

Spiritual Health Assessment and Planner

NOTE: The Spiritual Health Assessment and Planner included in this download is taken from a larger document written by Steve Gladen and Todd Olthoff entitled “Spiritual Health Assessment and Spiritual Health Planner”. You should consult this larger document, found in the Small Group Resource Library in Fellowship B, for more complete information on how to best use of the assessment and planner, along with specific ideas for spiritual growth.

How To Use This Booklet

This booklet is divided into the five purposes of Worship, Fellowship, Discipleship, Ministry, and Evangelism. To get the most out of this booklet we suggest you do the following:

1. Take the Spiritual Health Assessment.

If you haven't already taken the Spiritual Health Assessment (on page 4), stop right now and take it. The assessment will give you a snapshot of your spiritual health, and pinpoint areas that may be out of balance. This will help you identify the purposes you would like to work on and those in which you are strong. We also highly recommend that you tear out the Friend Feedback Assessment in the back of this booklet and ask a friend or spouse to fill it out for you. Just as with your physical health, it can often be helpful to get a second opinion.

2. Find the Purpose You Want to Work On.

Find the purpose you would like to work on by transferring your assessment scores to the Spiritual Health Plan on the inside back cover of this booklet. We suggest you work on either the purpose with the lowest score on your Spiritual Health Assessment, or on a purpose the Holy Spirit may be nudging you to consider. When you have selected the purpose, locate the corresponding page in this Spiritual Health Planner.

3. Choose a Crawl, Walk, or Run Step to Get Started.

In this booklet you will find a table for each purpose with a beginning step (crawl), an intermediate step (walk), and a more advanced step (run) for each of the questions found in the Spiritual Health Assessment. Pick the step or steps you want to take for the area you have chosen to work on. You will also find a resource page for each purpose with recommended books, small group studies, classes, and practical suggestions that will take you further in your growth.

4. Transfer the Steps to Your Spiritual Health Plan.

Transfer the steps you have chosen to the Spiritual Health Plan on the inside back cover of this booklet.

5. Find a Spiritual Partner.

Many of us start out with good intentions but lack the discipline to follow through with our plans. Make it a point to pair up with a spiritual partner who can help you follow through on the growth steps you have chosen to take. A Spiritual Partner is an individual, usually of the same gender, who is committed on an ongoing basis to helping you deal with life and all that it offers. This person should be a good friend who encourages you, helps with accountability when needed, and actively supports you as you take spiritual risks and face challenges unique to your life. One of your fellow small group members is likely to be this kind of friend.

Spiritual Health Assessment and Planner

Worship: You Were Planned for God's Pleasure

	Doesn't describe me		Partially describe me		Generally describe me
How I live my life shows that God is my highest priority.....	1	2	3	4	5
I am dependent on God for every aspect of my life.....	1	2	3	4	5
There is nothing in my life that I have not surrendered to (kept back from) God.....	1	2	3	4	5
I regularly meditate on God's Word and invite Him into my everyday activities.....	1	2	3	4	5
I have a deep desire to spend time in God's presence.....	1	2	3	4	5
I am the same person in public that I am in private.....	1	2	3	4	5
I have an overwhelming sense of God's awesomeness even when I do not feel His presence.....	1	2	3	4	5

Worship Total: _____

Fellowship: You Were Formed for God's Family

I am genuinely open and honest about who I am.....	1	2	3	4	5
I regularly use my time and resources to care for the needs of others.....	1	2	3	4	5
I have a deep and meaningful connection with others in the church.....	1	2	3	4	5
I have an easy time receiving advice, encouragement, and correction from others.....	1	2	3	4	5
I gather regularly with a group of Christians for fellowship and accountability.....	1	2	3	4	5
There is nothing in my relationships that is currently unresolved.....	1	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.....	1	2	3	4	5

Fellowship Total: _____

Discipleship: You Were Created to Become Like Christ

I am quick to confess anything in my character that does not look like Christ.....	1	2	3	4	5
A review of how I use my finances shows that I think more about God and others than I do about myself.....	1	2	3	4	5
I allow God's Word to guide my thoughts and change my actions.....	1	2	3	4	5
I am able to praise God during difficult times and see them as opportunities to grow.....	1	2	3	4	5
I find I am making better choices to do what is right when I am tempted to do wrong.....	1	2	3	4	5
I have found that prayer has changed how I view and interact with the world.....	1	2	3	4	5
I am consistent in pursuing habits that are helping me model my life after Jesus.....	1	2	3	4	5

Discipleship Total: _____

Ministry: You Were Shaped for Serving God

I regularly use my time to serve God.....	1	2	3	4	5
I am currently serving God with the gifts and passions he has given me	1	2	3	4	5
I regularly reflect on how my life can have an impact for the Kingdom of God.....	1	2	3	4	5
I often think about ways to use my God-given gifts and abilities to please God.....	1	2	3	4	5
I enjoy meeting the needs of others without expecting anything in return.....	1	2	3	4	5
Those closest to me would say my life is a reflection of giving more than receiving.....	1	2	3	4	5
I see my painful experiences as opportunities to minister to others.....	1	2	3	4	5

Ministry Total: _____

Evangelism: You Were Made for a Mission

I feel personal responsibility to share my faith with those who don't know Jesus.....	1	2	3	4	5
I look for opportunities to build relationships with those who don't know Jesus.....	1	2	3	4	5
I regularly pray for those who don't know Christ.....	1	2	3	4	5
I am confident in my ability to share my faith.....	1	2	3	4	5
My heart is full of passion to share the gospel with those who have never heard it.....	1	2	3	4	5
I find that my relationship with Jesus comes up frequently in my conversations with non-believers....	1	2	3	4	5
I am open to going anywhere God calls me, in whatever capacity, to share my faith.....	1	2	3	4	5

Evangelism Total: _____

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Friend Feedback Assessment Instructions

You have a rare privilege! You have been given this Friend Feedback Assessment by someone who trusts you. By asking you to fill it out on their behalf, they are telling you that your opinion matters to them. Most likely, you are a close friend, a spiritual partner, or a spouse who knows this person well, and they know you will respond honestly and prayerfully to this assessment.

Why are they taking the Spiritual Health Assessment? To maintain physical health, we need regular check-ups with a doctor who can assess our vital signs—blood pressure, temperature, weight, and so on. For our spiritual health, we need to regularly check and balance the five vital signs of a healthy Christian life:

Worship: You were planned for God's pleasure.

Fellowship: You were formed for God's family.

Discipleship: You were created to become like Christ.

Ministry: You were shaped for serving God.

Evangelism: You were made for a mission.

Your friend has already completed a self-assessment of their spiritual health. But just as with our physical health, it can often be helpful to get a second opinion. That's where you come in. Your role is really quite simple and should only take a few minutes of your time . . . but it could have a life-long impact on your friend. So here's what we are asking you to do.

- *Pray. Ask God to sharpen your mind and speak to your heart as you fill out the assessment.*
- *Read each statement carefully, and respond to the best of your ability. If you can't answer a particular question because you don't know the person well enough, just give them a "3" for that question. You may want to mark those questions so your friend can identify them when you return the assessment.*
- *Return the assessment to your friend and offer to answer any questions they might have.*

Keep in mind that the Spiritual Health Assessment and Spiritual Health Planner measure our health at a particular point in time. It is not a tool to see how we measure up against other people; nor is it a tool to see how close we are to perfection. We all know we'll never be perfect this side of heaven. Rather, this is a tool that will help your friend evaluate their spiritual health, and give them direction for developing a plan to bring God's five purposes for their life into balance.

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Worship: You Were Planned for God's Pleasure

	Doesn't describe me		Partially describe me		Generally describe me
It is apparent by how this person lives his/her life that God is my highest priority.....	1	2	3	4	5
This person is dependent on God for every aspect of his/her life.....	1	2	3	4	5
There is nothing in this person's life that has not surrendered to (kept back from) God.....	1	2	3	4	5
This person regularly meditates on God's Word and invite Him into his/her everyday activities....	1	2	3	4	5
This person has a deep desire to spend time in God's presence.....	1	2	3	4	5
This person is the same person in public that he/she is in private.....	1	2	3	4	5
This person has an overwhelming sense of God's awesomeness even when he/she doesn't feel His presence.....	1	2	3	4	5

Worship Total: _____

Fellowship: You Were Formed for God's Family

This person is genuinely open and honest about who he/she is with others	1	2	3	4	5
This person regularly uses his/her time and resources to care for the needs of others.....	1	2	3	4	5
This person has a deep and meaningful connection with others in the church.....	1	2	3	4	5
This person has an easy time receiving advice, encouragement, and correction from others.....	1	2	3	4	5
This person gathers regularly with a group of Christians for fellowship and accountability.....	1	2	3	4	5
There is nothing in this person's relationships that is unresolved.....	1	2	3	4	5
There is nothing in the way talks or acts concerning others that I would not be willing to share with them in person.....	1	2	3	4	5

Fellowship Total: _____

Discipleship: You Were Created to Become Like Christ

This person is quick to confess anything in his/her character that does not look like Christ.....	1	2	3	4	5
A review of how this person uses his/her finances shows that he/she think more about God and others than he/she does about him/herself	1	2	3	4	5
This person allows God's Word to guide his/her thoughts and change his/her actions.....	1	2	3	4	5
This person is able to praise God during difficult times and see them as opportunities to grow.....	1	2	3	4	5
I find I am making better choices to do what is right when I am tempted to do wrong.....	1	2	3	4	5
This person has found that prayer has changed how he/she views and interacts with the world.....	1	2	3	4	5
This person is consistent in pursuing habits that are helping them model his/her life after Jesus.....	1	2	3	4	5

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Ministry: You Were Shaped for Serving God

This person regularly uses his/her time to serve God.....	1	2	3	4	5
This person is currently serving God with the gifts and passions he has given him/her	1	2	3	4	5
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This person regularly prays for those who don't know Christ.....	1	2	3	4	5
This person is confident in their ability to share his/her faith.....	1	2	3	4	5
This person's heart is full of passion to share the gospel with those who have never heard it.....	1	2	3	4	5
I find that my relationship with Jesus comes up frequently in my conversations with non-believers....	1	2	3	4	5
This person is open to going anywhere God calls him/her, in whatever capacity, to share their faith...	1	2	3	4	5

Evangelism Total: _____

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Spiritual Health Plan for _____

I will share my plan with _____ who will be my spiritual partner to help me balance the five Biblical purposes in my life.

PURPOSES	PRACTICES	PARTNERSHIP	PROGRESS
<i>WHAT PURPOSES ARE OUT OF BALANCE?</i>	<i>WHAT DO I NEED TO DO?</i>	<i>HOW WILL MY SPIRITUAL PARTNER HELP ME IN THIS PURPOSE?</i>	<i>WHAT PROGRESS HAVE I MADE?</i>
Worship How I scored myself _____ How my friend scored me _____			
Fellowship How I scored myself _____ How my friend scored me _____			
Discipleship How I scored myself _____ How my friend scored me _____			
Ministry How I scored myself _____ How my friend scored me _____			
Evangelism How I scored myself _____ How my friend scored me _____			

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