

Spiritual Formation Assessment

Never - 1	Rarely - 2	Occasionally - 3	Frequently - 4	Almost Always - 5
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Spiritual Health	
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.	
TOTAL	

God's Word	
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.	
TOTAL	

Prayer	
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.	
TOTAL	

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.	
TOTAL	

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.	
TOTAL	

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.	
TOTAL	

Solitude and Sabbath	
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.	
TOTAL	

Community and Fellowship	
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.	
TOTAL	

Contemplation and Reflection	
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.	
TOTAL	

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">1.2.3.	<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