



SPIRITUAL GROWTH BOOKLET

Helping Grace Church Grow in Christ



Spiritual Growth Assessment Process

Your spiritual journey as a follower of Christ began the moment you admitted personal sin and placed your trust in Christ as Savior and Lord. From that point, until death or the return of Christ, your life's call is to grow in Christlikeness. Jesus summarizes the disciple's call in Mark 8:34, "If anyone wants to be My follower, he must deny himself, take up his cross, and follow Me" (CSB).

Accomplishing such a challenging assignment requires growing in your understanding of what it means to be a Christian, expanding your personal knowledge of biblical truth, and applying daily what you learn. Through the presence of His indwelling Spirit, God enables you to know, love, obey, and serve Him. We want to help equip you for this, but the work is up to you.

God expects His children to grow spiritually and His Word encourages personal examination as an element of growth.

- "Let us search out and examine our ways..." *Lamentations 3:40*
- "Now, the Lord of Hosts says this: 'Think carefully about your ways.'" *Haggai 1:5*
- "Search me, God, and know my heart; test me and know my concerns. See if there is any offensive way in me; lead me in the everlasting way." *Psalms 139:23-24*
- "But each person should examine his own work, and then he will have a reason for boasting in himself alone, and not in respect to someone else." *Galatians 6:4*
- "Pay careful attention, then, to how you walk—not as unwise people, but as wise." *Ephesians 5:15*

This assessment process can help you complete an examination and careful search of your spiritual growth. Follow these simple steps to complete the process:

1. Complete the Spiritual Growth Assessment. The assessment helps you think carefully about your spiritual development related to Grace's four specific spiritual areas; Worship – Learn – Love – Witness. Before completing your responses, ask the Lord to guide your evaluation. Since most of these statements require a subjective response, His guidance is key to an accurate appraisal. Also, resist the urge to compare scores with others. Trust God to help you grow spiritually by revealing heart issues and empowering you to take action.

2. Begin working on a personal growth plan. Use the "Recommended Actions for Spiritual Growth Guide" to discover suggestions for actions to include in your plan. As you discuss your plan with an accountability partner, you may discover additional actions that more effectively meet your needs. As you complete this assessment process, the temptation might be to think **your efforts** are central to growing spiritually. **Remember, becoming like Christ centers on His work in us and not our work for Him. God desires heart change over religious actions.**

Without question, God does the revealing, the renewing, the empowering, and the recreating. Your part as His disciple is to do the yielding, the submitting, and the obeying.

Spiritual Growth Assessment

As you complete the assessment, avoid rushing. Listen for God’s voice to encourage and challenge you. Consider this experience as one-on-one time with Him. Be intentional in your growth towards Christlikeness. Use the scale below to respond to each statement.

Never - 1 | Seldom - 2 | Occasionally - 3 | Frequent - 4 | Always - 5

SPIRITUAL DISCIPLINES	RESPONSE
WORSHIP: <i>(Abide in Christ, Prayer, Church)</i>	
1. I value and practice regular quiet time (Word and prayer) with Jesus	
2. My prayers focus on discovering God’s will, more than my own desires	
3. My relationship with Jesus is motivated by love more than duty	
4. I feel like my knowledge of God is continually increasing	
5. I experience peace and contentment more than worry or anxiety	
6. I remain confident in God’s love and provision during difficult times	
7. I can wait peacefully for God’s timing after I pray	
8. I spend time preparing my heart and mind before Sunday services	
9. I am comfortable surrendering all aspects of my life to Jesus	
10. I practice being aware of God and His Spirit throughout my day	
Worship Total:	
LEARN: <i>(Living in the Word, Listening to Sermons, Bible Studies)</i>	
1. I regularly study my Bible beyond simple reading	
2. I believe the Bible is God’s Word and gives authoritative instruction	
3. I screen cultural ideas through Biblical standards and truth	
4. I replace problematic thoughts with God’s truth	
5. I listen to sermons outside of Sunday Morning Services	
6. I feel like my life is conforming more and more to what I see in Scripture	
7. I surrender to the Biblical truth when it goes against my own thoughts	
8. I feel comfortable answering questions about the Bible	
9. When making decisions, I pray and look to God’s Word for wisdom	
10. I invite the Holy Spirit to help me understand what I read in the Bible	
Learn Total:	
LOVE: <i>(Fellowship, Using Gifts to Serve Others)</i>	
1. I forgive others easily when they say or do something that hurts me	
2. I can easily admit my errors and ask for forgiveness	
3. I like accountability in my walk with Jesus	
4. I feel like I have a calling and spiritual gifts from God	
5. I use my gifts to serve others inside and outside of church	
6. I encourage others more than I criticize others	
7. I am willing to gently confront another believer when they openly sin	
8. I see more and more of the “Fruit of the Spirit” in my life (Galatians 5)	
9. How I spend my time reflects my love for God and others	
10. I am eager to say hello to people at church whom I don’t know very well	
Love Total:	

WITNESS: <i>(Sharing Faith, Testimony, Missions)</i>	
1. I ask God for opportunities to share my faith with others	
2. I feel my life accurately reflects what I say I believe	
3. I have crafted a testimony of God's work in my life that is easy to share	
4. I am willing to invest time with people I share my faith with	
5. I support at least one mission effort with time, prayer, and/or money	
6. I am willing to share biblical truth with others	
7. I regularly pray for those people who do not yet know Jesus	
8. I have invited someone to come to Church with me	
9. I use my social media platform to share God's love and words	
10. I desire to help others come to know Christ	
Witness Total:	

At this point the actual scores are not that important. The point of this exercise is simply to get a baseline idea of where you are at in your spiritual walk. It may be helpful to have someone who spends a lot of time with you (spouse, close friend, etc) to go over this with you, to see if they are seeing things similarly to you. We encourage you to complete this assessment every 6 months to a year. The goal is to see consistent movement toward higher scores.

We also encourage you to be part of small group or at least have a partner with whom you can share each other's progress and challenges. Ideally, we would love for people to share with the church, how God is using this process for you. You can even send us a "testimony" anonymously if you wish. We can then share these stories, in writing via the newsletter, or even on a Sunday morning. The more we share our stories of how God is working, what our challenges are etc., the closer we get, and the more we can relate to one another and pray for each other.

1. Which area scored highest? At this point in your spiritual journey, you see these as the strongest elements of your spiritual growth. List below one benefit these strengths bring to:

- a. You personally: _____
- b. Your family: _____
- c. Your church: _____
- d. Your community: _____

2. Which area scored lowest? At this point in your spiritual journey you see these as the elements needing growth. List below one reward growth in these disciplines would bring to:

- a. You personally: _____
- b. Your family: _____
- c. Your church: _____
- d. Your community: _____

At the end of this document, we have given some suggestions for growing in each area of the assessment. We encourage you to take some time to make a concrete plan like the one below, for growth in the identified areas where you would like to see improvement.

1. Decide on actions for spiritual growth.

- On the blanks following numbers 1, 2, 3, 4 on the following “Spiritual Growth Plan” write in the seasons of the year beginning with the coming season. For Example: You completed the assessment in November. Number 1 would be “Winter.”
- Looking at areas where you would like to grow, what is the next step for your growth in that area?

2. Enlist an accountability partner who will agree to the following:

- Pray for my progress and perseverance in my plan.
- Check in with me occasionally to discuss my progress and challenges
- Gently challenge me to stay committed to my plan or suggest alternative strategies for success

Annual Spiritual Growth Plan

1. _____ During these months I will

a. Improve my understanding of God’s standard for the following discipline through individual and/or group study.

Discipline _____

Name of study _____

b. Set an action goal. Use the Recommended Actions Guide (below) for suggestions.

2. _____ During these months I will

a. Improve my understanding of God’s standard for the following discipline through individual and/or group study.

Discipline _____

Name of study _____

b. Set an action goal. Use the Recommended Actions Guide (below) for suggestions.

3. _____ During these months I will
- a. Improve my understanding of God's standard for the following discipline through individual and/or group study.

Discipline _____

Name of study _____

- b. Set an action goal. Use the Recommended Actions Guide (below) for suggestions.

4. _____ During these months I will

- a. Improve my understanding of God's standard for the following discipline through individual and/or group study.

Discipline _____

Name of study _____

- b. Set an action goal. Use the Recommended Actions Guide (below) for suggestions.

Recommended Actions for Spiritual Growth Guide

The following actions, and volunteer opportunities can help you complete your annual intentional plan for your spiritual growth. See these as suggestions to get you started rather than as a list of the only possibilities. Trust God to guide you in your choices. You may find strategies simply from your answers to the assessment. The key to growth will be His work in you as you intentionally seek His kingdom first. *Don't pick too many actions at once.

Worship

1. Attend corporate worships services as often as possible
2. Learn more about and practice biblical fasting
3. Make a regular time to be with God each day for at least 5 minutes
4. Make and keep a prayer journal
5. Take time each day to be grateful
6. Practice worship at home through music and prayer times
7. Make a list of things that hinder you from spending time in prayer and the word. What are you prioritizing above God?
8. Make a practice of regular confession to God
9. Start your day with God in some way
10. Organize and invite a few people to a prayer group

Grace Church service opportunities: Worship teams: sing, play instrument, IT/sound, Scripture reading, greeter, usher

Learn

1. Memorize a few Bible passages that really speak to you
2. Take notes from sermons and do a deeper study for yourself or with others
3. Invest in a good study Bible (pastor would be happy to give recommendations)
4. Ask and research questions you have about Bible passages and how they apply to cultural issues
5. Lead a Bible study
6. When you read a passage, come up with one action point from the passage
7. Look for the character of God in each passage, to know Him better
8. Make sure to study Old Testament passages as well as New
9. Read through the entire Bible from start to finish
10. Always pray and invite the Holy Spirit along with your reading/study

Grace Church service opportunities: Lead a small group or Bible study, Volunteer in Youth and/or Sunday School ministry, church library, mentor a younger person

Love

1. Find or create a small group focused on caring for each other
2. Seek to heal and bring forgiveness to strained relationships
3. Ask how you can put another's needs ahead of yours
4. Speak God's truth to those you love regularly
5. Ask where you can obey God better
6. Find a mission, or group of people (like a family) who you would like to invest in with love and the gospel
7. Strive to always love God more, and see how your love for others is affected
8. Learn what your greatest gifts and passions are, and ask God how you can apply those in serving his Kingdom.
9. Send cards to and/or visit people in your church, especially shut ins, and people you don't know well. Say hello to people at church you haven't met yet
10. Encourage and bring joy to situations. Don't criticize, gossip, judge, or speak poorly of others.

Grace Church service opportunities: Visitation ministry, prayer chain, care ministry, seniors' ministry, food services, C3 team, small group leadership/involvement, facility team, sandwich ministry

Witness

1. Write down your faith testimony and practice sharing it
2. Consider having some good gospel tracts to give when the opportunity arises
3. Build a relationship with one unbeliever, pray for opportunities
4. Invite an unchurched person to church. You may want to work with Pastor to find an ideal Sunday for visitors or unbelievers, like Easter.
5. Make a list of people who do not believe and begin praying regularly for them
6. Focus your prayers on what God wants for others, namely surrender to Him and repentance
7. Consider a mission trip, or serving in children/youth ministry
8. Begin your disciple-making at home with your own children
9. Share what God is doing in your life with your church body
10. Use your social media platform to bring God's word to people

Grace Church service opportunities: Missions team/witness ministry, letter/card writing, volunteer at local service agency, mission trips, refugee team

These are just some suggestions to get you started. Be creative and make sure you are not doing these things out of obligation, but with joy from a grateful heart!

May the Lord grant you growth, wisdom, and energy as you seek to grow in your faith and service for Him!