

Personal Spiritual Health Assessment

For Use in
North Langley Community Church



NLCC Personal Spiritual Health Assessment

In Colossians 1:28, we're told that the end goal of Christian spiritual formation is "maturity in Christ." From time to time it is valuable for a person or community to spend some time reflecting on his or her progress toward that maturity. Scripture is our model in this. The Psalmist confessed to God, "Who can discern his errors? Declare me innocent from hidden faults. Keep back your servant also from presumptuous sins; let them not have dominion over me! Then I shall be blameless, and innocent of great transgression. Let the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my rock and my redeemer" (Psalm 19:12-14). Paul echoes this when he says, "For if anyone thinks he is something, when he is nothing, he deceives himself. But let each one test his own work, and then his reason to boast will be in himself alone and not in his neighbor. For each will have to bear his own load" (Galatians 6:3-5). He challenges the church in Corinth, "Examine yourselves, to see whether you are in the faith. Test yourselves. Or do you not realize this about yourselves, that Jesus Christ is in you?—unless indeed you fail to meet the test! I hope you will find out that we have not failed the test" (2 Corinthians 13:5-6). Similarly, Jeremiah exhorted the people of Israel, "Let us test and examine our ways, and return to the LORD" (Lamentations 3:40).

This booklet is designed as a five-part series of personal reflections that you can use, in the context of close Christian community, to test and examine your ways as a disciple of Jesus Christ. It is not a way to “grade” your maturity or spiritual depth, or to compare yourself against others’ progress. Nevertheless, it may be something you’d like to share with a close spiritual friend or members of your small group who will help keep you accountable and speak grace to you. Our hope is that this process of giving focused attention to these core areas of spiritual maturity will encourage you to become more available to the Holy Spirit’s transforming work in your life. Remember, your “progress” in any of these areas is a response to the grace of God in your life, not a means of earning his love. Since God knows your heart, there’s no point trying to impress him (or yourself) with what you imagine to be “spiritual” answers. Just be honest with Him and with yourself.

To guide you through this process, we have provided some instructions for you throughout the booklet. Don’t rush it... your goal is to hear the moving of the Spirit in your life.

- Set aside five of your quiet times in the next week or two to give focused attention to these four reflections.

- As you enter into each time of personal examination, make a mug of your preferred brew and settle down in a comfortable spot for at least 20 minutes of quiet and solitude.
- Take a few moments to still your heart, taking some deep breaths and becoming attentive to the silence. You might even listen to or sing a couple of songs of worship and prayer to point your heart toward God.
- Invite the Holy Spirit to be your Guide and Teacher. Out loud, say this prayer, composed by the psalmist, “Prove me, O LORD, and try me; test my heart and my mind. For your steadfast love is before my eyes, and I walk in your faithfulness” (Psalm 26:1-3).
- When you feel like you’re ready, begin reading the personal assessment questions and circling the number that you feel most accurately describes where you’re at right now. Don’t consider these in a vacuum – consider whether they describe you within your various contexts and relationships. At the end of each section, total up your responses. (This number is simply a way of drawing attention to a potential area of greater attention in your personal goals as a student of Christ.)
- Each day, when you have completed the personal assessment questions, continue your reflection by following the instructions on the next pages.

Day I: On Our Knees

	Doesn't Describe Me		Partially Describes Me		Generally Describes Me
▪I have confidence that I am accepted and welcomed into relationship with my loving heavenly Father.	I	2	3	4	5
▪I have confidence that all the wrong I have done has been forgiven through the work of Christ on my behalf.	I	2	3	4	5
▪Even when God seems distant or life is stressful, I am sure of His loving care for me.	I	2	3	4	5
▪I can identify a recent experience of God's transforming power in my life.	I	2	3	4	5
▪There is nothing I am aware of in my life that I have not surrendered to God.	I	2	3	4	5
▪I have a deep desire to spend time alone in God's presence.	I	2	3	4	5
▪I am the same person in private (before God) as I am in public (before others).	I	2	3	4	5
▪I pray regularly, believing that God hears and responds to my prayers.	I	2	3	4	5
▪I regularly set aside time in silence and solitude for the purpose of hearing God's voice.	I	2	3	4	5
▪I genuinely enjoy spending time in public worship with fellow believers.	I	2	3	4	5

“On Our Knees” Total

/50

Reflecting on My Spiritual Health: Day I

Personally, or with another spiritual friend, prayerfully consider the following reflection questions.

Areas of Spiritual Health

For which specific statements were you able to observe the highest level of spiritual health in being this “On Our Knees” section? Spend some time giving thanks to God for His grace and work in equipping you in these aspects of your walk with Him.

What circumstances, tools, or perspectives have contributed to your health in these areas in this most recent season of your journey? Is there anything of which you can take further advantage in the next season?

Areas of Concern

Similarly, for which specific statements did you observe the lowest level of spiritual health?

What sinful attitudes, false beliefs, or neglect might be contributing to your lack of health in these areas, and what steps of repentance do you need to take?

Is there a specific area, indicated in today's reflection, that clearly must be addressed first, if you are going to make progress in other areas?

Day 2: Living the Gospel

	Doesn't Describe Me		Partially Describes Me		Generally Describes Me
■ I am eager to learn more about who God is and what He is like.	I	2	3	4	5
■ To help me in that pursuit, I regularly study and meditate on Scripture.	I	2	3	4	5
■ In the Bible, I often find the Holy Spirit giving me clear and relevant perspective and direction for life.	I	2	3	4	5
■ I regularly encounter my ongoing need for and dependence on God's grace, not my works, to be right with God.	I	2	3	4	5
■ I am quick to confess anything in my character that does not look like Christ.	I	2	3	4	5
■ I am consistently pursuing habits that help me model my life after Jesus.	I	2	3	4	5
■ A review of how I use my time and resources show that Scripture's teaching is the highest authority in my life.	I	2	3	4	5
■ I regularly seek out and value the insights into God's Word that come from other believers.	I	2	3	4	5
■ I am eager to hear the preaching of Scripture through the pastor or other Bible teachers.	I	2	3	4	5
■ I consistently test the teachings of others against what Scripture says.	I	2	3	4	5

“Living the Gospel” Total

/50

Reflecting on My Spiritual Health: Day 2

Personally, or with another spiritual friend, prayerfully consider the following reflection questions.

Areas of Spiritual Health

For which specific statements were you able to observe the highest level of spiritual health in this “Living the Gospel” section? Spend some time giving thanks to God for His grace and work in equipping you in these aspects of your walk with Him.

What circumstances, tools, or perspectives have contributed to your health in these areas in this most recent season of your journey? Is there anything of which you can take further advantage in the next season?

Areas of Concern

Similarly, for which specific statements did you observe the lowest level of spiritual health?

What sinful attitudes, false beliefs, or neglect might be contributing to your lack of health in these areas, and what steps of repentance do you need to take?

Is there a specific area, indicated in today's reflection, that clearly must be addressed first, if you are going to make progress in other areas?

Day 3: With Shared Lives

	Doesn't Describe Me		Partially Describes Me		Generally Describes Me
■ I am genuinely open and honest with others about who I am.	I	2	3	4	5
■ I have a deep and meaningful connection with others in the church.	I	2	3	4	5
■ I gather regularly with a group of Christians for fellowship and accountability in following Christ.	I	2	3	4	5
■ I am able to graciously receive and respond to advice, encouragement and correction from others.	I	2	3	4	5
■ There is nothing in my relationships with others (family, church, work, community) that is currently unresolved.	I	2	3	4	5
■ There is nothing in the way I talk or act concerning others that I would not be willing to share with them in person.	I	2	3	4	5
■ I consistently offer the same forgiveness to those who have offended me as God has given to me.	I	2	3	4	5
■ I am currently serving God within the gifts and passions he has given me.	I	2	3	4	5
■ I enjoy meeting the needs of others without expecting anything in return.	I	2	3	4	5
■ Those closest to me would say my life is a reflection of giving more than receiving.	I	2	3	4	5

“With Shared Lives” Total

/50

Reflecting on My Spiritual Health: Day 3

Personally, or with another spiritual friend, prayerfully consider the following reflection questions.

Areas of Spiritual Health

For which specific statements were you able to observe the highest level of spiritual health in this “With Shared Lives” section? Spend some time giving thanks to God for His grace and work in equipping you in these aspects of your walk with Him.

What circumstances, tools, or perspectives have contributed to your health in these areas in this most recent season of your journey? Is there anything of which you can take further advantage in the next season?

Areas of Concern

Similarly, for which specific statements did you observe the lowest level of spiritual health?

What sinful attitudes, false beliefs, or neglect might be contributing to your lack of health in these areas, and what steps of repentance do you need to take?

Is there a specific area, indicated in today's reflection, that clearly must be addressed first, if you are going to make progress in other areas?

Day 4: Through Generous Love

	Doesn't Describe Me		Partially Describes Me	Generally Describes Me	
■ I regularly reflect on how my life can have a greater impact for the Kingdom of God.	I	2	3	4	5
■ I feel personal responsibility to share my faith with those who don't know Jesus.	I	2	3	4	5
■ I look for opportunities to build relationships with those who don't know Jesus.	I	2	3	4	5
■ I have several meaningful personal connections with people who don't know Jesus.	I	2	3	4	5
■ I regularly pray for those who don't know Jesus personally.	I	2	3	4	5
■ I am confident in my ability to share my faith with others.	I	2	3	4	5
■ I am burdened by the needs of those who are in pain, marginalized, or oppressed.	I	2	3	4	5
■ I am personally investing my time and resources in alleviating the suffering of those in need.	I	2	3	4	5
■ I am burdened by the fact that there are many people around the world who have never heard the Gospel.	I	2	3	4	5
■ I regularly pray for God to use me and others to bring the Gospel to those who have never heard.	I	2	3	4	5

“Through Generous Love” Total

/50

Reflecting on My Spiritual Health: Day 4

Personally, or with another spiritual friend, prayerfully consider the following reflection questions.

Areas of Spiritual Health

For which specific statements were you able to observe the highest level of spiritual health in this “Through Generous Love” section? Spend some time giving thanks to God for His grace and work in equipping you in these aspects of your walk with Him.

What circumstances, tools, or perspectives have contributed to your health in these areas in this most recent season of your journey? Is there anything of which you can take further advantage in the next season?

Areas of Concern

Similarly, for which specific statements did you observe the lowest level of spiritual health?

What sinful attitudes, false beliefs, or neglect might be contributing to your lack of health in these areas, and what steps of repentance do you need to take?

Is there a specific area, indicated in today's reflection, that clearly must be addressed first, if you are going to make progress in other areas?

Reflecting on My Spiritual Health: Day 5

Personally, or with another spiritual friend, prayerfully consider the following reflection questions.

Areas of Spiritual Health

In general, in what area (On Our Knees, Living the Gospel, With Shared Lives, Through Generous Love) do you observe the greatest level of health? Spend some time giving thanks to God for His grace and work in equipping you in these aspects of your walk with Him.

Areas of Concern

In general, in what area (On Our Knees, Living the Gospel, With Shared Lives, Through Generous Love) do you observe the greatest measure of concern?

As you look over the last few days of reflection, what do you sense God saying to you about the next step of growth in your life as a follower of Jesus?

Being Real with God and Each Other

An important aspect of healing is the prayer and accountability of your Life Group or other Christ-pursuing friendships. Take some time to confess your sins to one another and to pray God's grace for one another.

As you consider these areas of concern and confess your need for grace and forgiveness, remember the promises of Scripture:

“If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” I John 1:9

“Therefore confess your sins to each other and pray for each other, so that you may be healed. The prayer of a righteous person is powerful and effective.” James 5:16

Spiritual Health Plan

Using the Spiritual Health Plan on the next few pages, prayerfully identify **2-3 achievable spiritual goals** for the next quarter that you believe will help you make progress in the areas that have been brought to your attention. Enlist the help of your spiritual friends in your Life Group or accountability cluster to help determine these.

Identify a **helpful resource** (Scripture study, books, mentors, etc.) that might help you make some progress, and determine how and when you will review your progress.

Share with your **Life Group** or accountability cluster something in which you're hoping they will **help** you make progress.

As a group, when everyone has shared, prayerfully consider a **potential direction of study or action** that will address some of the areas that the Holy Spirit has brought to your attention.

Goal #I:

Date:

Area for Growth: _____

Goal:

Practices: What actions or practices will help me make progress?

Partnership: What assistance or accountability am I asking of others?

Progress: How will I know I'm growing in this area?

Review: When/How often will I review my progress?

Goal #2:

Date:

Area for Growth: _____

Goal:

Practices: What actions or practices will help me make progress?

Partnership: What assistance or accountability am I asking of others?

Progress: How will I know I'm growing in this area?

Review: When/How often will I review my progress?

Goal #3:

Date:

Area for Growth: _____

Goal:

Practices: What actions or practices will help me make progress?

Partnership: What assistance or accountability am I asking of others?

Progress: How will I know I'm growing in this area?

Review: When/How often will I review my progress?

Offering Your Plans to God

You've set a few goals for the next season of your spiritual growth. Good for you! Often we fail to set goals or resolutions because we're afraid of failing. But Scripture promises us all the resources we need for fulfilling our potential in Christ:

“His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires.” 2 Peter 1:3-4.

At the same time, Scripture tells us that “the heart of a man plans his way, but the LORD establishes his steps... Many are the plans in the mind of a man, but it is the purpose of the LORD that will stand” (Proverbs 16:9; 19:21). As you make intentional plans, always leave room for God's sovereign surprises. He knows best when it comes to spiritual progress in your life.

As you conclude this time of reflection, it's time to offer it all to God. Paul encourages us, "in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God – this is your true and proper worship" (Romans 12:1).

Perhaps this prayer can guide you in this:

"O Lord my God, to you and your service I devote myself, body, soul and spirit. Fill my memory with the record of your mighty works; enlighten my understanding with the light of your Holy Spirit; and may all the desires of my heart and will center in what you would have me do. Make me an instrument of your salvation for the people entrusted to my care, and let me by my life and speaking set forth your true and living Word. Be always with me in carrying out the duties of my salvation; in praises heighten my love and gratitude; in speaking of You give me readiness of thought and expression; and grant that, by the clearness and brightness of your holy Word, all the world may be drawn to your blessed kingdom. All this I ask for the sake of your Son, my Savior Jesus Christ. Amen.

Spiritual Health Assessment and Reflection

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