

A spiritual health-check

Instructions

Each of the various spiritual disciplines has an opportunity to give yourself a score from 1 (I'm very weak in this area at the moment) to 5 (I'm very strong in this area at the moment).

There are a couple of example questions to help you give yourself a score in each area. These questions aren't meant to be definitive or cover every aspect of the discipline – they are merely there as pointers to what that discipline could look like in your life. Therefore, don't give yourself a score for each *question* – just give yourself a score for each *spiritual discipline*.

NB Given that we are not yet perfect, all of these areas will have room for growth. The aim of this health-check is to help identify those areas where there is greatest need for spiritual growth at the moment.

The Inward Disciplines

| | |
|-------------------------|--|
| Meditation score 1-5 | <p><i>My eyes stay open through the watches of the night, that I may meditate on your promises. (Psalm 119.149)</i></p> <p>Do you find yourself recalling relevant verses from the Bible whilst going about your day?</p> <p>Do you sometimes ponder on a single verse of Scripture and let it seep into your soul?</p> |
| Prayer score 1-5 | <p><i>Devote yourselves to prayer, being watchful and thankful. (Colossians 4.2)</i></p> <p>Do you have a regular dedicated time for prayer?</p> <p>Do you pray short prayers spontaneously throughout the day?</p> |
| Fasting score 1-5 | <p><i>Jesus said, "When you fast ..." (Matthew 6.16-17)</i></p> <p>Do you sometimes miss some meals so that you can draw close to God?</p> <p>Do you recognise when you're becoming addicted to certain past-times (eg social media, TV, shopping), and make a deliberate choice to cut down so those things don't become idols?</p> |
| Study score 1-5 | <p><i>They received the message with great eagerness and examined the Scriptures every day. (Acts 17.11)</i></p> <p>Do you make a point of searching out more about the Bible's message and meaning?</p> <p>Do you memorise verses of Scripture?</p> |
| Journaling score 1-5 | <p><i>Be sure to fear the Lord and serve him faithfully with all your heart; consider what great things he has done for you. (1 Samuel 12.24)</i></p> <p>Do you reflect upon your day and see what you can learn or amend for the next day?</p> <p>Do you sometimes write down your prayers so you can check back and see how God has answered them?</p> |
| Silence score 1-5 | <p><i>Let him sit alone in silence. (Lamentations 3.28)</i></p> <p>When praying, do you listen for God's voice as much as you speak to him?</p> <p>Do you sometimes have a retreat day when you can spend a longer period in silence?</p> |

The Outward Disciplines

| | |
|---------------------------------|---|
| <p>Simplicity score 1-5</p> | <p><i>I have learned the secret of being content in any and every situation, whether ... living in plenty or in want. (Philippians 4.12)</i> Do you resist buying new things when you realise you don't really need them? Do you get rid of old clothes each time you buy new ones?</p> |
| <p>Solitude score 1-5</p> | <p><i>But Jesus often withdrew to lonely places and prayed. (Luke 5.16)</i> Do you regularly spend time, free from interruptions, to enjoy God's presence? Do you sometimes go for a long walk by yourself to reflect on God's call on your life?</p> |
| <p>Submission score 1-5</p> | <p><i>In all your ways submit to him, and he will make your paths straight. (Proverbs 3.6)</i> Do you allow God's word (in the Bible) to guide your thoughts and change your actions? When making a big decision, do you carefully weigh up the prayerful advice of fellow-Christians?</p> |
| <p>Service score 1-5</p> | <p><i>There are different kinds of gifts, but the same Spirit distributes them. There are different kinds of service, but the same Lord. (1 Corinthians 12.4-5)</i> Do you serve others in mundane and unglamorous ways? Do you understand your spiritual gifts and seek opportunities to use them for the benefit of others?</p> |
| <p>Chastity score 1-5</p> | <p><i>Each man should have sexual relations with his own wife, and each woman with her own husband. (1 Corinthians 7.2)</i> Do you abstain from sexual activity (including pornography) outside of the marriage covenant, in order to honour God? Do you think carefully before watching films or reading books which are explicit in nature?</p> |
| <p>Sabbath score 1-5</p> | <p><i>Remember the Sabbath day by keeping it holy. (Exodus 20.8)</i> Do you rest from all work (including housework!) regularly? If offered extra shifts at work which might mean you're too tired to go to your cell group / missional community / a Sunday service – do you think carefully before accepting?</p> |

The Corporate Disciplines

| | |
|---------------------------------|--|
| <p>Confession score 1-5</p> | <p><i>Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy. (Proverbs 28.13)</i> Do you admit errors in relationships (at work, at home) and seek forgiveness from people you've hurt? When you realise that you've hurt God, are you quick to come before him honestly and receive his forgiveness?</p> |
|---------------------------------|--|

| | |
|--------------------------|--|
| Worship score 1-5 | <i>Offer your bodies as a living sacrifice, holy and pleasing to God – this is your true and proper worship. (Romans 12.1)</i> Do you find yourself spontaneously thanking God for who he is and what he's done for you? Do you consciously seek to honour God by how you act in your workplace? |
| Guidance score 1-5 | <i>You guide me with your counsel, and afterwards you will take me into glory. (Psalm 73.24)</i> When making decisions, do you seek God's guidance? When making decisions, are you more likely to follow the 'wisdom of the world' or 'go against the flow'? |
| Celebration score 1-5 | <i>... the month when their sorrow was turned into joy and their mourning into a day of celebration ... (Esther 9.22)</i> When you see God's faithfulness in answering a big prayer, do you celebrate? Do you allow yourself to 'let go' in worship in praise of who God is? |
| Fellowship score 1-5 | <i>They devoted themselves to the apostles' teaching and to fellowship ... (Acts 2.42)</i> Do you meet regularly with a smallish group of Christians for fellowship and accountability? Do you look for opportunities to encourage spiritual growth in others in the church? |
| Hospitality score 1-5 | <i>Offer hospitality to one another without grumbling. (1 Peter 4.9)</i> Do you look for ways to welcome others into your home, to build relationship? Do you make a point of chatting with people at church who seem quite different to you (by age, nationality, ethnicity, educational background etc)? |

Other questions

| Up – love God | score 1-5 |
|---|-----------|
| I remain confident of God's love and provision through difficult times | |
| My relationship with Christ is motivated more by love than duty or fear | |
| I pray regularly for my own spiritual growth | |
| My prayers focus on discovering God's will more than expressing my needs | |
| I exercise self-control in my life (food, alcohol, gambling, sex etc) | |
| I am taking care of my physical well-being (diet, exercise, rest, recreation) | |

| | |
|--|--|
| My use of media (social media, magazines, internet, films, TV, books etc) is honouring to Christ | |
| I am able to deal with anger in a Christ-like way | |
| I am aware of the factors restricting my spiritual growth right now | |
| I see difficult times as opportunities to grow | |

| | |
|---|------------------|
| In – love each other | <i>score 1-5</i> |
| I have someone / some people who are actively encouraging me in my spiritual growth | |
| I forgive others when their actions harm me | |
| I encourage people by pointing out their strengths rather than criticising their weaknesses | |
| I am genuinely open and honest about who I am | |
| I have a deep and meaningful connection with others in my church | |

| | |
|---|------------------|
| Out – reach the world | <i>score 1-5</i> |
| My speech honours Christ (truthfulness, purity, encouragement, no gossip etc) | |
| I evaluate cultural ideas and lifestyles by biblical standards | |
| I am confident in my ability to share my faith | |
| I regularly pray for those who don't know Christ | |
| I find that my relationship with Jesus comes up frequently in my conversations with those who don't know him. | |
| My friends and colleagues know that I'm a Christian | |
| A review of how I use my finances shows that I think more about God and others than I do about myself | |
| I regularly reflect on how my life can have an impact for the Kingdom of God | |
| I see my painful experiences as opportunities to minister to others | |