

Spiritual Health Assessment AND Spiritual Health Planner

*Test yourselves to make sure
you are solid in the faith.*

*Don't drift along taking
everything for granted.*

Give yourselves regular checkups . . .

*Test it out. If you fail the test,
do something about it.*

2 Corinthians 13:5 (The Message)

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Friend Feedback Assessment Instructions

You have a rare privilege! You have been given this Friend Feedback Assessment by someone who trusts you. By asking you to fill it out on their behalf, they are telling you that your opinion matters to them. Most likely, you are a close friend, a spiritual partner, or a spouse who knows this person well, and they know you will respond honestly and prayerfully to this assessment.

Why are they taking the *Spiritual Health Assessment*? To maintain physical health, we need regular check-ups with a doctor who can assess our vital signs—blood pressure, temperature, weight, and so on. For our spiritual health, we need to regularly check and balance the five vital signs of a healthy Christian life:

Worship: You were planned for God's pleasure.

Fellowship: You were formed for God's family.

Discipleship: You were created to become like Christ.

Serving (Ministry): You were shaped for serving God.

Outreach (Evangelism): You were made for a mission.

Your friend has already completed a self-assessment of their spiritual health. But just as with our physical health, it can often be helpful to get a second opinion. That's where you come in. Your role is really quite simple and should only take a few minutes of your time . . . but it could have a lifelong impact on your friend. So here's what we are asking you to do.

Pray. Ask God to sharpen your mind and speak to your heart as you fill out the assessment.

Read each statement carefully, and respond to the best of your ability. If you can't answer a particular question because you don't know the person well enough, just give them a "3" for that question. You may want to mark those questions so your friend can identify them know when you return the assessment.

Return the assessment to your friend and offer to answer any questions they might have.

Keep in mind that the *Spiritual Health Assessment and Spiritual Health Planner* measure our health at a particular point in time. It is not a tool to see how we measure up against other people; nor is it a tool to see how close we are to perfection. We all know we'll never be perfect this side of heaven. Rather, this is a tool that will help your friend evaluate their spiritual health, and give them direction for developing a plan to bring God's five purposes for their life into balance.

Friend Feedback Assessment

Worship: You Were Planned for God's Pleasure

	Doesn't describe	Partially describes	Generally describes
It is apparent by the way this person lives his/her life that God is his/her highest priority	1	2 3 4	5
This person is dependent on God for every aspect of his/her life	1	2 3 4	5
There is nothing in this person's life that he/she has not surrendered to (kept back from) God	1	2 3 4	5
This person regularly meditates on God's Word and invites Him into his/her everyday activities	1	2 3 4	5
This person has a deep desire to spend time in God's presence	1	2 3 4	5
This person is the same person in public that he/she is in private	1	2 3 4	5
This person has an overwhelming sense of God's awesomeness even when he/she does not feel His presence	1	2 3 4	5

Worship Total _____

Fellowship: You Were Formed for God's Family

It is apparent that this person is genuinely open and honest about who he/she is, with others	1	2 3 4	5
This person regularly uses his/her time and resources to care for the needs of others	1	2 3 4	5
This person has a deep and meaningful connection with others in the church	1	2 3 4	5
This person has an easy time allowing someone that knows them, speak truth about them	1	2 3 4	5
This person gathers regularly with a group of Christians for fellowship and accountability	1	2 3 4	5
There is currently nothing in this person's relationships that is unresolved	1	2 3 4	5
There is nothing in the way this person talks or acts concerning others that they would not be willing to share with them in person	1	2 3 4	5

Fellowship Total _____

Discipleship: You Were Created to be Like Christ

This person is quick to confess anything in his/her character that does not look like Christ	1	2 3 4	5
A review of how this person uses their finances shows that he/she thinks more about God and others than he/she does about him/herself	1	2 3 4	5
This person allows God's Word to guide his/her thoughts and change his/her actions	1	2 3 4	5
This person is able to praise God during difficult times and see them as opportunities to grow	1	2 3 4	5
This person finds he/she is making better choices to do what is right when tempted to do wrong	1	2 3 4	5
This person has found that prayer has changed how he/she views and interacts with the world	1	2 3 4	5
This person is consistent in pursuing habits that are helping them model his/her life after Jesus	1	2 3 4	5

Discipleship Total _____

Ministry: You Were Shaped for Serving God

It is apparent that this person regularly uses his/her time to serve God	1	2 3 4	5
This person is currently serving God with the gifts and passions He has given them	1	2 3 4	5
This person regularly reflects on how his/her life can have an impact for the Kingdom of God	1	2 3 4	5
This person often thinks about ways to use his/her God-given gifts and abilities to please God	1	2 3 4	5
This person enjoys meeting the needs of others without expecting anything in return	1	2 3 4	5
Those closest to this person would say his/her life is a reflection of giving more than receiving	1	2 3 4	5
This person is able to see his/her painful experiences as opportunities to minister to others	1	2 3 4	5

Ministry Total _____

Evangelism: You Were Made for a Mission

It is apparent that this person feels personal responsibility to share his/her faith with those who don't know Jesus	1	2 3 4	5
This person looks for opportunities to build relationships with those who don't know Jesus	1	2 3 4	5
This person regularly prays for those who don't know Christ	1	2 3 4	5
This person is confident in their ability to share his/her faith	1	2 3 4	5
This person finds that their relationship with Jesus comes up frequently in his/her conversations with those who don't know Him	1	2 3 4	5
This person's heart is full of passion to share the good news of the gospel with those who have never heard it	1	2 3 4	5
This person is open to going anywhere God calls them, in whatever capacity, to share his/her faith	1	2 3 4	5

Evangelism Total _____

Transfer your scores to the Spiritual Health Plan on the inside back cover of this booklet.

Spiritual Health Plan for _____ (your name)

I will share my plan with _____ who will be my spiritual partner to help me balance the five Biblical purposes in my life.

PURPOSES	PRACTICES	PARTNERSHIP	PROGRESS
<i>What purposes are out of balance?</i>	<i>What do I need to do?</i>	<i>How will my spiritual partner help me in this purpose?</i>	<i>What progress have I made?</i>
Worship How I scored myself _____ How my friend scored me _____			
Fellowship How I scored myself _____ How my friend scored me _____			
Discipleship How I scored myself _____ How my friend scored me _____			
Ministry How I scored myself _____ How my friend scored me _____			
Evangelism How I scored myself _____ How my friend scored me _____			



This *Spiritual Health Assessment* and *Spiritual Health Planner* have been distributed with permission by Lakeside Church for the purpose of helping you grow and develop in your spiritual journey. If you have questions, please contact Janet Collins, Lakeside's Director of Spiritual Growth at jcollins@lakesidechurch.ca or 519-836-8141 ext 231.