



Spiritual Health Inventory

As followers of Jesus, it's a good practice to routinely do a "check-up" of where you're at spiritually. How are you growing and maturing in Christ? What are areas you would like to intentionally seek to grow in your walk? Record your answers here, and we'll return to these questions every few months to see how we're growing together!

Important: *The purpose is not to create guilt, but rather to invite the Holy Spirit to convict and encourage us, in the safety of our group relationships, to become more like Jesus!*



Spiritual Disciplines & Habits

These are habits we intentionally build into the rhythm of our life to grow deeper and stronger in our relationship with God. Honestly evaluate your patterns in these areas on a scale of 1-5:

(5 = I'm regularly practicing this and seeing fruit - 1 = I'm not practicing this at all)

- Consistent reading of Scripture - _____
- Focused time in prayer - _____
- Regularly meeting with believers to worship and receive the preached Word - _____
- Time in fellowship and connection with other believers - _____
- Personal times of worship and/or learning (*Christian music, podcasts, etc.*) - _____
- Praying for unbelievers and for evangelism opportunities - _____
- Actively sharing the Gospel with unbelievers - _____
- Time serving my church and community - _____
- Generously giving my finances in obedience to God for advancing His Kingdom - _____
- I grounded in my basic understanding of the Scriptures, beliefs, and practices of the Christian life - _____
- Other specific areas you would like to grow in (i.e. journaling, fasting, etc.) - _____

Holy Living & Healthy Relationships

Along with loving God, we also want to demonstrate love to the people God brings into our lives. Evaluate yourself in these areas on a scale of 1-5:

(5 = This comes naturally for me - 1 = I'd really like to improve in this area!)

- My relationship with my parents is in order. - _____
- My dating/marriage relationship honors God. - _____
- I regularly nurture my relationship with my spouse. - _____
- My relationships with my children are life-giving and healthy. - _____
- My relationships with other believers are healthy, without bitterness or anger. - _____
- I am able to love the image of God in other people, even those I disagree with - _____
- My relationships at work/school make it evident that I am a follower of Jesus. - _____
- I can let go of anxiety or discouragement, trusting God for the outcome - _____
- I usually experience the joy of the Lord, even in difficult circumstances - _____
- I am aware of God's presence in my life most of the time - _____
- I feel that my habits and choices honor God and reflect His Lordship in my life. - _____

If you feel comfortable, share with your group the areas you most want to grow in!

My Spiritual Self-Evaluation Score:

- Add up your total score for the Spiritual Disciplines section - _____
- Add up your total score for the Holy Living & Relationship s section - _____
- My total = _____

When you take this inventory again, you'll have an objective, comparative measure of how God is working in your life!

