just find something that sounds interesting and get involved. You'll never know what you're good at until you get started. If it doesn't work out, call it an "experiment" and try something else. "If you wait for perfect conditions, you will never get anything done" Ecclesiastes 11:4 (NLT).

Start a New Mini-Church:

You may have an idea for a Mini-Church that does not currently exist at Faith. Spend some time in prayer to determine if this ministry idea is something you would like to pursue. If it is, then contact Karla Weemhoff at kweemhoff@faithchurchonline.org or Valerie Dillon at vdillon@faithchurchonline.org.

Be Ready to Care:

Be ready to care for the hungry or needy wherever you go. Carry gift certificates from your local grocery and department stores like Target or Wal-Mart to give on the spot to those who have need, without worrying about cash. Carry the numbers for local shelters and food services with you so you can help the homeless. Buy an extra hamburger or bagel and share it with someone who needs it.

Community Compassion:

Look for opportunities to care for the needs of your community. There are many community programs that help share the love of Jesus through meeting the needs of others. Look for ways to take your faith outside the walls of your church.

Deliver Food:

Set aside some time to volunteer at your local food bank with your family or Mini-Church. Make it a special day or evening out. Allow everyone to participate in the food delivery process. Go out for a meal or dessert afterwards and talk about how it felt to serve others. How was Jesus seen through your actions?

What's Your Style:

You may feel pressure when it comes to sharing Christ because you think you have to “sell” someone on Jesus. Sharing Christ can happen in many different ways. Take some time to explore your style. You could read *Becoming a Contagious Christian* by Lee Strobel and Mark Mittelberg. You may be more comfortable speaking directly to people about Jesus; or maybe it is easier for you to let it come up naturally in a conversation. Find your style and begin to share your faith with others.

Short- Term Mission:

Choose to go on a short-term mission trip. Through these missions trips you get a better understanding of other people’s need for Jesus, and a better understanding of the heart of God. Check out the short-term missions opportunities that are available at Faith Church.

Count Conversations:

Often we can put too much pressure on ourselves to “convert” someone or have all the right answers. It is the Holy Spirit who converts, not us. All you have to do is talk about the Gospel (see Matthew 28:19, 20). Instead of counting the number of people you have led to Christ, start counting the number of conversations you have with others about Jesus. You may be shocked to find how easy it is to talk naturally about Jesus when you don’t pressure yourself to convert them.

Pray for Your Friends:

Make it a point to pray specifically for people you know who don’t know Jesus. You may want to write their names on a bookmark in your Bible, or in a prayer journal. Set aside a regular time in your day to pray for them.

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