

Two Rivers Spiritual Health Assessment

NAME _____

DATE _____

This assessment will help you see how your life compares to the Wheel in Discipleship Foundations. It will also help you develop a plan to help you continue to grow. It is adapted from "the Purpose Drive Life Health Assessment."

	Doesn't describe			Generally describes	
CHRIST THE CENTER (2 Corinthians 5:17 and Galatians 2:20)					
I have a growing relationship with Christ through regular quiet time in His Word and prayer.	1	2	3	4	5
I respond to challenges with peace and faith rather than anxiety and fear.	1	2	3	4	5
I avoid using addictive behaviors (food, television, busyness, etc.) to meet my needs.	1	2	3	4	5
I have a relationship with someone that encouraged spiritual health and personal growth.	1	2	3	4	5
I am honoring God with my finances (budget) and giving to Gods work at church.	1	2	3	4	5

THE WORD (2 Timothy 3:16 and Joshua 1:8)					
I have a regular time in God's Word for my personal spiritual life.	1	2	3	4	5
I benefit from the Word I hear in the weekend worship services.	1	2	3	4	5
I am attempting to memorize certain Scripture verses.	1	2	3	4	5
I regularly practice meditating on the Word.	1	2	3	4	5
I seek to practice the Word throughout the week.	1	2	3	4	5

PRAYER (John 15:7 and Philippians 4:6,7)					
I have been baptized in the Spirit.	1	2	3	4	5
I have received a spiritual prayer language.	1	2	3	4	5
I consistently use a spiritual prayer language to build myself up in the faith.	1	2	3	4	5
I give encouraging words of prophecy to others.	1	2	3	4	5
I exercise supernatural spiritual gifts.	1	2	3	4	5
I have a growing heart for worship to God through music and praise (personal, group, and church).	1	2	3	4	5

FELLOWSHIP (Matthew 18:20 and Hebrews 10:24,25)					
I am developing authentic community within my church family.	1	2	3	4	5
I am more loving, grace giving and forgiving to others than I was a year ago.	1	2	3	4	5
I am intentionally cultivating my relationships with Christian friends and spiritual mentors.	1	2	3	4	5
I am regularly connecting with my immediate family relationships (parent, siblings, kids, spouse).	1	2	3	4	5
I am resolving conflict with others biblically and supporting the leadership of my church family.	1	2	3	4	5
I am sharing group ownership by assuming a small responsibility or facilitating a discussion group.	1	2	3	4	5

WITNESSING (Matthew 4:19 and Romans 1:16)					
I am actively praying for and cultivating relationships with un-churched friends and family.	1	2	3	4	5
I am inviting unchurched people to church and sharing my spiritual story with them.	1	2	3	4	5
I am seeking to connect unchurched people into a group or in the lives of group members.	1	2	3	4	5
I am praying and considering where God can use me cross-culturally in the future.	1	2	3	4	5
I am regularly investing in the spiritual life of another person or group (discipleship reproduction)	1	2	3	4	5

OBEDIENCE (John 14:21 and Romans 12:1)					
I seek to obey God in the above areas of the normal Christian life.	1	2	3	4	5
I seek to obey God by resisting the sinful temptations of daily life.	1	2	3	4	5
I obey God by not giving into sinful practices which are detrimental to me and others.	1	2	3	4	5
I obey God by finding a place to serve others in my church.	1	2	3	4	5
I am honoring God with my physical and personal health (exercise and nutrition).	1	2	3	4	5