



Fairhope UMC's Spiritual Growth Assessment Tool

Are you ready for the most amazing journey of your life?

It's a journey filled with incredible joys, challenges, & depth; the life God intended us to live.

"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart." Hebrews 12:1-3

Hebrews 12:1-3 describes our spiritual journey as a race, a journey we run with fellow believers in which we must keep our focus on Jesus in order to continue pressing on as we move on to perfection, growing to be more like Christ. Fairhope's mission focus reminds us that we exist to love & serve God by loving & serving others for the purpose of making and maturing disciples of Jesus Christ.

To guide you in this amazing journey of Christian maturity, knowing, loving, & serving God we have developed a *Spiritual Growth Assessment Tool (SGAT)*. We encourage you to spend some time prayerfully exploring your faith journey. Come before God and honestly examine & evaluate areas where God may be calling you to make some adjustments or improvements. Then make a commitment to take some steps to apply these changes in your life. To support you in your desire to commit to growing in your relationship with Christ, we'd like to give you an opportunity for you to bring your commitments before the Lord at a special covenant service. Contact us for more information.

For questions about the Spiritual Growth Assessment Tool, see Pastor Joe (revjwright@myfairhopeumc.net) or Kathy Schmucker, Director of Educational Ministries (christianed@myfairhopeumc.net). For additional resources, visit www.myfairhopeumc.net. We are here to support you in this amazing journey of faith exploration and spiritual growth!

Grow in the Lord



Sow the Seed

Fairhope UMC's Mission Focus:

We exist to love & serve God, by loving & serving others, for the purpose of making & maturing disciples of Jesus Christ for the transformation of the world.

Fairhope United Methodist Church - www.myfairhopeumc.net



Fairhope UMC's

Spiritual Growth Assessment Tool

This tool is designed to help you identify where you are in your spiritual journey so you can make better choices to guide your growth. Prayerfully consider each of the

following statements. Make an honest & prayerful assessment of where you are. Take your time & don't rush. Follow God's guidance & direction.

Use this scale to rate your responses: **0**-Never true for me, **1**-True once in awhile, **2**-Frequently true, **3**-Always true. Then select 3 areas you feel that God is calling you to improve & develop a plan of action to guide you. Complete the commitment form attached to the assessment tool. Review the assessment again in a few months to check your progress.

DATE DATE

Faith Formation:

- | | | |
|---|-------|-------|
| 1. I am curious to learn more about the Christian faith and how to live it. | _____ | _____ |
| 2. I practice spiritual disciplines such as solitude, prayer, study, fasting, corporate worship, & Holy Communion on a regular basis. | _____ | _____ |
| 3. I understand the fruits of the spirit and strive to develop those characteristics: <i>Love, joy, peace, patience, kindness, goodness, gentleness, faithfulness, & self-control</i> | _____ | _____ |
| 4. I understand the essential beliefs of the Christian faith and feel confident sharing my understanding with others. | _____ | _____ |
| 5. I understand what Jesus did for me & am growing in my relationship with Him. | _____ | _____ |
| 6. Peace, contentment, & joy characterize my life rather than worry & anxiety. | _____ | _____ |
| 7. I am growing in my understanding of Christian values. My faith determines my beliefs about moral issues. | _____ | _____ |
| 8. I feel God's presence in my life & all around me. | _____ | _____ |
| 9. I desire to be more like Christ. | _____ | _____ |
| 10. I have a plan for regular spiritual growth. | _____ | _____ |
| 11. I make time for mental, physical, & spiritual exercise. | _____ | _____ |
| 12. I can articulate what United Methodists believe & practice. | _____ | _____ |
| 13. My faith is central to who I am & brings me love, joy, & peace. | _____ | _____ |
| 14. I am obedient to God's word & live a lifestyle that pleases God. | _____ | _____ |
| 15. I am learning how to set aside my own desires to seek God's will for my life. | _____ | _____ |
| 16. I am willing to wait for what will benefit me physically, spiritually, materially. | _____ | _____ |
| 17. I trust Christ to help me through any problem or crisis I face. | _____ | _____ |
| 18. I am not easily stressed & rest in the fact that God is in control of all things. | _____ | _____ |
| 19. I can tell my story of faith. | _____ | _____ |
| 20. I am aware of & am faithful to the Great Commission & Great Commandment. | _____ | _____ |



Bible Study:

- | | | |
|---|-------|-------|
| 1. I read the Bible daily and strive to apply God's Word to my life. | _____ | _____ |
| 2. I set aside time weekly to read and study the Bible. | _____ | _____ |
| 3. I participate in Bible study, prayer group, or other spiritual growth groups at my church to help me grow as a disciple. | _____ | _____ |
| 4. I read other books for spiritual guidance. | _____ | _____ |
| 5. I make time for a personal devotion each day. | _____ | _____ |
| 6. I meet with other Christians regularly for Bible study. | _____ | _____ |
| 7. I know the significant events and themes of the Bible and feel that I can navigate its pages and interpret it with others. | _____ | _____ |

Prayer:

- 1. I set aside time daily for prayer and meditation.
- 2. I know how to pray & keep an intentional prayer list.
- 3. I know that God has answered my prayers.
- 4. I pray for my church and its ministries, leaders, staff, & pastor.
- 5. I pray for my country, community, and for global concerns.
- 6. I feel comfortable praying with others.
- 7. I pray with my spouse (if applicable).
- 8. I pray with my children (if applicable).
- 9. I pray for my enemies and those who are difficult to love.

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Worship:

- 1. I attend worship regularly.
- 2. I feel full of the Holy Spirit during worship.
- 3. I focus on 'worshipping God' during worship.
- 4. I give God the praise due him.



_____	_____
_____	_____
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Service:

- 1. I know what spiritual gifts God gave me.
- 2. I use my spiritual gifts in service to others.
- 3. I am aware of missions and people in need.
- 4. I strive to have Jesus' attitude of servant hood.
- 5. I love that our church reaches out to people beyond our walls.
- 6. I actively work to serve Christ in the world by serving in a ministry either inside or outside of our church.
- 7. I am compassionate & respond to the needs of others.
- 8. I use the abilities God has given me for God's glory.
- 9. I am committed to serving others even when I don't feel like it & have no expectations of being served in return.

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Stewardship:

- 1. Because I belong to God, I understand that my time, money, & energy are God's to use as God wishes.
- 2. It's important to me to be as generous to others as I can.
- 3. I trust that God will provide for my financial needs.
- 4. I set aside a percentage of my income to the church.
- 5. I set aside 10% (tithe) of my income to the church.
- 6. I tithe my time to the church.
- 7. I budget faithfully so that I can better honor God and help others in need.
- 8. I invest time in building my relationship with God & others, striving to manage my time according to God's priorities.

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Christian Community:

1. I attend social activities in our church. _____
2. I attend Sunday School. _____
3. I participate in a small group in our church. _____
4. I visit with others before & after Sunday school. _____
5. I invite others to my church worship service and/or activities. _____
6. I comfort, encourage, & affirm others in positive ways in order to build others up. _____
7. I spend time with other Christians during the week. _____
8. I seek to forgive and work toward reconciliation with others. _____
9. I accept others as they are. _____
10. I like to make people feel welcome at our church. _____
11. I avoid gossip. _____
12. It's important to me that I help mentor others through teaching, example, faith sharing, and service. _____
13. I offer spiritual encouragement to others. _____



Accountability:

1. I discuss spiritual matters with family and friends. _____
2. I know the mission statement of our church. _____
3. I live by Wesley's 3 Simple Rules: Do No Harm, Do Good, & Stay in Love with God. _____
4. I seek to be humble, cooperative, and teachable at all times. _____
5. I am responsible & I follow through with what I say I will do. _____
6. I am sensitive to the conviction of God's Spirit when I've done something wrong. _____
7. I am truthful, honest, & keep the promises I make. _____
8. I share my faith & testimony with others. _____
9. My lifestyle reflects my obedience to God. _____
10. I intentionally care for my physical body as a way of honoring God. _____
11. I am aware of & take advantage of the programs & resources my church offers to guide me on my faith journey. _____
12. I stay away from situations in which I am easily tempted. _____
13. I try to consider the common good of all when making decisions at church, work, home, or in my community rather than just my personal preference. _____
14. I strive to be a responsible caretaker of God's creation & the resources He has provided. _____
15. I am open and receptive to feedback in areas in which I need improvement. _____
16. I have asked my friends or a support group to hold me accountable for areas in which I struggle. _____



~Tending~Teaching~Sending~

My Commitment

After prayerfully reviewing my spiritual growth assessment...



I plan to focus on the following characteristics of discipleship in 20____:

In order to grow in these areas, I plan to take the following steps by the given date:

I would like prayers & additional information & suggestions in the following areas:

Signature: _____

Date: _____

Name: _____

Contact Information: _____



Wesley's Covenant Prayer or A Covenant Prayer in the Wesleyan Tradition is a prayer adapted by John Wesley, the founder of Methodism, for use in Watch Night dedication services. The prayer is often used to rededicate oneself to God. To personalize the prayer, try rewriting it in your own words.

John Wesley's Covenant Prayer

**I am no longer my own, but yours.
Put me to what you will, rank me with whom you will;
put me to doing, put me to suffering.
Let me be employed by you or laid aside by you,
enabled for you or brought low by you.
Let me be full, let me be empty.
Let me have all things, let me have nothing.
I freely and heartily yield all things
to your pleasure and disposal.
And now, O glorious and blessed God,
Father, Son, and Holy Spirit,
you are mine, and I am yours. So be it.
And the covenant which I have made on earth,
let it be ratified in heaven.
Amen.**