



Spiritual Health Inventory

As we begin a new group cycle, it's a great time for a "check-up" of where you're at spiritually. In what ways are you growing and maturing in Christ? What are some areas you would like to intentionally seek to improve? Record your answers here, and we'll return to these questions every few months to see how we're growing together!

Important: *The purpose is not to promote guilt, but instead to invite the Holy Spirit to convict and encourage us, in the safety of our group relationships, to become more like Jesus!*



Spiritual Disciplines & Habits

These are habits we intentionally build into the rhythm of our lives to grow deeper and stronger in our relationship with God. How would you evaluate your patterns in these areas on a scale of 1-5?

(5 = I'm regularly practicing this and seeing fruit - 1 = I'm not practicing this at all)

- Consistent reading of Scripture - _____
- Focused time in prayer - _____
- Regularly meeting with believers to worship together and hear the Word preached - _____
- Time in fellowship with other believers - _____
- Personal times of worship and/or learning (*Christian music, podcasts, etc.*) - _____
- Praying for unbelievers and for evangelism opportunities - _____
- Sharing the Gospel with unbelievers - _____
- Time serving my church and community - _____
- Generously giving my finances for advancing the Kingdom - _____
- I feel like I have a good understanding of the Scriptures, beliefs, and practices of the Christian life - _____
- Other specific areas you would like to grow in (i.e. journaling, fasting, etc.) - _____

Holy Living & Healthy Relationships

Along with loving God, we also want to love the people God brings into our lives. How would you evaluate yourself in these areas on a scale of 1-5?

(5 = This comes naturally for me - 1 = I'd really like to improve in this area!)

- My relationship with my parents is in order. - _____
- My dating/marriage relationship honors God. - _____
- I regularly nurture my relationship with my spouse. - _____
- My relationships with my children are life-giving and healthy. - _____
- My relationships with other believers are healthy, without bitterness or anger. - _____
- I am able to love the image of God in other people, even those I disagree with - _____
- My relationships at work/school make it evident that I am a follower of Jesus. - _____
- I can let go of anxiety or discouragement, trusting God for the outcome - _____
- I usually experience the joy of the Lord, even in difficult circumstances - _____
- I am aware of God's presence in my life most of the time - _____
- I feel that my habits and choices honor God and reflect His Lordship in my life. - _____

- Add up your total score for the Spiritual Disciplines section - _____
- Add up your total score for the Living & Relationship s section - _____
- When you take the inventory again, you'll add up your scores again to evaluate how God is working in your life!

If you feel comfortable, share with your group the areas you most want to grow in!