

## Spiritual Health Assessment

We have developed this Spiritual Health Assessment tool to help you evaluate how you're doing in your spiritual practices.

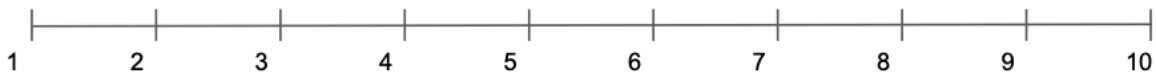
The aim of this assessment is to help you gain clarity on which practices are real strengths in your walk with God, and which you can focus on growing in. You can come back to this tool periodically (every 3-6 months) to evaluate your growth in each of these five practices.

We have chosen to focus on just the five practices we explored in the 'He Must Increase' Series, so this assessment is by no means extensive. That said, we trust you will find it helpful as you review how you're growing in both understanding and action as a disciple of Jesus.

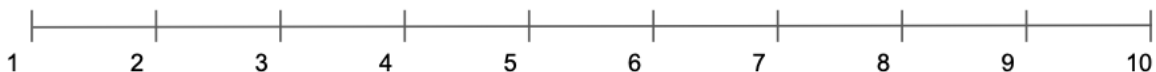
Circle your answers to the statements below on the scales provided, where 1 = not at all / never and 10 = completely / all the time.

### Fasting

I understand why we should fast as disciples of Jesus.



I have a regularly scheduled practice of fasting from food.



Through fasting, I am becoming less enslaved to my flesh, and more able to deny myself and my desires.



### Word

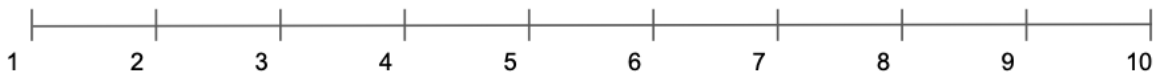
I understand how to read and apply scripture to my life.



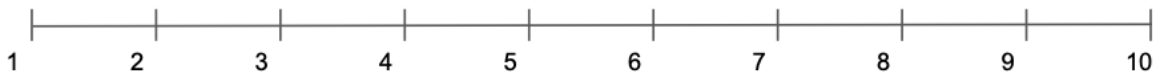
I have a regular and frequent practice of reading and applying Scripture.



When I read the Scriptures, I seek to obey them, submitting and changing accordingly.

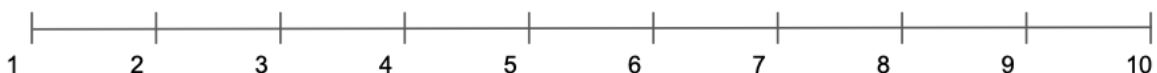


I am growing in my understanding of who God is, what He's like, and what He's doing in the world through the practice of reading Scripture.



## Solitude

I understand why it is important to spend time alone in solitude with God and away from distractions as a disciple of Jesus.



I have a regular and frequent practice of withdrawing from people and noise to be alone with God and my own soul in solitude.

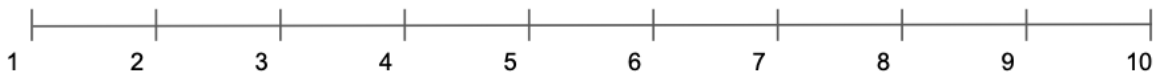


I am growing in my enjoyment of being alone in solitude with God.



### **Generosity**

I understand why I am called to be generous as a disciple of Jesus



I practice generosity by giving by giving sacrificially from my resources to the church and the poor.



I am living below my means so that I can be obedient to the Bible's commands around generosity.

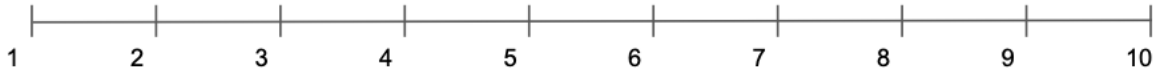


I am becoming less stingy and more generous with my time, talents, and resources.

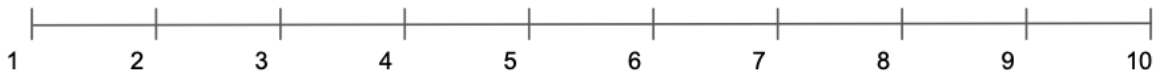


## Prayer

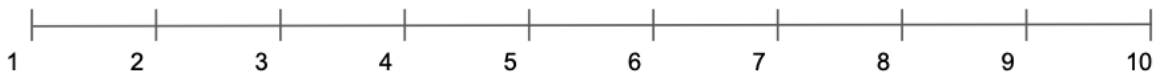
I understand the importance of prayer as a disciple of Jesus.



I have a regular and frequent practice of praying alone.



I have a regular and frequent practice of praying with others.



I am growing in my ability to hear God's voice and understand His will through prayer.



I am growing in my love for God and my dependence on Him through prayer.

