

LTC Spiritual Growth Assessment

Name: _____

Date: _____

Please evaluate yourself prayerfully. Read the statement, assess yourself according to the following scale, and give yourself a number in the response column based on what you are ***presently characterized by*** of behavior, attitude, or thought, *not* where you think you *ought* to be:

Not at all - 0
(0% of time)

Rarely - 1
(20% of time)

Occasionally - 2
(50% of time)

Frequently - 3
(80% of time)

Almost Always - 4
(98% of time)

Descriptive Statement Not at all - 0; Rarely - 1; Occasionally - 2; Frequently - 3; Almost Always - 4	Response
1. I would describe my faith as enjoying a personal relationship with God, not performing religious duties, rituals, or prayers to earn God's favor.	
2. I am disgusted with sin, have turned away from it, and am trying to please God.	
3. I do not trust in my good works but have entrusted myself to Christ and what He did on the cross as the basis of my salvation.	
4. I let the Bible, not my feelings or actions, bring me peace regarding my standing with God.	
5. I am regularly attending a church that teaches the Bible.	
6. I am unashamed of my faith in Christ. <i>(as evidenced by believer's baptism, regular witnessing, lifestyle, being ridiculed or even rejected by friends or family members, etc.)</i>	
7. I believe the Bible to be God's word.	
8. I believe Jesus is the Son of God, the second Person of the Trinity, and the only means by which a person can become at peace with God.	
9. I am telling others about my (new) life in Christ.	
10. I have accepted and am fulfilling the responsibilities of a church member.	
Total 1 =	
11. I am characterized by attending church weekly.	
12. I am connected with and regularly participate in a small group of fellow Christians for on-going bible study, support, and encouragement.	
13. I can clearly recognize the voice of God speaking to me through the Bible.	
14. I have a devotional time in the Bible and accompanied with prayer.	

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15. I respond to God immediately, completely, without complaining and without challenge when He speaks to me.	
16. My prayers include praise, thanksgiving, confession, and requests.	
17. I communicate my faith story to those outside the faith.	
18. I am controlled by the Holy Spirit throughout my day and obey His promptings.	
19. I recognize temptation when it comes and take the way of escape.	
20. I read God’s word daily and am treasuring it by memorizing and meditating on it.	
Total 2 =	
21. I understand the biblical mandate to give, and I consistently support the work of my church with at least a tithe.	
22. I am just as concerned to obey and do God’s word as to hear and study it.	
23. I understand and respond appropriately to the three spiritual enemies that seek to hinder my growth.	
24. I understand the purpose of adversity and suffering in the Christian life and embrace it.	
25. I can intelligently defend my faith to an atheist, agnostic, Buddhist, Jehovah’s Witness, or a Muslim.	
26. I can rationally explain why the Bible can be trusted to be God’s Word.	
27. I am concerned for the lostness of those around the world as well as for my neighbors.	
28. When offered, I participate in mission opportunities locally, nationally, or internationally.	
29. I support the work of missions, by praying for mission teams & missionaries and giving financially to them.	
30. I reach out to serve the poor, the weak, and the broken around me.	
Total 3 =	
31. I use my spiritual gifts in my ‘sweet spot’ of ministry and bear fruit and feel fulfilled doing so.	

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32. I am intentional about building relationships with outsiders, praying regularly for them.	
33. I exercise appropriate self-control and restraint over my words and tongue.	
34. I fast and pray regularly for burdens, breakthroughs, or people God puts on my heart.	
35. My faith is demonstrated in my relationships with my spouse, parents, kids, and other close relationships.	
36. I am willing to serve in an area of need from time to time even when out of my comfort zone.	
37. I limit my freedoms gladly so as not to cause other believers to stumble.	
38. I am no longer dependent on someone else to teach me the Bible; I can feed myself through a variety of different bible study methods and apply the Word appropriately.	
39. I invest in and disciple younger Christians.	
40. I think of and put others ahead of myself.	
Total 4 =	
41. I maintain healthy relationships with others and resolve conflict productively when it occurs.	
42. I am submissive to the authorities God has set over me in my family, church, community, etc.	
43. I put on the armor of God regularly to prepare for spiritual warfare.	
44. I worship and trust God in the midst of suffering and pain.	
45. I teach and model to others how to build bridges of friendship and share the gospel with outsiders.	
46. I am expanding my influence by training others to do what I do (my ministry).	
47. I can say 'No' when others ask me to serve long-term in an area for which I am not appropriately gifted or suited without feeling guilty.	
48. When people correct me, I don't retaliate; though it hurts, I listen for any wisdom to be gained and make adjustments.	
49. I'm strategic about who or what I invest in - whether it be time, money, or relationships.	
50. I judge my own success as a teacher or leader based on my students' success or failure.	
Total 5 =	

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51. I 'blossom' and encourage people, unleashing them to fulfill their potential, with my words.	
52. When I teach, it's not just for information, but for transformation.	
53. I am increasingly aware of how much I do not know.	
54. I read other books in addition to my Bible to nourish my faith.	
55. When I teach, I serve my students by packaging their content in a manner that makes it easy to remember.	
56. When I teach, I engage people to lead them where I want them to go in the lesson.	
57. My own personal difficulties have served to further cement my faith in Christ; I thank God for them.	
58. I spend extended time in prayer, interceding for the needs of others.	
59. I understand and have experienced the process of growing a new disciple much to be like parenting.	
60. I am depositing more and more of the Word of God into my life to meditate on and live out!	
Total 6 =	
total 1___ + total 2___ + total 3___ + total 4___ + total 5___ + total 6___ =	
Grand Total =	

NEXT STEPS: THE S.C.O.R.E. PROCESS

1. SELF ASSESSMENT. This assessment is designed to help Christians determine in which of four stages of spiritual development they *presently* are. The assessment is meant only to be an objective starting point to measure where you are now so that you can identify certain behaviors, attitudes, skills, or thoughts in which to begin growing. Below are listed four stages of spiritual development. Please do not get hung up on labels; use them as a guide to gauge your progress! The length of time beside each stage is a *rough approximation* of how long it could take to progress to adult maturity in Christ, provided an individual is consistently applying himself toward personal growth. Scoring for the four stages of development is as follows:

0-60	Infant	(6 weeks - 6 months)
61-120	Child	(7 months - 3 years)
121-170	Teen-ager	(3 years - 10 years)
171-240	Adult	(10 years +)

My present stage of spiritual development (*based on total score of _____*) is _____.

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2. **COMPREHEND YOUR SCORES TO SPECIFIC COMPONENTS.** Review your assessment with the *Assessment Key* to learn the spiritual component tied to each descriptive statement. This will help you match lower scores with a corresponding component so you can identify and begin to prioritize which areas of growth you need to work on first.
3. **OBJECTIVE OBSERVATION.** Have three (3) other friends who know you well spiritually to assess your growth as they observe you, using the *Spiritual Growth Observation Sheet*. This is meant to provide some objective feedback for you. Once you have received their results, take some time to compare theirs with yours. Asking yourself the following questions can provide much insight as to your next steps:
 - Where did their results agree with mine?
 - Where did their results disagree with mine? Did more than one person disagree with me on the same statement? If so, this may be a new area to address in the near future.
 - Where did they write “N/O” for “not observed?” Should these close friends be seeing more from me in these areas of my life? If so, this may be alerting me to new areas for growth as well.
4. **REFER TO GUIDE AND WRITE YOUR GROWTH PLAN.** Now that you have identified areas for growth from a more objective vantage point, refer to the *LTC Curriculum Guide*. It is a compilation/ bibliography of suggested studies, books, skills, and experiences, listed corresponding to the four stages of spiritual development. Use the guide to identify which curricula would be most helpful for your next steps. Write out a spiritual growth plan for the next year, using the *Annual Spiritual Growth Plan* worksheet.
5. **ENLIST ACCOUNTABILITY FOR HELP.** Share your growth plan with a trusted Christian leader in the church. A great person to share these observations with would be an adult small group leader, who will be able to connect you with someone who can disciple and journey with you in your next steps of spiritual growth. If you presently are not attending a small group, this would be a great next step as well!