



PERSONAL SPIRITUAL GROWTH ASSESSMENT

The Six Essentials of Spiritual Development



In order to grow and develop on your journey with God, we believe you need to actively participate in six personal development activities on a regular basis. We refer to these activities as “Essentials of Spiritual Development.”

An essential is defined as “something of the utmost importance.” In other words, your spiritual development is an important element of your growth. The inside and outside essentials represent irreducible components of your whole spiritual growth. Focused together, they will encourage you to continue to grow and become more like Jesus.

The outside represents what you can do, in and through the local church, to foster spiritual growth in your life.

The inside represents the more personal attributes needed to engage, grow and develop as followers of Jesus.

Personal Spiritual Growth Assessment

1. Read the statements for each of the Six Essentials (Gather, Connect, Serve, Influence, Devotion, Generosity) on the following pages.
2. For each statement, respond based on the scale provided.
3. Total the numbers in each section as indicated.
4. Then, after finishing the assessment and reviewing your totals for each of the Six Essentials, complete My Personal Plan for Spiritual Growth on page 15.

“Dear brothers and sisters, we can’t help but thank God for you, because your faith is flourishing and your love for one another is growing.”

- 2 Thessalonians 1:3



GATHER

... worshiping with others is an important part of your journey.

“And let us consider how we may spur one another toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another - and all the more as you see the Day approaching.”

- Hebrews 10:25

Regardless of where you are on the journey, Sunday morning worship services are an important part of the journey. By gathering together you will learn to praise God, sit under the teaching of the pastors, and foster a greater sense of community and belonging. Sunday morning worship reminds you that you are part of something far bigger than yourself.

How are you doing?

Never - 1 Rarely - 2 Occasionally - 3 Frequently - 4 Always - 5

GATHER. . . worshiping with others is an important part of your journey.

_____ I make an effort to attend Sunday services weekly.

_____ When I attend Sunday mornings, I arrive on time and stay after service for a few minutes in order to connect with and encourage others.

_____ I am able to fully engage in Sunday morning worship services, remaining free of distractions.

_____ I experience God through the teaching and worship on Sunday mornings.

_____ I listen for the one thing God wants me to take away from the Sunday morning message and I take steps to put it into practice.

Gather Total: _____



**... connecting with God and
with others in community.**

*"As iron sharpens iron, so one person
sharpens another."*

- Proverbs 27:17

It is essential for you to connect with God and others in community. Having people on the journey with you as peers and mentors is paramount.

Participating in a small group, accountability relationships and/or Bible studies all work together to foster connection with God and others around His Word.

How are you doing?

Never - 1 Rarely - 2 Occasionally - 3 Frequently - 4 Always - 5

CONNECT. . . connecting with God and with others in community.

_____ I am currently in a **c-group** (community group) or equivalent. *(6 to 15 people who meet regularly for the purpose of friendship, encouragement, and spiritual growth)*

_____ I am currently in a **d-group** (discipleship group) or equivalent. *(3-6 people, gender specific which includes Bible reading, prayer, and transparent life sharing)*

_____ I take advantage of special events at Grace to connect with others. *(Game Night, women's events, singles events, etc.)*

_____ I volunteer in a ministry at Grace.

_____ I have friendships with my Grace family outside of the building.

Connect Total: _____



. . . living with purpose.

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

- Ephesians 2:10

You are designed as a work of art, by God, for a specific purpose. Part of your spiritual development is learning to live more and more in the purpose God has for you. You will learn this through making a meaningful contribution through serving. Jesus said He came to serve - you are called to do the same.

How are you doing?

Never - 1 Rarely - 2 Occasionally - 3 Frequently - 4 Always - 5

SERVE. . . living with purpose.

_____ I use my God-given strengths, talents and spiritual gifts to serve my Grace family.

_____ I consider myself to be a part of the Grace family and I am involved/connected through serving.

_____ I am others focused - sacrificing self in order to prefer others.

_____ I take advantage of opportunities that help me discover my passions, gifts and talents.

_____ I am involved in a ministry that reflects my passion or "calling."

Serve Total: _____



INFLUENCE

. . . inviting others.

“Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.”

- Matthew 28:19

Invite others to do life with you. Let them naturally see how your relationship with Jesus influences and impacts your life. Your Christian influence should reflect good, not evil, be exercised through your example of words and actions, be seen through your associations, and be obvious to all.

How are you doing?

Never - 1 Rarely - 2 Occasionally - 3 Frequently - 4 Always - 5

INFLUENCE. . . inviting others.

_____ I consciously look for ways to bring God into normal daily conversations.

_____ I live my life in such a way that acquaintances who I interact with on a regular basis know that I'm a Christian.

_____ I build opportunities into my life to form relationships with a variety of people.

_____ I invite my friends and acquaintances to visit Grace for Sunday services, Bible studies or special events.

_____ I come alongside new believers and help them take the next steps in maturing their faith.

Influence Total: _____



... pausing to listen to God.

"For the eyes of the Lord range throughout the earth to strengthen those whose hearts are fully committed to Him."

- 2 Chronicles 16:9

Pausing to listen to God is essential. This happens through quality time in the Word - taking time to read, listen and apply scripture to your life. These elements are used by God to shape you and teach you - preparing you to obey and stretch as you grow in your relationship with Him.

How are you doing?

Never - 1 Rarely - 2 Occasionally - 3 Frequently - 4 Always - 5

DEVOTION. . . pausing to listen to God.

_____ I read my bible daily and have a plan for the time I spend in God's Word.

_____ I ask the Holy Spirit for understanding of scriptures and how I can apply them to my life.

_____ During my prayer time, I take time to pause and listen to God.

_____ I connect with God throughout the day - praising Him, calling on Him for strength from temptation to sin, and confessing quickly when I have fallen short.

_____ I am able to keep unproductive thoughts and activities from consuming my time and distracting me from full devotion to God.

Devotion Total: _____



GENEROSITY

. . . spending time, money or labor for someone else.

“Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven. . .”

- Matthew 6: 19-20a

Generosity can be defined as spending time, money or labor for others, without being rewarded in return. Everything you have is a gift from God. Giving back to Him, prayerfully and willingly, helps you live in this understanding.

How are you doing?

Never - 1 Rarely - 2 Occasionally - 3 Frequently - 4 Always - 5

GENEROSITY. . . spending time, money or labor for someone else.

- _____ I use my time, talents, finances and resources to bless others.
- _____ I am handling my finances in a way that is pleasing to God.
- _____ I factor in my tithes and offerings as a regular percentage of my monthly spending.
- _____ I give to God from my “first fruits” as opposed to waiting until everything else is paid for and giving God a portion of what is left over.
- _____ I am a cheerful giver.

Generosity Total: _____

My Personal Plan for Spiritual Growth

Now that you have completed this assessment, you are prepared to develop a personal plan for spiritual growth. Review each of the Six Essentials, noting your highest and lowest totals. Remember that the objective is to discover where God wants to initiate growth in your life. It is then your responsibility to take seriously and plan for growth in the specific areas that have been identified.

Identifying Areas of Strength

In reviewing your Personal Assessment, rank your totals for the Six Essentials (Gather, Connect, Serve, Influence, Devotion, Generosity) in the order of the highest to lowest:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Identifying Areas for Growth

After prayerful consideration, identify which of the Six Essentials you should focus on in order to experience personal growth and write them in the spaces below.

1. _____
2. _____
3. _____

Looking at the Essential(s) you've just identified as areas for growth, set some measurable personal spiritual growth goals below and include the date.

My spiritual Growth Goals are:

1. _____
2. _____
3. _____

Date: _____

Examples of measurable personal spiritual growth goals:

- Make Sunday worship services a priority.
- Connect with others by joining a small group.
- Volunteer in a ministry that reflects my passion.
- Invite friends to Sunday services, Bible studies or special events.
- Establish daily quiet time for prayer, Bible reading or devotionals.
- Invest time in others by praying for them.
- Commit to consistent financial giving.

Keep these goals before you and pray daily for the Holy Spirit to work in your life in these areas. Review every 3-6 months. Continue to set new personal spiritual growth goals in seeking a deeper and more meaningful Christian walk.

You should not become discouraged if you don't achieve your goals as quickly as you would like. Remember that discipleship is a lifelong process and He continually is at work in you, forming you into the image of Christ.

We encourage you to prayerfully consider sharing these results with another person – someone who will pray for you and walk alongside you as you continue your journey with the Lord.

My personal observations about each essential:

Gather: _____

Connect: _____

Serve: _____

Influence: _____

Devotion: _____

Generosity: _____



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