

HEALTHY LIFESTYLE • HEALTHY HABITS • HEALTHY HEART

spiritual FITNESS

SELF-ASSESSMENT





HABITS

DOESN'T DESCRIBE

PARTIALLY DESCRIBES

GENERALLY DESCRIBES

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SCRIPTURE

1. Scripture is God's authoritative word for my faith and life—and I strive to hear, understand, love, and obey it as God's word to me. _____
2. I have a regular time—three or four times a week—I sit down to read and study the Bible. _____
3. I am working through a plan to read the entire Bible (in one to three years) and understand its salvation story. _____
4. I have a readable translation of the Bible with good study notes—and I use it. _____
5. I look forward to time in God's Word. _____
6. I listen weekly to good preaching and teaching from the Bible. _____
7. I do regular Bible study with other Christians where we consider how to apply the Bible to our lives. _____

TOTAL SCORE

PRAYER

1. I practice a daily prayer habit of praise, thanks, confession, and requests. _____
2. I take time every day to commit my life to God and to tune into his purpose for me. _____
3. I pray every day for my family and friends (especially as I become aware of a need). _____
4. I find that prayer changes how I view and interact with the world. _____
5. I commit my anxieties, stresses, troubles, and needs to God as they arise—and experience his peace. _____
6. I carry on an ongoing conversation with God throughout my day. _____
7. I take time to be quiet and listen to God. _____
8. I am growing in my habits, confidence, and maturity as a praying Christian. _____

TOTAL SCORE



H A B I T S

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WORSHIP

1. I regularly go to my church on Sunday to worship God. Keeping Sabbath each week is a priority for me and my family. _____
2. I am fully engaged and wholehearted in my worship. _____
3. My regular experience is, the Holy Spirit encourages and challenges me when I come away from worship. _____
4. I experience God's presence and love when I worship, and my worship is also me expressing my love for God. _____
5. My worship is also consciously "offering myself" to God every day—in love, obedience, and service (Romans 12:1). _____

TOTAL SCORE

COMMUNITY

1. FOPC is my home church and I am a member. _____
2. I participate regularly in a small group of Christians where we study the Bible, pray, and do life together. _____
3. I have a deep and meaningful connection with others in my church. _____
4. I am genuinely open and honest with others about who I am and my struggles, and I have relationships of spiritual accountability. _____
5. I know my spiritual gifts and use them to encourage others and build up "the body of Christ." _____
6. I volunteer regularly at my church, serving with others. _____
7. I support my church with my tithes. (A tithe is 10% of income and "belongs to the LORD," Malachi 3:8-9.) _____

TOTAL SCORE

*Exercise daily in God. ...Workouts
in the gym are useful, but a disciplined life
in God is far more so..*

1 Timothy 4:7-8 (The Message)



HEART

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GOD—MY GLORY AND JOY

1. How I live my life shows that God is my highest priority. _____
2. I feel dependent on God for every aspect of my life. _____
3. I find great pleasure in worshipping God and doing his will. _____
4. I have a deep desire to spend time with God. _____
5. I consciously want my life to be a “work of art” that honors and pleases God. _____
6. My life is full of joy because of my relationship with God. _____

TOTAL SCORE

JESUS IS LORD

1. “Jesus is my Savior.” I am trusting Jesus Christ for my salvation. I have received him as my Savior and committed my life to him. _____
2. “Jesus is my Lord.” I have intentionally and prayerfully surrendered every part of my life to Jesus as the Lord of my life. _____
3. I read the Gospels closely to learn from Jesus and to get close to the authentic Jesus revealed there. (The Gospels are Matthew, Mark, Luke, and John.) _____
4. Jesus is in charge of my:
 - Family life _____
 - Work life _____
 - Free time _____
 - Speech _____
 - Finances (including tithing and debt) _____
 - Health and nutrition _____
 - Sexuality _____
 - Friendships _____

TOTAL SCORE



HEART

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SPIRIT FILLED AND EMPOWERED

1. I daily invite the Holy Spirit to fill, direct, and empower my life, consciously yielding control by Self to the control of the Holy Spirit. _____
2. The Holy Spirit often gives me a powerful sense of God's presence and love. _____
3. I regularly experience the Holy Spirit providing wisdom, insight, or words to share, or prompting and empowering me to pray for or help someone. _____
4. I experience a greater sense of the Holy Spirit prompting and empowering me to resist temptation, avoid sin, and obey God. _____
5. I regularly confess and repent of unconfessed sin as the Spirit makes me aware of it. _____

TOTAL SCORE

*I discipline my body like an athlete,
training it to do what it should do.*

1 Corinthians 9:27



LIFESTYLE

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LOVE

1. Compared to a year ago, I have grown in my love for God (measured in my worship life, obedience, and service). _____
2. Compared to a year ago, I have grown in my love for others and how many I love. _____
3. Kindness and generosity come easily to me. _____
4. Love has moved me this week to do helpful/sacrificial acts for someone else. _____
5. Love has motivated me this week to actions that enhance my relationship with my spouse and kids. _____
6. Love has made me "open up" in my most important relationships rather than "close down." _____
7. I am committed to showing God's love-in-action toward those God brings into my life. _____

TOTAL SCORE

OBEDIENCE

1. I am committed to obeying what God has commanded in the Bible. _____
2. I am making better choices to do what is right when I am tempted to do wrong. _____
3. I am quick to confess my disobedience or anything in my character that does not look like Christ. _____
4. I am increasingly sensitive to attitudes that grieve God's Spirit, such as anger, unforgiveness, lust, greed, dishonesty, gossip, worry, lack of love, overindulgence, selfishness. _____
5. I have been baptized (in obedience to Jesus' Great Commission in Matthew 28:19). _____
6. I am making good progress in becoming a fully-devoted disciple of Jesus. _____

TOTAL SCORE



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MISSION

1. I can clearly explain the gospel and lead someone in a prayer to receive Christ as Savior. _____
2. I can tell my life story as a faith-story, leading to my commitment to Christ and describing how God has transformed me. _____
3. I talk easily about God, and my relationship with Jesus comes up regularly in my conversations—even with people who are not Christians. _____
4. When people express a need for God, for friendship, or for help with a personal problem or struggle, I invite them to my church: "You should come to my church." _____
5. When someone shares a problem or need, I look for a gracious way to pray with them. _____
6. I am actively cultivating relationships with unchurched friends and family. _____
7. I know the names of all my neighbors (up and down the block and across the street) and cultivate friendly relationships with them. _____
8. I am open to going on a church mission trip to share my faith, become better equipped for ministry, express Christ's love, and fulfill the Great Commission. _____

TOTAL SCORE

SERVICE

1. I regularly use my time and resources to care for the needs of others. _____
2. I am serving in a regular ministry in the church—at least once a month. (Childcare, teaching Sunday School, Sunday hospitality, ushering, setup and cleanup, tech support, youth ministry, church office, etc.) _____
3. I am volunteering or contributing to my community or neighborhood on a regular basis. _____
4. I know my unique shape for ministry—my aptitude and skills, spiritual gifting, and passions. _____
5. I readily volunteer for ad-hoc serving tasks as the church announces them, especially at big holidays and special events. _____
6. Those closest to me would say my life is more about giving than receiving. _____
7. I serve or give sacrificially to those in the poorest and most hurting parts of my city or the world. _____

TOTAL SCORE



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CHARACTER

1. Those who know me would say I have grown this past year in Christlike character. _____
2. My attitudes and lifestyle express an overflowing abundance and joy—the *flourishing life* Jesus came to give (John 10:10). _____
3. My shopping and entertainment habits, my political and economic choices reflect God's kingdom-values of compassion, generosity, justice, righteousness, purity, and peace. _____
4. My life, by God's grace, is generally free from sinful attitudes and habits:
 - Anger or violence _____
 - Unforgiveness _____
 - Pride _____
 - Jealousy or envy _____
 - Selfishness _____
 - Lust or sexual immorality _____
 - Addiction or excess _____
 - Anxiety or worry _____
 - Spreading gossip or conflict _____
 - Dishonesty or fraud _____
 - Cynicism or apathy _____
 - Racism or prejudice _____
5. Consider how your life exhibits the fruit of the Spirit:
 - Love _____
 - Joy _____
 - Peace _____
 - Patience _____
 - Kindness _____
 - Goodness _____
 - Faithfulness _____
 - Gentleness _____
 - Self-control _____

TOTAL SCORE

SPIRITUAL FITNESS RATING



H A B I T S

| | Major Growth Area | Growth Area | Strength Area | Major Strength Area | YOUR SCORE |
|------------------|-------------------|-------------|---------------|---------------------|----------------------|
| SCRIPTURE | 7 - 14 | 15 - 21 | 22 - 28 | 29 - 35 | <input type="text"/> |
| PRAYER | 8 - 16 | 17 - 24 | 25 - 32 | 33 - 40 | <input type="text"/> |
| WORSHIP | 5 - 10 | 11 - 15 | 16 - 20 | 21 - 25 | <input type="text"/> |
| COMMUNITY | 7 - 14 | 15 - 21 | 22 - 28 | 29 - 35 | <input type="text"/> |



H E A R T

| | Major Growth Area | Growth Area | Strength Area | Major Strength Area | YOUR SCORE |
|---|-------------------|-------------|---------------|---------------------|----------------------|
| GOD- MY GLORY AND JOY | 6 - 12 | 13 - 18 | 19 - 24 | 25 - 30 | <input type="text"/> |
| JESUS IS LORD | 11 - 21 | 22 - 32 | 33 - 43 | 44 - 55 | <input type="text"/> |
| SPIRIT FILLED AND EM-POWERED | 5 - 10 | 11 - 15 | 16 - 20 | 21 - 25 | <input type="text"/> |



L I F E S T Y L E

| | Major Growth Area | Growth Area | Strength Area | Major Strength Area | YOUR SCORE |
|------------------|-------------------|-------------|---------------|---------------------|----------------------|
| LOVE | 7 - 14 | 15 - 21 | 22 - 28 | 29 - 35 | <input type="text"/> |
| OBEDIENCE | 6 - 12 | 13 - 18 | 19 - 24 | 25 - 30 | <input type="text"/> |
| MISSION | 8 - 16 | 17 - 24 | 25 - 32 | 33 - 40 | <input type="text"/> |
| SERVICE | 7 - 14 | 15 - 21 | 22 - 28 | 29 - 35 | <input type="text"/> |
| CHARACTER | 25 - 48 | 49 - 73 | 74 - 97 | 100 - 120 | <input type="text"/> |



Which of these best describes where you are in your relationship with Jesus Christ?

- Exploring a relationship
- Beginning with Christ
- Growing in Christ
- Close to Christ
- Christ-centered