

## Spiritual Assessment for your Journey to the ONE

The following assessment is intended for your personal use. It can also be used as a class or group to determine the direction of your next focus.

The following questions are designed to help you determine where you are on your spiritual journey so that you can decide where your next focus will be. On a scale of 0 to 5, 0 = 'does not apply to me', 2 or 3 = 'applies somewhat to me' and 5 = 'applies completely to me', prayerfully answer the following questions:

OPEN our minds to KNOW GOD	0	1	2	3	4	5
a. I understand the essential beliefs of Christianity and am able to explain them to non-Christian friends.						
b. I have a good knowledge of the bible, and I know how to gain the most understanding from my readings.						
c. I am able to answer questions about United Methodism beliefs to those who ask.						
d. I understand fundamental Christian ethics and I am able to rely on my Christian faith concerning moral and ethical issues.						
e. I have a good understanding of God's will for us and I know how to recognize his will for my life in particular.						

NURTURE our hearts to LOVE GOD	0	1	2	3	4	5
a. I am open to the transforming power of God in my life and I will respond to where ever God is leading me.						
b. I am able to put aside my own wishes and pride and submit to God's will.						
c. I practice the spiritual disciplines in my life in order to grow closer to Christ.						
d. I experience the 'fruits of the Spirit' (Galatians 5:22) in my life: love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control.						
e. I have friends with whom I share my faith and we grow together and challenge each other as we grow in faith and relationships.						

EXTEND our selves to SERVE GOD	0	1	2	3	4	5
a. I take the time needed out of the busyness of my life to develop my relationships with God and with others.						
b. I am aware of the spiritual gifts given to me by God and I am actively serving Christ by using these gifts.						
c. I return my blessings to God by giving to the church and to others, with tithing as my ultimate goal.						
d. I spend time serving others by helping to meet their most urgent needs and by showing what it means to be a disciple of Christ.						
e. I share my faith story with others in order to encourage them spiritually and lead them to Christ.						

Place your individual number for each question below, then add across to get the total:

Knowing: a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_ d. \_\_\_\_\_ e. \_\_\_\_\_ Total Open: \_\_\_\_\_  
 Loving: a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_ d. \_\_\_\_\_ e. \_\_\_\_\_ Total Nurture: \_\_\_\_\_  
 Serving: a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_ d. \_\_\_\_\_ e. \_\_\_\_\_ Total Extend: \_\_\_\_\_

Look at your totals above and think about where you would like your next focus to be. Then check with the Adult Education office for available studies and books that will meet your personal or group needs.