

**Evangelism (outreach – life witness)**

Not me  
Kinda me  
Really me

- a. I feel personal responsibility and a desire to give the good news of the gospel ..... 1 2 3 4 5  
to those that God places in my life
- b. I am confident I can clearly explain and defend the gospel to unbelievers ..... 1 2 3 4 5
- c. I am open to going anywhere God calls me in whatever capacity to be a witness for Him... 1 2 3 4 5
- d. I am prepared to give good answers to those who ask me about my faith ..... 1 2 3 4 5
- e. I am able to bring conversations naturally to the truths of scriptures ..... 1 2 3 4 5  
or the saving work of Jesus with those who don't know Him
- f. I look for opportunities to love and get to know those who don't know Jesus..... 1 2 3 4 5
- g. I regularly pray for people in my life and others who don't know Christ ..... 1 2 3 4 5

# Spiritual Health Assessment

Jesus Christ commands believers to become his fully devoted followers.

A Spiritual Health Assessment can provide a snapshot  
of how you are doing as Christ's disciple  
in worship, transformation, fellowship, ministry, and evangelism

as identified in  
Acts 2:42-47 and Matthew 28:19-20.

How are you following?



This assessment can help you  
learn more about yourself  
in your spiritual journey with God.

Circle which number that best describes you: 1 being not me — 2, 3, 4 kind of me — 5 being really me...

### Worship

- |  |               |   |                 |   |                  |
|--|---------------|---|-----------------|---|------------------|
|  | <i>Not me</i> |   | <i>Kinda me</i> |   | <i>Really me</i> |
| a. Pleasing God with my life is my highest priority.....   | 1             | 2 | 3               | 4 | 5                |
| b. I often acknowledge my dependence on and gratitude .....<br>to God for the good things of the moment                  | 1             | 2 | 3               | 4 | 5                |
| c. God's goodness often overwhelms me .....  | 1             | 2 | 3               | 4 | 5                |
| d. I increasingly realize my need for God's grace to make me who He wants me to be.....                                  | 1             | 2 | 3               | 4 | 5                |
| e. I am able to praise God during difficult times and ultimately.....<br>can see them as opportunities for God to refine | 1             | 2 | 3               | 4 | 5                |
| f. I have a growing desire for solitude and silence in order to spend time with God.....                                 | 1             | 2 | 3               | 4 | 5                |
| g. I regularly meditate on God's Word and invite Him to be present in my .....<br>everyday activities.                   | 1             | 2 | 3               | 4 | 5                |

### Transformation

- |   |               |   |                 |   |                  |
|---|---------------|---|-----------------|---|------------------|
|   | <i>Not me</i> |   | <i>Kinda me</i> |   | <i>Really me</i> |
| a. I increasingly love good and hate evil .....   | 1             | 2 | 3               | 4 | 5                |
| b. Prayer has changed how I view and interact with the world .....  | 1             | 2 | 3               | 4 | 5                |
| c. I am slower to anger and can resist temptations more consistently than I could.....<br>in the past   | 1             | 2 | 3               | 4 | 5                |
| d. How I spend my time and money shows God-honoring priorities.....   | 1             | 2 | 3               | 4 | 5                |
| e. I know how to study the Bible in order to grow in understanding of it, .....<br>to answer my questions, make good decisions, and learn about God | 1             | 2 | 3               | 4 | 5                |
| f. I pursue habits to transform and renew my mind to model my life after Jesus.....   | 1             | 2 | 3               | 4 | 5                |
| g. I quickly confess anything in my character that does not reflect Christ .....  | 1             | 2 | 3               | 4 | 5                |

### Fellowship (community)

- |  |               |   |                 |   |                  |
|--|---------------|---|-----------------|---|------------------|
|  | <i>Not me</i> |   | <i>Kinda me</i> |   | <i>Really me</i> |
| a. I am humble and honest with others about who I am .....   | 1             | 2 | 3               | 4 | 5                |
| b. I have a deep and fruitful friendship with others in the church .....   | 1             | 2 | 3               | 4 | 5                |
| c. I have an easy time allowing or asking someone who knows me .....<br>to speak truth and advice to me                | 1             | 2 | 3               | 4 | 5                |
| d. There is nothing in my relationships that is currently unresolved .....   | 1             | 2 | 3               | 4 | 5                |
| e. There is nothing in the way I talk or act concerning others .....<br>that I would not be willing to share with them | 1             | 2 | 3               | 4 | 5                |
| f. I regularly use my time and resources to care for the needs of other believers.....                                 | 1             | 2 | 3               | 4 | 5                |
| g. I gather regularly with Christians for fellowship, encouragement, and accountability.....                           | 1             | 2 | 3               | 4 | 5                |

### Ministry (service)

- |   |               |   |                 |   |                  |
|---|---------------|---|-----------------|---|------------------|
|   | <i>Not me</i> |   | <i>Kinda me</i> |   | <i>Really me</i> |
| a. I have a growing desire to love others in concrete ways with .....<br>decreasing self-centeredness   | 1             | 2 | 3               | 4 | 5                |
| b. I am growing in wisdom and can give better advice and guidance to others .....<br>than in the past   | 1             | 2 | 3               | 4 | 5                |
| c. Those closest to me would say my life is a reflection of giving more than receiving .....  | 1             | 2 | 3               | 4 | 5                |
| d. I am open about my weaknesses and painful experiences .....<br>and see them as opportunities to minister to others                                 | 1             | 2 | 3               | 4 | 5                |
| e. I regularly reflect on my life to cut out wasteful uses of time, talents, .....<br>and resources in order to contribute them to the kingdom of God | 1             | 2 | 3               | 4 | 5                |
| f. I am currently serving God in my family and church .....<br>with the gifts and passions He has given me  | 1             | 2 | 3               | 4 | 5                |
| g. I also serve God in my community with the gifts and passions He has given me .....   | 1             | 2 | 3               | 4 | 5                |