



Fit to Follow Assessment

Before starting this assessment, ask the Lord to fill you with his Holy Spirit and guide you through each of the questions. **Never** - means you on no occasion. **Seldom** - means rarely but sometimes. **Often** - means more often than not. **Consistently** - means happening or done repeatedly. Use the scale below to answer each question below

“Examine yourselves, to see whether you are in the faith. Test yourselves. Or do you not realize this about yourselves, that Jesus Christ is in you?—unless indeed you fail to meet the test!”
(ESV) 2 Corinthians 13:5

Never - 1 Seldom - 2 Often - 3 Consistently - 4

	CARDIO	Response
	CARDIO - refers to my heart, mind, and soul being connected to Christ.	
1	I have a daily time with Christ and enjoy it.	
2	I pray with Christ and find my guidance though these times.	
3	I enjoy a sense of God’s presence in my life and this gives me confidence.	
4	My relationship to Christ comes from a love for all that he is and has done on the cross.	
5	I read and explore the Word of God to help me know what God is asking of me in my life.	
6	In my life I have experienced God’s power working in me and helping to accomplish God’s purpose.	
7	My life is surrendered to Christ as my Savior and Lord.	
8	In my heart and mind, I am a person who seeks to follow and obey what Jesus teaches in his Word.	
9	Worship in my personal life happens throughout my day.	
10	I confess my sins to God and I am willing to forgive those who sin against me.	
11	I am the same person in public that I am in private.	
12	My desire is to grow in God’s grace and knowledge of Jesus Christ.	
13	Living in God’s presence is one of my deepest desires.	
14	I practice “abiding in Christ “ as best I can each day.	
15	When I pray or seek to be silent, I sense God’s nearness to me.	
16	I experience God answering my prayers.	
17	When I read God’s Word the Holy Spirit speaks and guides my soul.	
18	I have learned that prayer can change my attitudes towards the world.	

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	CORE	
	CORE - Learning to live by the teaching, principles and values of Christ.	
1	I practice being a person that is honest in my relationships.	
2	In my life I have learned to be patient in my relationships.	
3	Joy is something that I experience daily.	
4	Kindness is a behavior I seek to offer to people and animals.	
5	Peace is a quality of my mind and heart that God is helping me to experience.	
6	I practice I Corinthians 13 kind of love in my life.	
7	Gentleness is an attitude I seek to offer in my relationships.	
8	Humility is an important approach in my relationships.	
9	I am usually a person who has self-control.	
10	Living a godly life is a high priority in my life.	
11	I find my strength in Christ comes from being obedient to His teaching.	
12	I seek to reflect Christ's goodness in my life and relationships.	
13	I practice giving and sharing what I have with others.	
14	It is important to me to stay true to the teachings of Jesus when no one is watching but God.	
15	I choose to develop Godly character in my life by training in the Fruit of the Holy Spirit.	
16	I often think about how my inner life reflects the principles of Jesus found in the Gospels.	
17	I ask God's Spirit to explore my soul and test if there is any wicked way in me.	
	BODYBUILDING EXERCISES	
	BODYBUILDING EXERCISES - are those practices in my life that strength Christ Church and futures his Kingdom in our world.	
1	I use my time to serve Christ and others.	

2	I live as a person called to be a disciple-maker.	
3	I live with a sense of being involved in Christ's mission in my community.	
4	Being a part of the Body of Christ, I practice using my gifts to help the church grow stronger.	
5	I pray that God will lead me to share my faith with those who don't know Jesus.	
6	The local church is important to God's call upon my life as a Christ-follower.	
7	Being a part of a small group helps me to use my gifts and grow stronger.	
8	I am able to share my faith and help others find answers to their questions.	
9	I am willing to go anywhere in the world to serve Christ.	
10	I am dedicated to help God's people be all Christ desires.	
11	I live with a sense that all Christians are my brothers and sisters in Christ.	
12	When I hear the Church criticized, I am deeply saddened and believe I am called to make God's people stronger.	
13	I make it a priority to go to those who offend me, so that a resolution can be found and healing begins in my life and the Body of Christ	
14	I make it a habit to encourage my brothers and sisters in my church family.	
15	I am confident that my life has impact upon God's Kingdom growing stronger in my church and community.	
16	I live to serve, support, and encourage my brothers and sisters in Christ.	
17	I seek to have regular times of connecting to people in our church for support and accountability.	
18	I make it a priority to be in relationships for the purpose of making disciples for Jesus.	
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