

Spiritual Health Assessment

West Valley Missionary Church

Introduction: In order to help you assess your spiritual health we have supplied you with an assessment tool - a number of questions in a variety of categories – that can be used on a yearly basis.

- First of all, please be sure to fill out the information below (name, date).
- Next familiarize yourself with the scale provided.
- Go through the assessment and choose the response that BEST describes your present spiritual condition. Some questions may seem difficult to answer because they call for you to make a choice of the BEST possible answer. Do not get overwhelmed with the choice. Your honesty is a key to the effectiveness of this assessment. Try not to be too hard on yourself, but on the other hand respond to the statements with honesty. Your honesty will help make the assessment a valuable tool.
- Skip over a statement and then come back to it later if you need more time or thought.
- You might need to refer to the scale on several occasions.
- Before you go any further, take some time to pray. Ask the Holy Spirit to speak to you during this assessment time.
- Please turn a copy into the church office.

Name: _____
Date: _____
How long have you been attending this church? _____ <i>(please answer in years or months)</i>
How long have you been a Christian? _____ <i>(please answer in years or months)</i>

Here is a scale that is used throughout most of the assessment. (questions # 5 and following)

5	ALL	"Yes, this is true of my life all the time. I wholeheartedly agree with this statement"
4	MOST	"Yes this is true of my life most of the time. I agree, but have some reservations"
3	HALF	Yes and No. This is true half the time. The other times it is not a true representation in my life."
2	LESS	"Not really. Less than half the time it is true. Most of the time I do not believe it or live it."
1	NONE	"No. This is not true in my life at all. I do not agree with it."

5	ALL	"Yes, this is true of my life all the time."
4	MOST	"Yes this is true of my life most of the time"
3	HALF	Yes and No. This is true half the time. The other times it is not true."
2	LESS	"Not really. Less than half the time it is true. Most of the time it is not true."
1	NONE	"No. This is not true in my life at all."

"A disciplined person is someone that knows Jesus Christ as Savior and Lord."

		YES	NO			
1.	You confess Jesus as your Lord and Savior	<input type="checkbox"/>	<input type="checkbox"/>			
2.	You have been baptized	<input type="checkbox"/>	<input type="checkbox"/>			
3.	You know how to share the story of how God has saved you and transformed your life.	<input type="checkbox"/>	<input type="checkbox"/>			
4.	You are willing to share the story of how God has saved you and transformed your life.	<input type="checkbox"/>	<input type="checkbox"/>			
		5 ALL	4 MOST	3 HALF	2 LESS	1 NONE
5.	Your life reflects a transformed life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6.	You are convicted of sin and repent of your known sin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A.	Total Points (10 Possible points) – (add responses to 5 and 6)	Total Points:				

"A disciplined person is someone that shares the Gospel."

		5 ALL	4 MOST	3 HALF	2 LESS	1 NONE
7.	You have a desire to know the finer points of sharing your faith	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8.	You have a list of lost people that God has laid on your heart	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9.	You are preparing a intentional strategy for sharing your faith with pre-Christian friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10.	You share your faith with others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11.	You have a positive reputation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12.	You know scripture relating to sharing your faith	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13.	You are sensitive to the Holy Spirit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14.	You are excited about your faith in God	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15.	You are actively bringing people to church to hear the salvation message	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B.	Total Points (45 Possible points) – (add responses to 7 through 15)	Total Points:				

"A disciplined person is someone that worships God."

		5 ALL	4 MOST	3 HALF	2 LESS	1 NONE
16.	You want to passionately worship God	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17.	You have a proper understanding of worship	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18.	You value the role corporate worship plays in your life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19.	You participate in corporate worship services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20.	You value the role private worship plays in life in your life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21.	You set aside time for private worship	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22.	You encourage others to worship God	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23.	You protect the spiritual discipline of worship by speaking of it as a priority	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24.	You respect others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25.	You feel a part of the West Valley Missionary Church	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26.	You have an expectant attitude to see God work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C.	Total Points (55 Possible points) – (add responses to 16 through 26)	Total Points:				

5	ALL	"Yes, this is true of my life all the time."
4	MOST	"Yes this is true of my life most of the time"
3	HALF	Yes and No. This is true half the time. The other times it is not true."
2	LESS	"Not really. Less than half the time it is true. Most of the time it is not true."
1	NONE	"No. This is not true in my life at all."

"A disciplined person is someone that gives faithfully."

		5 ALL	4 MOST	3 HALF	2 LESS	1 NONE
27.	You are concerned with the needs of the body of Christ	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28.	You are committed to helping to meet those needs when you become aware.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29.	You tithe 10% of your income to further the Kingdom of God.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30.	You affirm the discipline of tithing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31.	You give of your resources to the ministries focused on building the Kingdom of God.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32.	You challenge other believers to faithfully give to the church.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33.	You have discovered your spiritual gift(s) to accomplish God's work God's way.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34.	You are using your spiritual gifts in the body of Christ.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35.	You have identified your personal style – personality profile or temperament.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
36.	You have assessed the passion God has placed on your heart to make a caring difference.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
37.	You are willing to be held accountable for the giving of your time, talent and treasures.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D.	Total Points (55 Possible points) – (add responses to 27 through 37)	Total Points:				

"A disciplined person is someone that loves believers and loves others."

		5 ALL	4 MOST	3 HALF	2 LESS	1 NONE
38.	You are not disrespectful to others with your words, thoughts and actions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
39.	You make it a priority to spend time with others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
40.	You help others with their struggles.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
41.	You pray for yourself and others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
42.	You are committed to living out the "one anothers" in scripture.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
43.	You are not constantly demanding your own rights.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
44.	You are not judgmental	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
45.	You are honest in dealing with yourself and others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
46.	You demonstrate interest in others by initiating discussions and visits with them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
47.	You confront others in with a living spirit.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
48.	You recognize that conflict needs to be dealt with in a healthy and biblical way.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
49.	You handle conflict in a healthy and biblical way.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
50.	You do not have any fractured, unattended relationships within our church body.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E.	Total Points (65 Possible points) – (add responses to 38 through 50)	Total Points:				

5	ALL	"Yes, this is true of my life all the time."
4	MOST	"Yes this is true of my life most of the time"
3	HALF	Yes and No. This is true half the time. The other times it is not true."
2	LESS	"Not really. Less than half the time it is true. Most of the time it is not true."
1	NONE	"No. This is not true in my life at all."

"A disciplined person is someone that continues to exhibit the fruit of spiritual growth."

		5 ALL	4 MOST	3 HALF	2 LESS	1 NONE
51.	You participate in educational opportunities in the church	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
52.	You are developing in your knowledge of scripture	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
53.	You share the things you learn from the Holy Spirit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
54.	You are dedicated to exhibiting character traits that reflect God	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
55.	You desires to share your spiritual growth by leading a small group or educational opportunity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
56.	You possess a teachable spirit no matter what your age.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
57.	You consistently display the fruit of the Spirit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
F.	Total Points (35 Possible points) – (add responses to 51 through 57)	Total Points:				

"A disciplined person is someone that obeys God as revealed in scripture."

		5 ALL	4 MOST	3 HALF	2 LESS	1 NONE
58.	You possess a passionate desire to know the Word of God	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
59.	You regularly shares with others the truths God has revealed to him/her	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
60.	You live a life in harmony with the scripture	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
61.	You share with others the life adjustments that have been made in your life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
62.	You are convicted of sin, repents and receives forgiveness when the Holy Spirit reveals it to you.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
63.	You model obedience to the word of God.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G.	Total Points (30 Possible points) – (add responses to 58 through 63)	Total Points:				

"A disciplined person is someone that makes disciples."

		5 ALL	4 MOST	3 HALF	2 LESS	1 NONE
64.	You are a growing, giving and serving Christian.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
65.	You understand the need to make disciples for Jesus Christ	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
66.	You have taken steps to invest your life in others in order to make disciples for Jesus Christ	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
67.	You can point to individuals that you have helped make a disciple.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
68.	You are intentional in using opportunities to make disciples.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H.	Total Points (25 Possible points) – (add responses to 63 through 68)	Total Points:				

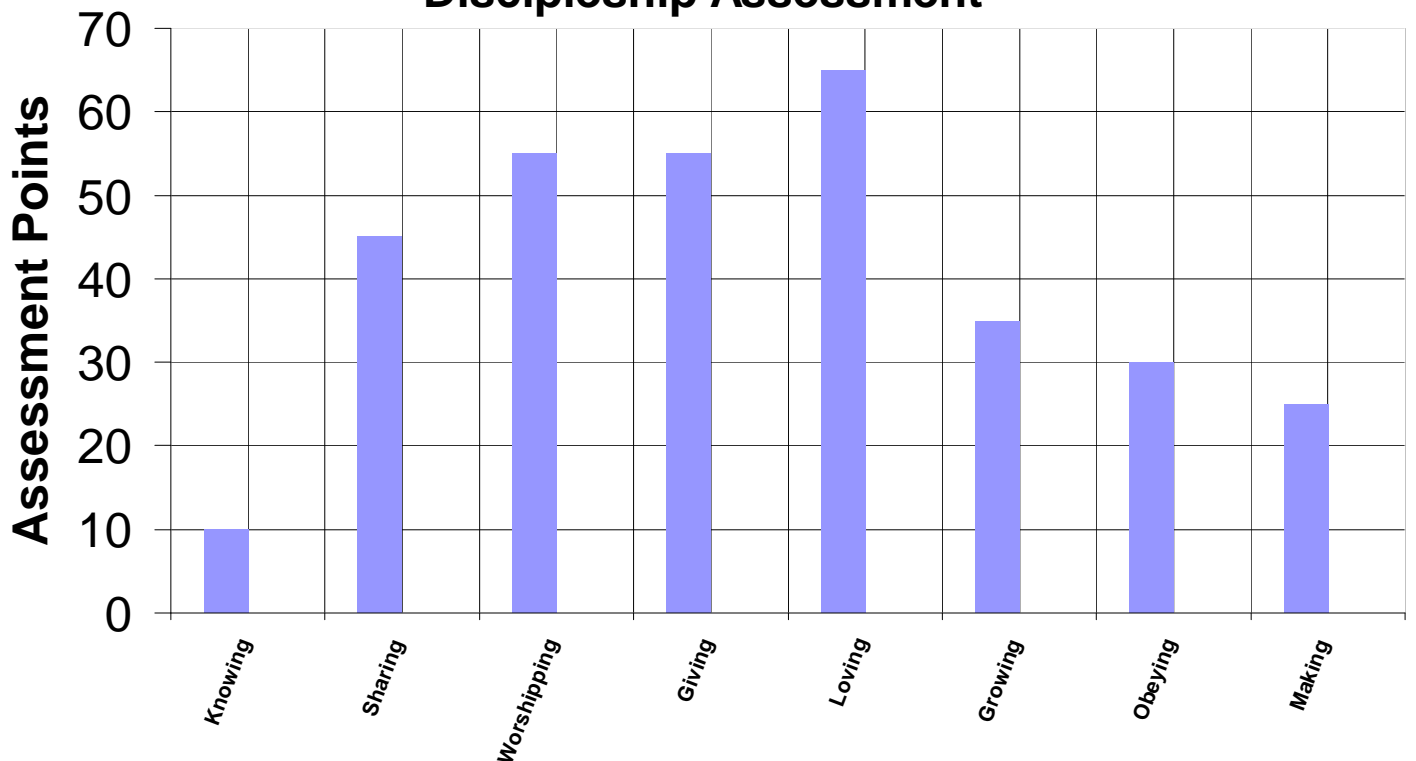
Chart Your Score

Transfer the total numbers from each the areas onto the chart below.

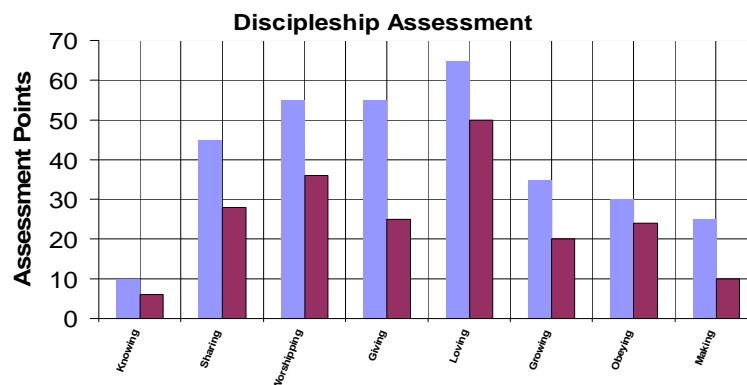
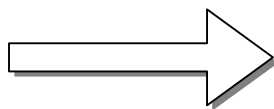
Knowing	Sharing	Worshipping	Giving	Loving	Growing	Obeying	Making
A	B	C	D	E	F	G	H

Once you have the numbers chart the numbers on the graph below. The shaded bar that is already graphed is the total possible points for that area. You can make your bar graph right next to the shaded one that is there in order to give a comparison.

Discipleship Assessment



See Example



Now that you are finished...

What happens next is very important. We have said all along that this is an assessment tool. I hope throughout the assessment that the Holy Spirit has been speaking to you. He probably has affirmed the areas in which you have shown obvious spiritual growth. It is important for you to celebrate those areas of spiritual growth. Also, He has probably convicted you of areas that need some work. (Don't feel alone, that is the way the Holy Spirit works in all of our lives, if we allow Him too!) That conviction is important. That is the way the Lord deals with areas that need attention. If the Holy Spirit has revealed some areas that need attention then let me give you some a possible option(s) about what to do next:

- **Share this assessment** with someone who can help you discern the findings. Ideally it would be good to share this with your pastor, deacon, small group leader or other trusted mentor.
- Together with your trusted person **make a spiritual plan** that will help you work and develop in the areas that need attention. What needs attention in your spiritual life? How will you address those areas that need attention? Devise a "prayer saturated" specific plan that you can follow to work on those areas that need attention.
- **Meet regularly** with your trusted person for "mini check ups" so that your progress can be monitored. Review your plan and share what God is doing. If your trusted person is doing his/her job then he/she will rejoice at the growth and gently prod you when needed.
- **Submit to accountability** this will help to improve your spiritual health. Don't let your pride get in the way. Remember, God is wanting to make you more like Him.
- **Trust the Lord** as He shapes and molds you into the disciple He wants you to become. Remember, trust in the LORD and not in your own abilities.
- **Question?** Feel free to call the church at the numbers below.



11107 Wide Hollow Road
Yakima, WA 98908
509-966-6322
Sunday school – 9:25 am
Sunday Worship – 10:30 am