Spiritual Self-Assessment Survey

This survey may be simply for your own self-assessment or as a tool to help you think strategically as to your next steps of growth as you consider the programs that are a part of The Journey, which can be found on New Hope’s Web site.

Assessing your **HEAD**

1. I understand the essential beliefs of the Christian faith and feel confident I could explain them to a non-religious friend.  
   1 2 3 4 5

2. I have a good knowledge of the Bible and understand its major events and themes, and I know how to read it for maximum understanding.  
   1 2 3 4 5

3. If someone were to ask me “What do United Methodists believe,” I feel confident in my ability to answer them.  
   1 2 3 4 5

4. I understand basic Christian ethics and I know how to draw upon my faith to come to conclusions about important moral and ethical issues.  
   1 2 3 4 5

5. I have a good understanding of God’s will for human beings and for His creation and I know how to discern His will for my life in particular.  
   1 2 3 4 5

Assessing Your **HEART**

1. I know God has the power to transform lives and I’m open and responsive to wherever that may lead in my life.  
   1 2 3 4 5

2. I worship God and pray on a regular basis and spend time listening to where He is leading me.  
   1 2 3 4 5

3. As a means of growing in Christ, I prayerfully practice various spiritual disciplines in my life.  
   1 2 3 4 5

4. I am finding ways, with God’s help, to grow in “in the fruit of the Spirit” (Galatians 5:22): in my life love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control.  
   1 2 3 4 5

5. I have a group of friends who grow in faith together and challenge each other to grow deeper in Christ.  
   1 2 3 4 5

Assessing Your **HANDS**

1. I invest time in building my relationships with God and with others.  
   1 2 3 4 5

2. I know my God-given spiritual gifts and am actively serving God by using those gifts.  
   1 2 3 4 5

3. I give back to Christ by giving to the church and to others in proportion it my income, with at least in my life 10% as my goal.  
   1 2 3 4 5

4. I spend time serving in God’s world by helping meet critical needs and showing what it means to follow Christ.  
   1 2 3 4 5

5. I am actively nurturing the spiritual lives of others, sharing my faith story, offering spiritual encouragement and leading others to Christ.  
   1 2 3 4 5
Place your self-assessment number for each question below and add across, giving you an overall total.

<table>
<thead>
<tr>
<th>Head: 1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>Total Head:</th>
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<tbody>
<tr>
<td>Heart: 1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>Total Heart:</td>
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<tr>
<td>Hands: 1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>Total Hands:</td>
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No one can concentrate on too many things at once. Look first at the individual questions. And then turn to the inside page of this folder to consider the next steps. Seek to find one or more areas in which you can grow in your relationship with God. Use the following scale as a general guide to the three levels:

- **Level 1**: 1-2
- **Level 2**: 3-4
- **Level 3**: 5

Then do the same for your totals in the head, heart, and hands areas, using the scale below as a general guide to where your answers fall in the three levels:

- **Level 1**: 0-12
- **Level 2**: 13-19
- **Level 3**: 20-25

**Level 1**: You are on the journey to make your life more significant and rewarding as you take the first steps.

**Level 2**: You are ready to take the next steps to increase your understanding in, knowledge, and experience in this area.

**Level 3**: Find ways to invest in a deeper, committed way in your spiritual journey. Use your gifts to bless others. Further grow is a life-long process. Consider how to bless others and grow even more in your area of greatest strength. Prayerfully take steps to strengthen your weakest area. Consult “The Journey” guide to possible next steps.