

SPIRITUAL SELF-ASSESSMENT AID

Introduction

- A sampling of self-assessment questions
 - Mainly focusing on sins of omission & growth areas for Christians
- To help a person assess portions of their spiritual health to identify areas of improvement

Instructions

- Listen to the accompanying sermon
- Find some quiet, private time for prayer and self-reflection
 - Recognize doing self-assessment and/or being confronted with negative results can be somewhat painful, but necessary for improvement and growth
- Read each question
 - Some questions oriented toward people in particular relationships – ignore if not applicable
- Select one of the four possible answers
 - Arranged in a spectrum from left to right

AREA AND QUESTIONS	DANGER	POOR	BETTER	BEST
Attendance See “A” for “Attendance”, “W” for “Worship”				
Do I look forward to attending worship service?	Rarely	Sometimes	Often	Always
Do I consider God when selecting what to wear?	Rarely	Sometimes	Often	Always
Do I attend worship service more than once per week?	Rarely	Sometimes	Often	Always
Do I attend Bible study class Sunday mornings?	Rarely	Sometimes	Often	Always
Do I attend Bible study class Wednesday night?	Rarely	Sometimes	Often	Always
Do I arrive on time?	Rarely	Sometimes	Often	Always
Do I greet visitors?	Rarely	Sometimes	Often	Always
Do I consider how to avoid distracting others during worship?	Rarely	Sometimes	Often	Always
Worship – Announcements				
Do I take note about those absent?	Rarely	Sometimes	Often	Always
Do I pray about those absent?	Rarely	Sometimes	Often	Always
Do I contact those absent?	Rarely	Sometimes	Often	Always
Worship – Singing See “M” for “Music”				
Do I pay attention to the words in the songs?	Rarely	Sometimes	Often	Always
How often am I emotionally moved by the singing?	Rarely	Sometimes	Often	Always
Worship – Prayer See “P” for “Prayer”				
Do I pay attention to the words in the prayers?	Rarely	Sometimes	Often	Always
How often am I emotionally moved by the prayers?	Rarely	Sometimes	Often	Always
Worship – Lord’s Supper See “L” for “Lord’s Supper”				
Do I pay attention to the words before the LS?	Rarely	Sometimes	Often	Always
Do I stay focused on Christ’s sacrifice during the LS?	Rarely	Sometimes	Often	Always
How often am I emotionally moved by the LS?	Rarely	Sometimes	Often	Always
Worship – Contribution See “G” for “Giving”				
Do I consider my physical blessings before services?	Rarely	Sometimes	Often	Always
Do I pay attention to the words before giving?	Rarely	Sometimes	Often	Always
How often am I emotionally moved by the giving?	Rarely	Sometimes	Often	Always
Does my giving impact what I can spend in other areas?	Rarely	Sometimes	Often	Always
Worship – Preaching				
Do I pay attention to what is being said?	Rarely	Sometimes	Often	Always

AREA AND QUESTIONS	DANGER	POOR	BETTER	BEST
Do I make mental or physical notes?	Rarely	Sometimes	Often	Always
Do I try to make personal application of the sermon?	Rarely	Sometimes	Often	Always
How often am I feel encouraged by the sermon to do what's right?	Rarely	Sometimes	Often	Always
After Worship				
Do I stay after services to get to know people better?	Rarely	Sometimes	Often	Always
Do I say something encouraging to other Christians?	Rarely	Sometimes	Often	Always
Do I socialize with fellow Christians during the week?	Rarely	Sometimes	Often	Always
Do I help fellow Christians when the need arises?	Rarely	Sometimes	Often	Always
Do I discuss spiritual matters with fellow Christians outside of worship services?	Rarely	Sometimes	Often	Always
Do I humbly approach other Christians if they are doing something questionable or inappropriate?	Rarely	Sometimes	Often	Always
Do I volunteer when something needs to be done around the building?	Rarely	Sometimes	Often	Always
Personal Bible Study See "B" for "Bible Study"				
Do I study my lesson for Bible class?	Rarely	Sometimes	Often	Always
Do I read the Bible on a weekly basis?	Rarely	Sometimes	Often	Always
Do I read the Bible on a daily basis?	Rarely	Sometimes	Often	Always
Do I study the Bible on a weekly basis?	Rarely	Sometimes	Often	Always
Do I study the Bible on a daily basis?	Rarely	Sometimes	Often	Always
Personal Prayer See "P" for "Prayer"				
Do I pray daily?	Rarely	Sometimes	Often	Always
Do I pray daily aside from giving thanks at meal times?	Rarely	Sometimes	Often	Always
How often do my prayers mention specific people & situations?	Rarely	Sometimes	Often	Always
How often am I emotionally moved during my praying?	Rarely	Sometimes	Often	Always
Daily Living See "C" for "Christian Living"				
During the week, how often am I thankful for God's blessings?	Rarely	Sometimes	Often	Always
Do I select entertainment with God in mind?	Rarely	Sometimes	Often	Always
Do I select friends with God in mind?	Rarely	Sometimes	Often	Always
Do I select my clothes with God in mind?	Rarely	Sometimes	Often	Always
Do I select my words with God in mind?	Rarely	Sometimes	Often	Always
Do I drive with God in mind?	Rarely	Sometimes	Often	Always
Do I look for opportunities to serve others?	Rarely	Sometimes	Often	Always
Do I apply scripture to a difficult situation I'm facing?	Rarely	Sometimes	Often	Always
Marital Relationships (For Spouses) See "M" for "Marriage", "F" for "Family"				
Do I show respect to my spouse?	Rarely	Sometimes	Often	Always
Do I put my spouse's needs ahead of my own?	Rarely	Sometimes	Often	Always
Family Relationships (For Parents) See "F" for "Family"				
Do I encourage my children to do their Bible lessons and/or check their work?	Rarely	Sometimes	Often	Always
Do I study the Bible with my children on a weekly basis?	Rarely	Sometimes	Often	Always
Do I talk about spiritual matters with my children on a daily basis?	Rarely	Sometimes	Often	Always
Do I expect my children to know as much or more about spiritual matters than academics?	Rarely	Sometimes	Often	Always
Do I encourage my children to memorize Bible verses for handy application to situations they will face?	Rarely	Sometimes	Often	Always

AREA AND QUESTIONS	DANGER	POOR	BETTER	BEST
Do I emphasize spiritual matters over worldly pursuits with my children (homework, sports, college/career)?	Rarely	Sometimes	Often	Always
Do I encourage my younger children to pay attention during services, take notes	Rarely	Sometimes	Often	Always
For grandparents, do I do the above with my grandchildren?	Rarely	Sometimes	Often	Always
Family Relationships (For Christian Children at Home) See "F" for "Family"				
Do I always try to show respect to my parents?	Rarely	Sometimes	Often	Always
Do I emphasize doing my Bible lessons more than my school lessons?	Rarely	Sometimes	Often	Always
Do I emphasize doing spiritual matters more than sports?	Rarely	Sometimes	Often	Always
School and Work Relationships See "W" for "Work, Secular"				
Do I do my work diligently with God in mind?	Rarely	Sometimes	Often	Always
Do I show respect to those in authority around me?	Rarely	Sometimes	Often	Always
Do I apply scripture to a difficult situation I'm facing?	Rarely	Sometimes	Often	Always
Civil Relationships See "C" for "Civil Government"				
Do I always try to obey civil laws?	Rarely	Sometimes	Often	Always
Do I show respect to those in authority around me?	Rarely	Sometimes	Often	Always
Do I seek an opportunity to exercise my civil rights with God in mind (influencing public policy, voting)?	Rarely	Sometimes	Often	Always
Personal Evangelism See "P" for "Personal Evangelism"				
Do I casually mention spiritual matters to non-Christians?	Rarely	Sometimes	Often	Always
Do I invite others to visit our website?	Rarely	Sometimes	Often	Always
Do I suggest scripture to a non-Christian facing a difficult situation?	Rarely	Sometimes	Often	Always
Do I offer spiritual material to others (via email, social media, tracts)?	Rarely	Sometimes	Often	Always
Do I invite others to worship services?	Rarely	Sometimes	Often	Always
Do I invite others to a Bible study?	Rarely	Sometimes	Often	Always
If I use social media, Do I use it to encourage others with spiritual matters?	Rarely	Sometimes	Often	Always
Growth See "G" for "Growth"				
Do I think about spiritual areas where I need to grow?	Rarely	Sometimes	Often	Always
Do I make specific plans to address such areas?	Rarely	Sometimes	Often	Always
Do I successfully execute such plans?	Rarely	Sometimes	Often	Always
What questions were not asked above that should have been? Use the space below to write and answer them.	Rarely	Sometimes	Often	Always

Once you've answered the questions above

- Look at the questions with an answer in the left-most column (labelled "Danger")
 - These suggest sins of omission – things you need to be doing as a faithful Christian as abilities & opportunities permit.

- Look at the questions with answers in the second column (labelled “Poor”)
 - These suggest areas of greatest potential for growth & improvement
- For areas that need attention
 - Pick the more important one or two
 - Study the associated references
 - Write down specific actions to be taken over the next 30 days
 - Get started and log your progress
 - When done, reflect and repeat the process

Warnings! Do Not ...

- Take this assessment if you are not a Christian
 - Other, more important self-examination questions related to being saved
- View this as a complete set of assessment questions
 - Only a starting point
- View having many marks to the right as a guarantee of heaven or of being “good enough”
- Think that marks to the right in some areas offset marks in the left-most column
 - Good deeds don’t wipe out sins of omission
- Compare marks with others
 - Remember 2 Cor. 10:12

Reminders

- Meant to be a practical aid
 - To help you identify areas of improvement
- Limitations
 - Not inspired or perfect, but based on God’s Word
 - For Christians only - does not assess how to become saved
 - Does not focus on “sins of commission” –things faithful Christians should be avoiding
- Watch your attitude closely
 - “... ‘We are unworthy slaves; we have done only that which we ought to have done.’” (Luke 17:10)
- Keep in mind the “Gold” standard
 - “‘And you shall love the Lord your God with all your heart, ... soul... mind... strength.’” (Mark 12:30-31)