

## Crosspoint Church Individual Spiritual Health Assessment

1. Circle the respective numbers, total each section, and transfer the totals to the other side
2. Have an accountability partner assess you separately and put their totals on the backside of this sheet

### **Know – We are made for relationship with God**

	Describes me: Not at all	Partially	Generally	Exactly
How I live my life shows that God is my highest priority	1	2	3	4
I regularly meditate on God's Word and invite Him into my everyday activities	1	2	3	4
I am the same person in public that I am in private	1	2	3	4
I am confident of God's faithfulness even when I do not feel His presence or things happen that I don't understand	1	2	3	4
I reflect God as being of the highest importance in my life through the giving of my finances	1	2	3	4
I am quick to confess anything in my character that does not look like Christ	1	2	3	4
I allow God's Word to guide my thoughts and change my actions	1	2	3	4
I find I am making better choices to do what is right when I am tempted to do wrong	1	2	3	4
I am able to praise God during difficult times and see them as opportunities to grow	1	2	3	4
I have found that prayer has changed how I view and interact with the world	1	2	3	4
I am consistent in pursuing habits that are helping me model my life after Jesus	1	2	3	4
I am actively seeking to take next steps in my growth in God	1	2	3	4

Know Total: \_\_\_\_\_

### **Serve – We are made to reflect God's love and care**

I reflect God as being of the highest importance in my life through the giving of my time and talent	1	2	3	4
I regularly use my time and resources to care for the needs of others	1	2	3	4
I am currently serving God with the gifts and passions He has given me	1	2	3	4
I seek ways to use my God-given gifts and abilities to please God	1	2	3	4
I enjoy meeting the needs of others without expecting anything in return	1	2	3	4
Those closest to me would say my life is a reflection of giving more than receiving	1	2	3	4
I see my painful experiences as opportunities to minister to others	1	2	3	4

Serve Total: \_\_\_\_\_

### **Connect – We are made to live life together**

I am genuinely open and honest about who I am	1	2	3	4
I have a deep and meaningful connection with others in the church	1	2	3	4
I have an easy time receiving advice, encouragement, and correction from others	1	2	3	4
I have an accountability partner that I meet with regularly	1	2	3	4
There is nothing in my relationships that is currently unresolved	1	2	3	4
There is nothing in the way I talk or act concerning others that I would not be willing to share with them in person	1	2	3	4
I practice grace, mercy, and forgiveness in my relationships	1	2	3	4

Connect Total: \_\_\_\_\_

### **Share – We are made to help others know Jesus**

I feel a personal responsibility to share my faith story with those who don't know Jesus	1	2	3	4
I look for opportunities to build relationships with those who don't know Jesus	1	2	3	4
I regularly pray for those that don't know Jesus	1	2	3	4
I am confident in my ability to share my faith with others	1	2	3	4
I find that my relationship with Jesus comes up frequently in my conversations with those who don't know Him	1	2	3	4
I am open to going anywhere God calls me, in whatever capacity, to share my faith	1	2	3	4
I understand that it's only up to me to share and it's up to God to reveal Himself	1	2	3	4

Share Total: \_\_\_\_\_

Transfer all of your scores to the backside of this form

## Spiritual Health Action Plan

1. Transfer all of your scores from the front side below
2. Transfer the scores from your accountability partners assessment of you below

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Name of person who you are sharing your plan with and will hold you accountable to follow through with your action plan: \_\_\_\_\_

<b>Discipleship Element</b>	<b>Practices</b>	<b>Partnership</b>	<b>Progress</b>
<i>What element is out of balance in my life?</i>	<i>What do I need to do?</i>	<i>How will my partner help me?</i>	<i>What progress have I made?</i>
<b>Know</b>  How I scored myself: _____  How my partner scored me: _____			
<b>Serve</b>  How I scored myself: _____  How my partner scored me: _____			
<b>Connect</b>  How I scored myself: _____  How my partner scored me: _____			
<b>Share</b>  How I scored myself: _____  How my partner scored me: _____			