

## *Spiritual Formation Assessment*

Never - 1	Rarely - 2	Occasionally - 3	Frequently - 4	Almost Always - 5
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<b>Spiritual Health</b>	
I have a growing desire to become more like Christ	
I frequently recognize the Lord's still small voice in my life	
I am quickly convicted of sin in my life and respond in repentance.	
I am continuing to grow in the fruits of the Spirit and see them getting stronger in comparison to a year ago.	
Joy and trust are stronger in me than anger and stress.	
I care for the lost and engage in ways to reach them and pray for them.	
I actively serve the body of Christ by serving in my local church.	
<b>TOTAL</b>	

<b>God's Word</b>	
I regularly read, listen to and study God's Word.	
I regularly gather with a community where I hear God's Word preached and taught.	
I know how to meditate on the Word and practice this regularly.	
Going to the Word of God is my first stop when I need clarity about something.	
I seek to understand God's Word for myself by asking questions whether they're popular or not.	
I know what works best for me in memorizing scripture and practice it.	
I have a growing desire to spend time in God's Word.	
<b>TOTAL</b>	

<b>Prayer</b>	
I value prayer as a need in my life and engage in it each day.	
I regularly pray for myself.	
I regularly pray for others.	
I spend time confessing sin and receiving God's forgiveness.	
I have a growing desire to learn about prayer.	
I incorporate praying the scriptures in my prayers.	
I practice relaxed conversational prayer with God in my prayers.	
<b>TOTAL</b>	

Stewardship	
I know and understand my spiritual gifts and regularly use them.	
I am thoughtful and wise about how I spend my time.	
I spend time serving others.	
I know, understand and embrace my God-given purposes and actively live that out each day.	
I believe that what I have (money, time, possessions, health, relationships, influence, education, wisdom, and experience) is from God and I practice stewarding them in a godly manner.	
I regularly examine how I'm doing in stewarding each of those areas.	
I give financially to support my local church, missions, and ministries.	
<b>TOTAL</b>	

Evangelism	
I use my gifts and talents to share the Good News with others.	
I know how to share my faith with unbelievers.	
I know how to share different length versions of my testimony.	
I actively engage in opportunities to share my testimony and faith with unbelievers.	
I support missions both locally and globally by giving and/or going.	
I regularly pray for opportunities to share my faith.	
I pray for unbelievers in my life, community, government, and globally.	
<b>TOTAL</b>	

Fasting	
I understand what fasting is and why it is important.	
I have identified ways (food or otherwise) to deny myself and seek God.	
I have set days, meals, or actions that I regularly fast.	
I regularly combine fasting with prayer.	
I regularly combine fasting with time in scripture.	
I'm willing to humble myself before God through fasting.	
I believe God calls us to practice fasting as part of our walk with Him.	
<b>TOTAL</b>	

<b>Solitude and Sabbath</b>	
I regularly honor God's direction to keep the Sabbath day holy.	
I regularly practice stillness.	
Solitude and rest are ways that I practice demonstrating my trust in God and not myself.	
I believe God created us for times and seasons of rest.	
I believe that strength can come for quietness.	
I regularly exercise my faith through times of rest.	
I take Jesus' example of going away to pray seriously and seek to mimic this.	
<b>TOTAL</b>	

<b>Community and Fellowship</b>	
I welcome other godly people to hold me accountable and call me on areas of growth needed in my life.	
I am quick to forgive.	
I am not easily offended.	
I use my influence to serve and bless others.	
My life is marked by the fruits of the Spirit in my relationships.	
I am hospitable to others.	
I embrace others including those who are of different backgrounds, ethnicities, and cultures.	
<b>TOTAL</b>	

<b>Contemplation and Reflection</b>	
I understand what contemplation and reflection are.	
I know what Lectio Divina is and practice it.	
I understand what The Examen is and regularly practice it.	
I regularly practice spiritual journaling.	
I go away on a Spiritual Retreat (half day or longer) at least 2x a year.	
My times of reflection lead me towards what is possible instead of focusing on limitations around me.	
I have and utilize a way to track my spiritual goals and progress.	
<b>TOTAL</b>	

Record the total from each discipline in the chart.

Spiritual Discipline	Totals
Spiritual Health	
God's Word	
Prayer	
Stewardship	
Evangelism	
Fasting	
Solitude and Sabbath	
Community and Fellowship	
Contemplation and Reflection	

<p>Which 3 disciplines have room for growth?</p> <ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>	<p>When/How do you hear God's voice most clearly now and in the past?</p>
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Where do you go from here?

If you'd like Biblical Coaching to help you move forward in some next steps connect with me at

[www.BrendaRenderos.org](http://www.BrendaRenderos.org)