

Spiritual Growth and Development Survey

Directions: Please move through this test quickly. Do not give a great deal of thought to your answers but go with your immediate “gut” response.

Rate your response to each question using the following scale:

- 4 – strongly agree
- 3 – mostly agree
- 2 – agree “in theory” but behavior rarely reflects it
- 1 – mostly disagree
- 0 – strongly disagree

Score: Place your answers on the line next to the corresponding test question.

Add the totals of each column when complete. Identify the letters of the two columns with your two lowest scores. These are “weaker” areas. Focus on strengthening these scores.

A	C	D	E	F	I	
1. ____	2. ____	3. ____	4. ____	5. ____	6. ____	
7. ____	8. ____	9. ____	10. ____	11. ____	12. ____	
13. ____	14. ____	15. ____	16. ____	17. ____	18. ____	
19. ____	20. ____	21. ____	22. ____	23. ____	24. ____	
25. ____	26. ____	27. ____	28. ____	29. ____	30. ____	
31. ____	32. ____	33. ____	34. ____	35. ____	36. ____	
37. ____	38. ____	39. ____	40. ____	41. ____	42. ____	
____	____	____	____	____	____	Totals
A	C	D	E	F	I	

Test Questions

- ___ 1. I take time each day to reflect upon my inner thoughts and feelings.
- ___ 2. The most important aspect of my life is my relationship with God. This impacts how I live, where I spend my time, resources, etc.
- ___ 3. I have great trust in God's ability and intent to bring good from even difficult situations.
- ___ 4. I have several friends with whom I have close, intimate relationships built on loyalty and trust. These friends share an interest in my well-being and development.
- ___ 5. I have seen deliverance from areas of sin, struggle and addiction; and/or experienced healing from brokenness or grief during the past three months.
- ___ 6. I have a strong sense of God's love for me and rest secure in His acceptance.
- ___ 7. I make regular use of a journal or some other method to track my thoughts, feelings, experiences, dreams and dialogue with God.
- ___ 8. I read Scripture daily. I use a Bible study or journal to reflect upon what I am reading and how it applies to me.
- ___ 9. I can openly present my failures, struggles and short-comings to God recognizing He is willing to forgive and transform me (deliver, heal, equip, etc).
- ___ 10. I do not invest a great deal of time with people who tear me down, mock my core beliefs, or try to hold me in bondage through unhealthy patterns of relationship (manipulation, co-dependency, control, enabling).
- ___ 11. I have dealt with the wounds of my past and am free from their effect.
- ___ 12. I can quickly identify 10-15 characteristics that I like about myself.
- ___ 13. I am aware of what I am feeling at any given moment but do not react from emotions. I take time to present situations to God in order to be led by His Spirit.
- ___ 14. I set aside time each day to pray and focus my attention on God.

- ___ 15. I accept that I am unable to live the Christian life apart from abiding in relationship with Him.
- ___ 16. I listen to what others say (particularly my closest friends/advisors). I openly present their input to God for further revelation.
- ___ 17. I “take every thought captive” and chose to focus on the truth that is clearly revealed by His Word and His Spirit.
- ___ 18. I am confident I am a loved child of God. I do not have to perform or strive to earn this love. I freely receive it as God Himself has deemed me worthy.
- ___ 19. I am aware of areas of where I need further growth, healing, deliverance or equipping. God has personally revealed these areas to me.
- ___ 20. I am quick to obey God as He reveals actions He wants me to take. I do not require that I have complete understanding before I step out in faith and obedience.
- ___ 21. I live my life in complete surrender to the will of God, even if it costs me: time, money, relationships, reputation/status, comfort, convenience, etc.
- ___ 22. I can openly share failures, struggles and areas of weakness with my closest friends or spiritual leaders. I can also share how I sense God wants me to grow and know they will both encourage me and hold me accountable.
- ___ 23. I understand that I am a “new creation” fashioned in the image of Christ. The sins of my past are forgiven and forgotten.
- ___ 24. I feel secure in God’s unshakeable love for me. It is the source of my greatest joy.
- ___ 25. I am firmly in touch with what I believe about myself, God and others.
- ___ 26. I read books (in addition to the Bible) that spur my spiritual growth, emotional development, relational health and equip me in general life skills.
- ___ 27. I understand the role of the Holy Spirit in my life. I realize His involvement is non-negotiable if I am to have Christ formed in me. I am learning how to listen and cooperate with His leading.

- ___ 28. I can honestly say most of my relationships are life-giving, God-honoring, and healthy. I am encouraged and affirmed by those closest to me.
- ___ 29. I do not live in fear of the future.
- ___ 30. I am comfortable just being me no matter what my environment.
- ___ 31. I can recognize when I am “out of sorts” and know how to process stress, discomfort, negative emotions, and unbiblical beliefs.
- ___ 32. I have a desire to understand God’s heart for me and others. I regularly pursue Him through times of quietness, study, reflection, worship, fellowship, etc.
- ___ 33. I do not have to feel I am in control in order to have peace.
- ___ 34. I do not seek the company of those who focus on the negative, gossip, criticize, or seek the harm of others.
- ___ 35. I do not live shame, guilt or regret over the past.
- ___ 36. I am a valuable part of God’s creation. He has a unique plan for my life that unfolds as I pursue relationship with Him.
- ___ 37. I am aware of where my time and money are invested (or spent). I take care to use them in a way that reflect my deepest values.
- ___ 38. I am equipped and willing to “fight” battles (in my thinking, circumstances, relationships, etc). I am learning to stand strong in my faith.
- ___ 39. I continue to develop sensitivity to God’s presence in my life. I recognize His voice and His leading (both through His Word and His Spirit).
- ___ 40. I willingly seek input from others whom I deem more mature or skilled in areas where I need help.
- ___ 41. I am free from trying to win the approval and acceptance of other people, even those who are closest to me (such as spouse and children).
- ___ 42. I have confidence that I am God’s chosen treasure. He is always in passionate pursuit of intimate relationship with me.

Spiritual Growth Survey

Results

(A) Awareness: *Search me, O God, and know my heart; test me and know my anxious thoughts. (Ps. 139:23)*

This category reflects how conscious you are concerning your feelings, wants, needs and thoughts. It reveals whether or not you are in touch with your core beliefs. It shows how well you manage life according to your real values. Emotional health is also indicated by this category.

(C) Cooperation: *"Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling," (Phil. 2:12)*

In its simplest description cooperation refers to your response to God's invitation for relationship. Are you intentionally pursuing Him? Cooperation is revealed by the amount of time and effort you put into knowing God (seeking Him out). It also tells of your willingness to "be known" by Him, indicating your level of availability to the King.

(D) Dependency: *"...for it is God who works in you to will and to act according to his good purpose." (Phil. 2:13)*

Mature Christians recognize and accept their dependence upon God knowing it is He that forms Christ within them. This category is useful to reveal your level of trust that God can and will complete the work He began in you. One of the "hazards" of Christianity is the temptation to believe one is capable of living a fruitful, Christ-like life based upon human effort. Dependency merely models a humble heart that recognizes its never-ending need for Christ. This dependency forms the foundation of trust that is needed to live by faith.

(E) Environment: *See to it, brothers, that none of you has a sinful, unbelieving heart that turns away from the living God. But encourage one another daily, as long as it is called Today, so that none of you may be hardened by sin's deceitfulness. (Heb. 3:12-13)*

Your environment feeds into your beliefs and attitudes. What goes into us from those around us often produces some type of fruit - good or bad. If you are primarily in a negative, sinful or belittling environment, it is quite probable that doubt, shame, fear, and a hardened-heart will be produced. Likewise, a positive, "life-giving" environment brings forth faith, hope, love, purity, etc.

(F) Freedom: *Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death. (Roman 8: 1-2)*

Christ came to set the captives free. Yet many believers struggle to live victoriously in this freedom. Besetting sins, faulty beliefs, fears, doubts, and generational patterns of behavior need to be confronted and brought into alignment with God's truth. Christ did not come to "clean up" the flesh, but to crucify it so that His Spirit may live in us instead. It is in the revelation and response of THIS relational reality that freedom is experienced.

(I) Identity: *How great is the love the Father has lavished on us, that we should be called children of God! And that is what we are! (1 John 3:1)*

As Christians, we need to firmly settle the issue of our worth. It is only when you are rooted and establish in your identity that you will begin to fulfill your destiny. Do you live with the understanding that you are already "accepted in the beloved"?