

SPIRITUAL FITNESS SELF-TEST

The following questions are designed to help you assess your spiritual strength in five different areas. The results will help you see what you need to do to beef up your faith.

	No	Sort of	Yes
1. I read the Bible daily.	0	1	2 3 4 5
2. I have studied carefully through different parts of the Bible.	0	1	2 3 4 5
3. I am learning to give Jesus first place in every area of my life.	0	1	2 3 4 5
4. I forgive others freely, just as God has forgiven me.	0	1	2 3 4 5
5. I am seeing God use me to make a difference in my world.	0	1	2 3 4 5
6. I know how to study in depth a book of the Bible.	0	1	2 3 4 5
7. I can explain to someone why Christ had to die for our sins.	0	1	2 3 4 5
8. I am pursuing God's purpose and will for my life.	0	1	2 3 4 5
9. I am increasingly developing the heart of a servant.	0	1	2 3 4 5
10. I am bold in my witness for Christ.	0	1	2 3 4 5
11. I pray throughout my day as an ongoing conversation with God.	0	1	2 3 4 5
12. I understand the person and work of the Holy Spirit.	0	1	2 3 4 5
13. I practice biblical stewardship of my time, talents and treasures.	0	1	2 3 4 5
14. I am learning to love others unconditionally and sacrificially.	0	1	2 3 4 5
15. I use my gifts, talents and resources to advance God's mission.	0	1	2 3 4 5
16. I have authentic, honest relationships with other Christians.	0	1	2 3 4 5
17. I can show someone from Scripture that Jesus is God.	0	1	2 3 4 5
18. I accept trials as coming from God to refine my faith.	0	1	2 3 4 5
19. I am experiencing more and more joy in my walk with God.	0	1	2 3 4 5
20. I am 'salt and light' in my sphere of influence.	0	1	2 3 4 5
21. I have memorized passages from the Bible.	0	1	2 3 4 5
22. I can explain biblically both the dignity and the fall of humanity.	0	1	2 3 4 5
23. I am learning contentment regardless of my circumstances.	0	1	2 3 4 5
24. I am able to trust God and rest even in difficult situations.	0	1	2 3 4 5
25. I freely speak with others about spiritual issues.	0	1	2 3 4 5
26. I know how to practice the presence of God throughout my day.	0	1	2 3 4 5
27. I grasp the meaning, purpose and mission of the local church.	0	1	2 3 4 5
28. I regularly apply God's Word to specific situations in my life.	0	1	2 3 4 5
29. I am growing in kindness and compassion toward others.	0	1	2 3 4 5
30. People around me know that I am a Christian.	0	1	2 3 4 5

	No	1	2	3	4	5	Yes
31. I regularly engage in extended times of prayer and planning.	0	1	2	3	4	5	
32. I understand the meaning of Baptism and Communion.	0	1	2	3	4	5	
33. I consult with wise, godly counselors when making big decisions.	0	1	2	3	4	5	
34. I am becoming more humble, less proud and self-sufficient.	0	1	2	3	4	5	
35. I have been used by God to bring others to Christ.	0	1	2	3	4	5	
36. I read Christian books that help me grow spiritually.	0	1	2	3	4	5	
37. I have a 'world-view' shaped by my understanding of Scripture.	0	1	2	3	4	5	
38. I often think to myself: "What would Jesus want me to do here?"	0	1	2	3	4	5	
39. I am becoming a more patient, less angry person.	0	1	2	3	4	5	
40. I have led a group people in a Bible study.	0	1	2	3	4	5	
41. I often pray, "Lord, empower me to live for You today."	0	1	2	3	4	5	
42. I have read a book on Christian apologetics (reasons for faith).	0	1	2	3	4	5	
43. I live my life in light of eternity's consequences and rewards.	0	1	2	3	4	5	
44. I seek to reconcile with people quickly, not holding grudges.	0	1	2	3	4	5	
45. I have been a spiritual mentor to someone else.	0	1	2	3	4	5	
46. I know how to confess my sins and appropriate God's cleansing.	0	1	2	3	4	5	
47. I can explain to another person how to become a Christian.	0	1	2	3	4	5	
48. God's heart for a lost world is shaping my own heart for people.	0	1	2	3	4	5	
49. I am growing in purity and holiness.	0	1	2	3	4	5	
50. God uses me lead other people in spiritual movements/projects	0	1	2	3	4	5	

SPIRITUAL FITNESS REPORT CARD

KNOWLEDGE: Grasp of Spiritual Truths (Add Questions 2,7 ,12,17,22,27,32,37,42,47)

0-----10-----20-----30-----40-----50

DISCIPLINE: Practice of Spiritual Habits (Add Questions 1,6,11,16,21,26,31,36,41,46)

0-----10-----20-----30-----40-----50

WISDOM: Application of Spiritual Principles to Life (Questions 3,8,13,18,23,28,33,38,43,48)

0-----10-----20-----30-----40-----50

FRUIT: The Spiritual Impact I make on my World (Questions 5,10,15,20,25,30,35,40,45,50)

0-----10-----20-----30-----40-----50

CHARACTER: Development of Christ-like Attributes (Questions 4,9,14,19,24,29,34,39,44,49)

0-----10-----20-----30-----40-----50