

# Spiritual Health Assessment

Assessments are vital for things to function properly and achieve maximum benefits. While you may be quick to assess your physical health, you may be less likely to assess your spiritual health. Use these 30 questions to assess your spiritual health in order to give your ministry maximum benefit.

Trust God to guide you in your choices. The key to growth will be His work in you as you intentionally seek His kingdom first.

*Matthew 6:33* “But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.”

Assess the strength of your spiritual life by choosing one of the following responses for each item below.

**1 = Never      2 = Seldom      3 = Occasionally      4 = Frequently      5 = Always**

1. I practice a regular quiet time and look forward to that time with Christ.
2. When making choices, I look for Christ’s guidance first.
3. My relationship with Christ is motivated more by love than duty or fear.
4. I experience God’s presence during church worship and recognize changes needed in my life as a result.
5. When God makes me aware of His specific will in an area of my life, I follow His leading.
6. I submit to Christ’s lordship over my life.
7. My actions demonstrate a desire to build God’s kingdom rather than my own.
8. Peace and contentment characterize my life rather than worry and anxiety.
9. I trust Christ to help me through any problem or crisis I face in life.
10. I remain confident of God’s love and provision even during difficult times.
11. I regularly read and study my Bible.
12. I believe the Bible is a reliable resource on the subject of appropriate lifestyle.
13. I evaluate cultural ideas and lifestyles to see if they are consistent with the Bible.
14. When the Bible exposes an area of my life needing change, I respond to make things right.
15. My prayers focus on discovering God’s will more than expressing my own needs.

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16. I forgive others when their actions harm me.
17. I admit my errors in relationships and humbly seek forgiveness from the one I've hurt.
18. I allow other Christians to hold me accountable for spiritual growth.
19. I live in harmony with other members of my family.
20. I place the interest of others above my self-interest.
21. I share my faith in Christ with non-believers.
22. I regularly pray for non-believers I know.
23. I make my faith known to my neighbors and others I meet on a regular basis.
24. I intentionally maintain relationships with non-believers in order to share my testimony.
25. When confronted about my faith, I remain consistent and firm in my testimony.
26. My actions demonstrate a belief in and commitment to the Great Commission.
27. I understand my spiritual gifts and use them to serve others.
28. I serve others expecting nothing in return.
29. I sacrificially contribute my resources to help others in my church and community.
30. I expect God to use me every day in His kingdom work.

After responding to all 30 statements, do the following:

- Add your total score.
- Divide your total score by 30 to arrive at a composite score.
- Highlight all scores of 2 or less, and then plan a strategy to strengthen these weak areas of your spiritual life.

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LifeWay Christian Resources, Nashville, TN. Adapted from the content displayed on their website, [www.lifeway.com](http://www.lifeway.com).  
For more information on spiritual growth and maturity visit [www.accounseling.org/spiritualgrowth](http://www.accounseling.org/spiritualgrowth).