

Personal Spiritual Evaluation

Rate yourself for each question from 1 = never/don't... ...up to 5 = regularly/consistently

Spiritual Disciplines

- I begin and end my day in time with the Lord.
- I read Scripture and meditate on God's Word daily.
- I talk with God throughout my day.
- I journal my thoughts and insights.
- I see the fruit of the Spirit growing in my life.
- I am quick to acknowledge my sins and repent

Marriage and Family

- I date my spouse regularly.
- I prioritize quality time with my spouse and children.
- I invest in my family's spiritual growth.
- My family would agree that I balance my time and priorities well.
- I pray with and for my spouse, children and grandchildren.

My Biblical Community

- I attend church worship services.
- I am an active member of a small group or Bible study with accountability.
- Those around me would say that I am growing as a Christian leader.
- I enjoy healthy, transparent relationships with other believers.

Fitness and Nutrition

- I practice healthy disciplines of nutrition.
- I engage in an exercise routine.
- I am a healthy weight and feel physically good.
- I get health/physical/dental check-ups.

Fun and Recreation

- I make time to enjoy hobbies/recreational activities.
- My family and I do fun things and games together.
- Those close to me would say I let myself have fun.
- I have a rhythm of physical and recreational renewal.
- I laugh easily and enjoy good natured humor.

Discipling Others

- I have a few individuals whom I intentionally encourage in their faith.
- I help other believers mature in their faith.
- I pray for the salvation of particular others.
- I readily share the gospel with non-believers.
- I share what God is doing in me and saying to me.

Ministry Gifts and Skills

- I know some skills in which I would like to grow.
- I ask key people to speak to my spiritual growth.
- I pursue being mentored.
- I am reading/listening to books, articles, sermons, or podcasts to help me grow in my ministry gifts.

Times of Solitude

- I build margin into my day to care for my mind, soul and spirit.
- I keep a healthy Sabbath day of rest.
- My week includes short times of silence and solitude.
- My month includes 4 or more longer periods of reflection, silence and solitude.

Spiritual Formation

- I am confident in who God has made me.
- I quickly recognize Satan's traps and resist temptation.
- I am confident in my understanding of the three persons of the Trinity.
- I am confident in my understanding of who I am in Christ and what it means that Christ is in me.
- I am confident in my understanding of what God is calling me to do in the Body of Christ
- I am confident to share the gospel with whoever may ask.