



Spiritual Growth Assessment

As you complete the assessment, avoid rushing. Listen for God's voice to encourage and challenge you. There are no right or wrong answers, only true answers. It is designed to help you think about your own spiritual growth and about areas of possible growth. Use the scale below to respond to each statement.

Strongly Disagree = 1	Disagree = 2	Neutral = 3	Agree = 4	Strongly Agree = 5
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Section 1: How I Apply God's Word To My Daily Life	Response
1. I regularly attend/listen to the weekly sermon and attempt to apply what I learn to my daily life.	
2. I regularly take the action steps outlined in the weekly sermon.	
3. I <i>study</i> the Bible for the purpose of discovering truth for daily living.	
4. I <i>use</i> the Bible as the guide for the way I think and act.	
5. I evaluate cultural ideas and lifestyles by biblical standards.	
6. I am committed to living according to God's word, doing what is right not what is convenient or selfish.	
7. When the Bible exposes an area of my life needing change, I respond to make things right.	
8. I replace impure or inappropriate thoughts with God's truth.	
9. I can answer questions about life and faith from a biblical perspective.	
10. How I live my life shows that God is my highest priority.	
Total:	

Section 2: The Health Of My Spiritual Life	Response
1. I practice a regular quiet time and look forward to that time with Christ.	
2. I regularly read and study my Bible.	
3. I engage in a daily prayer time.	
4. My prayers focus on discovering God's will more than expressing my needs.	
5. I trust God to answer when I pray and wait patiently on His timing.	
6. I spend as much time listening to God as talking to Him.	
7. I believe my prayers impact my life and the lives of others.	
8. I sacrificially contribute my finances to help others in my church and community.	
9. A review of how I use my finances shows that I think more about God and others than I do about myself.	
10. The personal time I spend with God (personal devotion, personal Bible study and prayer, journaling, etc.) is improving the quality of my personal relationship with God.	
Total:	
Section 3: My Relationships With Others	Response
1. I admit my errors in relationships and humbly seek forgiveness from the one I've hurt.	
2. I am gentle and kind in my interactions with others.	
3. I show patience in my relationships with family and friends.	
4. I encourage and listen to feedback from others to help me discover areas for relationship growth.	
5. I encourage others by pointing out their strengths rather than criticizing their weaknesses.	

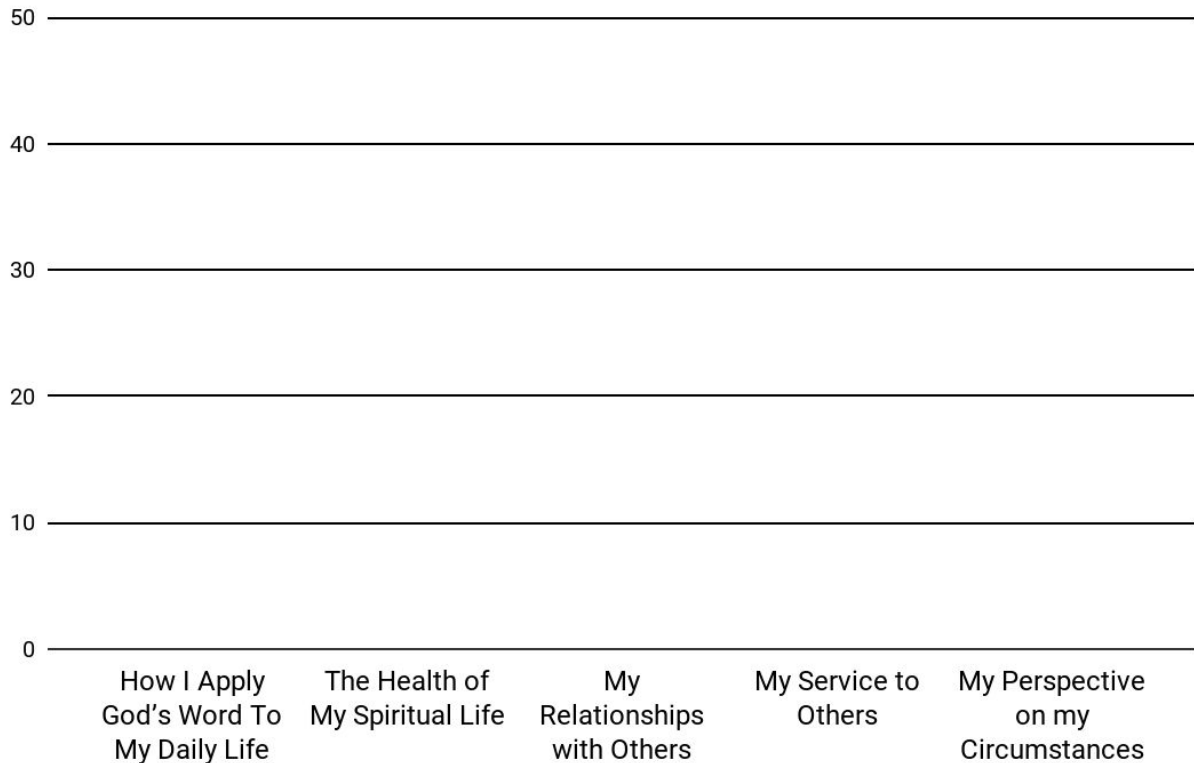
6. My time commitments demonstrate that I value relationships over work/career/hobbies.	
7. I am committed to meeting regularly with other Christians for worship, teaching, ministry, prayer and fellowship.	
8. I meet with a smaller number of Christians for mutual encouragement, support, spiritual growth and fun.	
9. I can think of specific examples of people whose lives have been changed in some way because God has worked through me.	
10. I look for opportunities to build relationships with those who don't know Jesus.	
Total:	
Section 4: My Service To Others	Response
1. I understand my spiritual gifts and use those gifts to serve others.	
2. I serve others expecting nothing in return.	
3. I disregard my own preferences in order to serve others.	
4. Meeting the needs of others provides a sense of purpose in my life.	
5. If I know that a friend or neighbor is in need, I will help.	
6. I regularly contribute time to a ministry at my church.	
7. I help others identify ministry gifts and become involved in ministry.	
8. I have a sense of God's calling in my work (paid or unpaid) and seek to do my job with excellence.	
9. I am open to going anywhere God calls me, in whatever capacity, to share my faith.	
10. I regularly use my time to serve God.	
Total:	

Section 5: My Perspective On My Circumstances	Response
1. I trust Christ to help me through any problem or crisis I face.	
2. I remain confident of God's love and provision during difficult times.	
3. When confronted about my faith, I remain consistent and firm in my testimony.	
4. I am determined to "finish the race", being faithful to Jesus, no matter what temptations or obstacles may come my way.	
5. My Christian walk is consistent. It doesn't fluctuate wildly.	
6. I have an overwhelming sense of God's awesomeness even when I don't feel His presence.	
7. I see my painful experiences as opportunities to minister to others.	
8. When faced with a difficult situation, my first response is to turn to God in prayer.	
9. When I encounter positive circumstances in my life, I respond by thanking God and giving Him the credit.	
10. Because I have a relationship with God, I know that I am blessed no matter what happens in my life.	
Total:	



Spiritual Growth Assessment Results

Step One: Create a visual representation of your spiritual assessment results. In each column, draw a line at the level that corresponds to your total score for that section and then shade it in to create a bar graph.



Step Two: 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:

- You personally:

- Your family:

- Your church:

- 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 areas would bring to:

- You personally:

- Your family:

- Your church:

- Your community:



Recommendations to Promote Spiritual Growth

Spiritual Growth is about growing in faith, confidence, and trust in God. This involves learning more about who God is and living out what we learn. Any step forward toward a closer relationship with God is growth.

There are five catalysts that have been shown to contribute to our growth. They are what God uses to build our faith. Each of these five catalysts corresponds to one of the sections in the Spiritual Gift Assessment.

Below you will find recommended actions that can help you focus on the power of these five catalysts. You can use these suggestions to help you create an intentional plan for your spiritual growth. See these as recommendations to get you started rather than as a list of the only possibilities. Trust God to guide you in your choices.

Section 1:

Practical Teaching shows us where we are and where we need to go. **It helps us to apply God's word to our daily lives.** Applying what God says builds trust in who God is.

- Regularly attend/watch Journey's weekly service.
- Take notes from the pastor's sermon and evaluate how the message applies to your life.
- Take the action steps recommended during the weekly sermon.
- Write down questions about the weekly sermon and look for the answers in the Bible. Consider memorizing verses that help answer your questions.
- Pull out a dictionary, take notes, and write down questions as you read the Bible and evaluate how the truths you are learning apply to your life.
- As you read a chapter in the Bible look for specific actions required of you and do it/them.
- Visit the Bibleproject.com to experience the story of the Bible in a new way.

Section 2:

Private Disciplines tune our hearts to God's heart. They **improve the health of our spiritual life** and help us experience God in personal ways.

- Set aside a specific time and location for a regular quiet time.
- Pray each day.
- Regularly thank God and give Him praise in all situations.
- Make a list of things that hinder your spiritual growth and seek God's help to remove those barriers.
- Enlist a prayer partner and meet regularly for prayer.
- Journal your prayers and record God's answers.
- Lead a small group study (in your next group) related to praying in faith.
- Download the "You Version" Bible app to your phone, to have easy access to the Bible throughout your day.
- Read one chapter from the Bible each day. Meditate on the character of God described in the chapter.
- Begin percentage giving to the church.
- Regularly give the first 10% of your income to the church (tithing).
- Give to the church from your abundance above the first 10%.
- Set up online giving at journeyrva.com.
- Spend time each day worshipping God through music.

Section 3:

Providential relationships allow us to hear from God through others. **Your relationships with people** impact your relationship with Jesus, for good or for bad.

- Ask family members to identify ways you can improve your relationships with each one.
- Ask friends to identify ways you can improve your relationships with them.
- Make a list of people who hurt you and ask God for help to forgive them.
- Join in an ongoing small group to build relationships with other believers.
- Get involved in environments that are conducive for providential relationships to form and develop like short-term groups, service teams, and mission teams.
- Make a list of non-believers you know and pray for their salvation.
- Begin building relationships with the non-believers on your street.
- Begin building relationships with non-believers at work.
- Invite an unchurched friend to church.

Section 4:

Personal Ministry enables us to experience God's power in our weakness. Our faith grows in **our service to others**.

- Complete a spiritual gifts inventory.
- Ask a member of the church staff to help you discover opportunities to volunteer within the church.
- Volunteer with a service team in the church where you can use your spiritual gifts, interests, and natural abilities.
- Step into a leadership role in the church.
- Follow our JourneyRVA Local Compassion group on FaceBook for opportunities to serve with other church members.
- Look around your neighborhood/community for opportunities to help, like:
 - Visit one homebound person each week.
 - Look for new baby bows on mailboxes in your neighborhood. Send a note of congratulations and drop off a gift or meal.
 - Volunteer to babysit for a single parent in the church.
 - Volunteer to serve meals at a local shelter.
 - Volunteer to tutor students or help in a classroom at a local school.
- Go on a mission trip.

Section 5:

Pivotal Circumstances force us to look at God. **Our perspective determines the impact of the circumstances in our lives**. We don't create pivotal circumstances; we respond to them.

- Make a list of the most difficult situations that you've faced since becoming a Christian. For each situation record your first response to the situation. Review for patterns of behavior and results of these decisions.
- Make a list of the most difficult things that you're dealing with in your life right now. Spend time praying over the situations. Ask for God's guidance and wisdom in these situations. Record your reflections.
- Pray that God will be your first place of refuge and counsel.
- Read the Bible to develop a Biblical viewpoint for your circumstances.
- Reflect on what is going well in your life and give thanks to God.
- Work to develop a spirit of gratitude. Spend time each day journaling or thinking about at least three things you are grateful for that day.