



Spiritual Growth Tool

Introduction

Just as we watch plants, animals, and humans move through phases of developmental growth, we as Disciples experience phases in our spiritual growth toward Jesus. This is as natural a process as any that we see in creation, and because of this we don't place value judgments on what phase a Disciple is in. It is helpful, however, to have ways of identifying and describing these phases, especially so that Disciples can identify areas where they may need help growing.

The following assessment is meant to help Disciples and Disciple-Makers discover areas they may want to focus on in their discipling relationships. It is only one tool of many that may be used to aid your growth toward Jesus. Before you begin this assessment, you may wish to spend a few moments preparing your heart for honest reflection and openness to the Lord's invitation to journey further with him. Consider praying the following:

Loving Father, I center my focus on you as I enter into a space of attentiveness and contemplation. Holy Spirit, guide me as I reflect on my life with you. Grant me awareness of myself in order that I might discover your invitation to fuller awareness of you. And then, when I have heard your invitation, show me how to respond so that I might continue growing as I journey with you. May your will be done in me. In the name of your precious Son, Jesus, Amen.

Getting Started

Answer each of the following questions to the best of your ability. Remember, there are no right or wrong answers. This is simply a tool to help you visualize your spiritual growth.

Read each statement and enter a number in the Response column indicating how much you agree with the statement listed. If you are unsure of your answer, just enter your first impulse. It is usually your best attempt. If you are unsure of what the question means, answer it to the best of your ability and then *circle* the number you entered. Enter one of the following numeric options:

1 – I disagree entirely	2 – Not sure if I agree	3 – I agree somewhat	4 – I mostly agree	5 – I agree entirely
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Section 1: Biblical Foundations

1 – I disagree entirely	2 – Not sure if I agree	3 – I agree somewhat	4 – I mostly agree	5 – I agree entirely
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To what extent do you agree with the following statements as they apply to your personal spiritual development? Remember to circle your answer if you were not sure that you understood the question.

Statement		Response
1.	I believe that God is personal – that he loves me, he hears me when I pray, and he desires to have a relationship with me.	
2.	I believe that there is one God who exists eternally in three persons: Father, Son, and Holy Spirit.	
3.	I believe that I am accepted into the family of God because Jesus died and rose again for me.	
4.	I am confident that if I were to die today, I would spend eternity in God's presence.	
5.	I believe that you must know Jesus personally in order to experience eternal life.	
6.	I believe that God's Holy Spirit lives within me and leads me in my daily relationships with God and other people.	
7.	I believe that God has equipped me with spiritual gifts so that I can serve him by serving others.	
8.	I believe that the Bible is always true.	
9.	I can explain to someone else the Bible's major themes and ideas.	
10.	I can explain to someone else how the Bible developed over the centuries.	
11.	I can explain to someone else how the Church developed over the centuries.	
12.	I am confident that I could explain my faith if questioned by others.	
13.	I feel comfortable sharing my faith with others.	
14.	I can explain to someone else how biblical truth applies to contemporary cultural issues.	
15.	I can explain to someone else what the Bible says regarding money, possessions, and giving.	
Total of All Biblical Foundation Responses		

Section 2: Personal Spiritual Disciplines

1 – I disagree entirely	2 – Not sure if I agree	3 – I agree somewhat	4 – I mostly agree	5 – I agree entirely
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To what extent do you agree with the following statements as they apply to your personal spiritual development? Remember to circle your answer if you did not understand the question.

Statement		Response
1.	My consistent attendance at Sunday worship services demonstrates that meeting together with other believers is a high priority for me.	
2.	I have developed intentional spiritual rhythms that help me regularly connect with God (e.g. a Rule of Life).	
3.	I regularly practice spiritual disciplines (e.g. prayer, Bible reading, fasting, solitude).	
4.	I pray regularly for God's guidance in personal decisions and circumstances.	
5.	I am aware that God is with me throughout the day to assist me with personal decisions and circumstances.	
6.	I pray regularly for the needs of others.	
7.	In my prayer time, I have learned to listen to God as well as talk to Him.	
8.	In my prayer time, I am gradually experiencing a greater intimacy with God.	
9.	I have learned how to incorporate routine spiritual practices in order to take personal responsibility for my own spiritual development.	
10.	I read the Bible for either instruction or edification at least once a week.	
11.	I embrace the times when my Bible reading challenges me in some way.	
12.	When I read the Bible, I take time to listen to God's voice speak directly to me.	
13.	Reading the Bible helps me to experience greater intimacy with God.	
14.	I have tried one or more spiritual disciplines other than prayer and Bible reading.	
15.	I have one or more relationships in which we challenge each other to deepen our practice of spiritual disciplines.	
Total of All Personal Spiritual Disciplines Responses		

Section 3: Relationships

1 – I disagree entirely	2 – Not sure if I agree	3 – I agree somewhat	4 – I mostly agree	5 – I agree entirely
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To what extent do you agree with the following statements as they apply to your personal spiritual development? Remember to circle your answer if you did not understand the question.

Statement		Response
1.	I have relationships with one or more other believers who make important contributions to my spiritual growth.	
2.	I currently am being disciplined by someone.	
3.	I currently am disciplining someone.	
4.	There is at least one person in my life who holds me accountable to a consistent Christian lifestyle.	
5.	I am actively engaging someone who is in a different generation than me to be a part of my spiritual journey.	
6.	I look forward to engaging other people in my church community to be a part of my spiritual journey on a consistent basis.	
7.	I practice hospitality when we have visitors at our church.	
8.	My relationship with Jesus affects how I treat other people.	
9.	My relationship with Jesus helps me rightly handle my primary emotions (anger, anxiety, shame, etc.).	
10.	All of my closest friends encourage me to follow Jesus consistently.	
11.	I have at least one non-Christian family member or friend with whom I have shared my personal faith journey.	
12.	I have a sense of my relational calling (i.e. to marriage, to temporary singleness, or to permanent singleness).	
13.	I am faithfully living out my relational calling.	
14.	I know that my intimacy with Christ is closely connected to my being appropriately intimate with others.	
15.	On the whole, I find that my relationships with others get healthier the more I devote myself to a deeper relationship with God.	
Total of All Relationships Responses		

Section 4: Mission and Calling

1 – I disagree entirely	2 – Not sure if I agree	3 – I agree somewhat	4 – I mostly agree	5 – I agree entirely
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To what extent do you agree with the following statements as they apply to your personal spiritual development? Remember to circle your answer if you were not sure that you understood the question.

Statement		Response
1.	I have a clear sense from God about how he is calling me to serve him.	
2.	I regularly give some of my time to ministry inside and outside the church.	
3.	I am using my spiritual gifts in the ministry I do inside and outside the church.	
4.	I know that I have talents that God wants to use in his work in the world.	
5.	I am passionate about at least one spiritual or social issue to the point that I want to do something about it.	
6.	I recognize that I grow spiritually by serving God with others according to the Spirit's leading.	
7.	I feel well trained and equipped to do the ministry to which I have been called.	
8.	I gain genuine joy and satisfaction from serving God.	
9.	I have learned that God often calls me to stretch my comfort zone and serve in areas that I might not have imagined for myself.	
10.	I have a sense of where God wants me to be a missionary in my world.	
11.	I am regularly serving in a way that makes a difference in someone else's life.	
12.	I am currently working with a team of people that do ministry together.	
13.	I can see how my past experiences have prepared me to serve God more effectively in the present.	
14.	I am regularly serving in a way that interacts with people who are in a different generation than me.	
15.	One way that I serve God's kingdom is by consistently giving a portion of my income to extend his work.	
Total of All Mission and Calling Responses		

Response Summary

For a visual representation of your response to this assessment, complete the following steps:

Step 1: On the dotted line in each of the four sections of the circle, draw a dot corresponding to your total score for that section.

Step 2: For each section, draw matching dots on the solid lines to the immediate right and left of each dot you drew in Step 1.

Step 3: Connect the dots in each section with curved lines to form an arc.

Step 4: For each section, shade the area inside the arc using a pencil or marker to make a shape like a piece of pie.

The resulting chart will help you see your current growth in each of the four areas. A less full piece of pie may indicate more room for growth in that area. These results may help guide your discipleship journey.

Example: The Disciple's scores were as follows:

- Personal Spiritual Disciplines – 55
- Biblical Foundation – 40
- Mission and Calling – 60
- Relationships – 65

Their chart would look like the one below.

