

FAITH smart

Spiritual Maturity Assessment & Review Tool

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Assessing Your Spiritual Maturity

Begin by praying and asking God to help you to be as honest as you can in this evaluation.

Read each statement and circle the response in the column that applies most to you. Please note that the response scale in Section A differs from that found in the other sections.

Ensure that only 1 response is selected for each statement. Please respond to all 70 statements. If you come to a question you do not understand, mark yourself low. Total your numerical responses for each section.

| A. Christian Beliefs | | Strongly Agree | Agree | Neither agree nor disagree | Disagree | Strongly Disagree |
|----------------------|--|----------------|-------|----------------------------|----------|-------------------|
| 1 | God the Father, Son and Holy Spirit is one in essence but distinct in person. | 4 | 3 | 2 | 1 | 0 |
| 2 | The Bible is able to address the needs of today's culture. | 4 | 3 | 2 | 1 | 0 |
| 3 | I am saved not by my own good works but by accepting the salvation of the Lord Jesus Christ. | 4 | 3 | 2 | 1 | 0 |
| 4 | God calls me to be involved in the lives of the poor and needy. | 4 | 3 | 2 | 1 | 0 |
| 5 | God is actively involved in my life. | 4 | 3 | 2 | 1 | 0 |
| 6 | God owns everything I have and I am only a manager of His resources. | 4 | 3 | 2 | 1 | 0 |
| 7 | I am accountable to God for how I live my life. | 4 | 3 | 2 | 1 | 0 |
| 8 | The Holy Spirit dwells in me to guide and empower me. | 4 | 3 | 2 | 1 | 0 |
| 9 | The devil exists and his activities are present in this world. | 4 | 3 | 2 | 1 | 0 |
| 10 | The purpose of the church is to share the Good News and nurture Christians to become more like Christ. | 4 | 3 | 2 | 1 | 0 |

Total.....

B. Christian Living (F.A.I.T.H)

| Fellowship | | Always | Most of the time | Sometimes | Seldom | Never |
|------------|---|--------|------------------|-----------|--------|-------|
| 1 | My time commitments show that I value relationships over my work and hobbies. | 4 | 3 | 2 | 1 | 0 |
| 2 | I make an effort to build and strengthen relationships. | 4 | 3 | 2 | 1 | 0 |
| 3 | I appreciate and receive feedback openly regarding areas of growth in my life. | 4 | 3 | 2 | 1 | 0 |
| 4 | I admit my mistakes and humbly seek forgiveness from the ones I hurt. | 4 | 3 | 2 | 1 | 0 |
| 5 | I appreciate others for their strengths and contributions rather than focus on their weaknesses and mistakes. | 4 | 3 | 2 | 1 | 0 |
| 6 | I reach out and show love to those I am uncomfortable with. | 4 | 3 | 2 | 1 | 0 |
| 7 | I get a sense of purpose in my life when I meet the needs of others. | 4 | 3 | 2 | 1 | 0 |
| 8 | I pray for and support other Christians. | 4 | 3 | 2 | 1 | 0 |
| 9 | I meet my small group for worship, Bible study, prayer, fellowship and ministry. | 4 | 3 | 2 | 1 | 0 |
| 10 | I allow my small group to hold me accountable for my actions. | 4 | 3 | 2 | 1 | 0 |

Total

B. Christian Living (F.A.I.T.H)

| Adoration | | Always | Most of the time | Sometimes | Seldom | Never |
|-----------|---|--------|------------------|-----------|--------|-------|
| 1 | I thank God for who He is and how He is shaping my life. | 4 | 3 | 2 | 1 | 0 |
| 2 | My first response to a crisis/problem/the unexpected is to pray. | 4 | 3 | 2 | 1 | 0 |
| 3 | I praise God in all situations, good and bad. | 4 | 3 | 2 | 1 | 0 |
| 4 | My prayers are focused on discovering God's will rather than on satisfying my own desires. | 4 | 3 | 2 | 1 | 0 |
| 5 | I confess my sins to God. | 4 | 3 | 2 | 1 | 0 |
| 6 | I attend the weekly Sunday Celebration Services. | 4 | 3 | 2 | 1 | 0 |
| 7 | I gather with other believers to pray. | 4 | 3 | 2 | 1 | 0 |
| 8 | I spend as much time listening to God as talking to Him. | 4 | 3 | 2 | 1 | 0 |
| 9 | I tithe by giving at least one tenth of my income to the church. | 4 | 3 | 2 | 1 | 0 |
| 10 | I take care of myself by being physically and mentally healthy as my body is the temple of God. | 4 | 3 | 2 | 1 | 0 |

Total

B. Christian Living (F.A.I.T.H)

| Involvement | | Always | Most of the time | Sometimes | Seldom | Never |
|-------------|--|--------|------------------|-----------|--------|-------|
| 1 | I know my God-given talents and abilities. | 4 | 3 | 2 | 1 | 0 |
| 2 | I use my God-given talents and abilities in ministry to fulfill God's purposes. | 4 | 3 | 2 | 1 | 0 |
| 3 | Others recognise my spiritual gifts, talents and abilities and support my use of them. | 4 | 3 | 2 | 1 | 0 |
| 4 | I serve and help people in my community. | 4 | 3 | 2 | 1 | 0 |
| 5 | I serve even if I am out of my comfort zone. | 4 | 3 | 2 | 1 | 0 |
| 6 | I put the interests of others above my own. | 4 | 3 | 2 | 1 | 0 |
| 7 | I give my time, effort and money to serve and help others. | 4 | 3 | 2 | 1 | 0 |
| 8 | I do not look for anything in return when I help others. | 4 | 3 | 2 | 1 | 0 |
| 9 | I am able to identify the God-given talents and abilities of others and encourage them to become involved in ministry. | 4 | 3 | 2 | 1 | 0 |
| 10 | I can identify needs and take the initiative to involve others to meet those needs. | 4 | 3 | 2 | 1 | 0 |

Total

B. Christian Living (F.A.I.T.H)

| Transformation | | Always | Most of the time | Sometimes | Seldom | Never |
|----------------|--|--------|------------------|-----------|--------|-------|
| 1 | I give Jesus Christ first priority in my life. | 4 | 3 | 2 | 1 | 0 |
| 2 | I read and study the Bible to learn more about God and His purpose for me. | 4 | 3 | 2 | 1 | 0 |
| 3 | I memorise Scripture. | 4 | 3 | 2 | 1 | 0 |
| 4 | When making decisions, I seek God's guidance first. | 4 | 3 | 2 | 1 | 0 |
| 5 | I see trials and challenges as opportunities for God to shape my character and do not hold it against Him or others. | 4 | 3 | 2 | 1 | 0 |
| 6 | I follow what God tells me to do in His Word even when I do not want to or feel like it. | 4 | 3 | 2 | 1 | 0 |
| 7 | I reflect on my recent behaviour and review how I can be more Christ-like. | 4 | 3 | 2 | 1 | 0 |
| 8 | I am able to recognise and resist temptation. | 4 | 3 | 2 | 1 | 0 |
| 9 | I take time away from my busy schedule to be in silence and solitude with God. | 4 | 3 | 2 | 1 | 0 |
| 10 | I can distinguish between biblical and secular views. | 4 | 3 | 2 | 1 | 0 |

Total

B. Christian Living (F.A.I.T.H)

| Harvest | | Always | Most of the time | Sometimes | Seldom | Never |
|---------|---|--------|------------------|-----------|--------|-------|
| 1 | I share my faith with others who are not Christians. | 4 | 3 | 2 | 1 | 0 |
| 2 | I pray for family members and/or friends by name to accept Jesus Christ as their Lord and Saviour. | 4 | 3 | 2 | 1 | 0 |
| 3 | I invite friends to our Sunday Celebration Services. | 4 | 3 | 2 | 1 | 0 |
| 4 | I participate in the outreach initiatives of my church (Adopt-a-Block, etc). | 4 | 3 | 2 | 1 | 0 |
| 5 | I am not ashamed of my faith and make it known to my friends, colleagues, neighbours and people in my spheres of influence. | 4 | 3 | 2 | 1 | 0 |
| 6 | I try to build friendships with pre-believers to reach out to them. | 4 | 3 | 2 | 1 | 0 |
| 7 | I strive to live my life so that others may see Christ in it. | 4 | 3 | 2 | 1 | 0 |
| 8 | I am consistent and firm in my faith even when I am challenged or confronted. | 4 | 3 | 2 | 1 | 0 |
| 9 | I am involved in missions work. | 4 | 3 | 2 | 1 | 0 |
| 10 | I influence, encourage, disciple or train people so that they can be more committed in following Christ. | 4 | 3 | 2 | 1 | 0 |

Total

C. Christian Growth

| | | Always | Most of the time | Sometimes | Seldom | Never |
|----|---|--------|------------------|-----------|--------|-------|
| 1 | I rejoice when I see others being blessed. | 4 | 3 | 2 | 1 | 0 |
| 2 | I demonstrate love equally towards all people. | 4 | 3 | 2 | 1 | 0 |
| 3 | I am contented with what I have. | 4 | 3 | 2 | 1 | 0 |
| 4 | I forgive those who deeply hurt me. | 4 | 3 | 2 | 1 | 0 |
| 5 | I am able to maintain my honesty and integrity even under pressure. | 4 | 3 | 2 | 1 | 0 |
| 6 | I help those who are in trouble or who cannot help themselves. | 4 | 3 | 2 | 1 | 0 |
| 7 | I follow Christ in all circumstances, even if it means suffering for Him. | 4 | 3 | 2 | 1 | 0 |
| 8 | I allow people to make mistakes and do not criticise them for it. | 4 | 3 | 2 | 1 | 0 |
| 9 | I am in control of my tongue. | 4 | 3 | 2 | 1 | 0 |
| 10 | I am honest in sharing my weaknesses with Christians whom I can trust and who can support me. | 4 | 3 | 2 | 1 | 0 |

Total

Your Strengths and Areas of Weakness... What Are They?

To help you see your overall strengths and weaknesses, please transfer the totals of each section from the previous pages and complete the number lines below.

A. Christian Beliefs

0 . . . 4 . . . 8 . . . 12 . . . 16 . . . 20 . . . 24 . . . 28 . . . 32 . . . 36 . . . 40

B. Christian Living *Fellowship*

0 . . . 4 . . . 8 . . . 12 . . . 16 . . . 20 . . . 24 . . . 28 . . . 32 . . . 36 . . . 40

Adoration

0 . . . 4 . . . 8 . . . 12 . . . 16 . . . 20 . . . 24 . . . 28 . . . 32 . . . 36 . . . 40

Involvement

0 . . . 4 . . . 8 . . . 12 . . . 16 . . . 20 . . . 24 . . . 28 . . . 32 . . . 36 . . . 40

Transformation

0 . . . 4 . . . 8 . . . 12 . . . 16 . . . 20 . . . 24 . . . 28 . . . 32 . . . 36 . . . 40

Harvest

0 . . . 4 . . . 8 . . . 12 . . . 16 . . . 20 . . . 24 . . . 28 . . . 32 . . . 36 . . . 40

C. Christian Growth

0 . . . 4 . . . 8 . . . 12 . . . 16 . . . 20 . . . 24 . . . 28 . . . 32 . . . 36 . . . 40

A. Celebrating Your Strengths

Looking at the total scores of each of the areas, please write down the two highest areas in your scores.

1 _____ 2 _____

Why do you think these are the areas of strength for you?

- 1.
- 2.

B. Identifying Areas for Growth

It is our human nature to do the things that come easily or naturally to us. However, God desires us to have balance in our lives, and He wants us to change and grow in the areas of our weaknesses.

Of the seven areas, which ones reflected your two lowest scores?

1 _____ 2 _____

Why do you think these are your weakest areas?

- 1.
- 2.

Reviewing Your Spiritual Maturity...

The scores only provide an indication of how you are doing spiritually. The total scores have been banded into the 3 categories based on the FaithSMART framework, to provide you with an overview of your spiritual maturity. The test will help you assess how you can grow in your lifestyle habits and attitudes to move towards greater Christ-likeness.

Please resist the temptation to compare your scores with others. The tool is to help you think about your own spiritual development. It should not burden you with feelings of inadequacy but challenge you to grow deeper in Christ.

If there are areas that you want to develop in, you may wish to share this with trusted accountability partners who will keep your sharing in confidence while praying and supporting you in the process. This will assist you in your spiritual growth.

Action Steps

Now that you have identified the areas of growth in your relationship with Jesus, work on a personal growth plan. The personal growth plan helps you formulate an intentional plan for spiritual growth. Use the 'Action Steps' to get you started. Identify two areas of growth and the action steps you will take. As you discuss your plan with your accountability partners, you may discover additional action steps that may effectively meet your needs.

Start by praying and seeking God's guidance and advice and then prayerfully consider which of these areas of growth and action steps that He is leading you to undertake by placing a check (✓) next to them.

Action Steps

Area of Growth:

- Christian Beliefs

Action Steps:

- Attend Faith Membership Class 101 to learn more about the Christian faith and our beliefs.
- Read and reflect on the words of the Nicene Creed, found in our United Methodist Hymnal, which is a profession of our Christian faith.
- Listen to and reflect on the lyrics of the following hymns of Charles Wesley as the Wesleyan hymns contain much of our Methodist theology. These songs can be found in The United Methodist Hymnal.
 - O For A Thousand Tongues to Sing (UMH 57)
 - And Can it Be That I Should Gain (UMH 363)
 - Love Divine, All Loves Excelling (UMH 384)

- Do a Bible study on the book of Romans which offers a systematic presentation of the core concepts of the Christian faith.
- Read one of the following books for a clearer understanding of the Christian faith:
 - "Know What and Why You Believe" by Paul Little or
 - "The Stranger on the Road to Emmaus" by John R Cross
- Do a Bible study with your small group using one of the following study guides:
 - "What Difference Does Jesus Make?" by Judson Poling (TH3013) helps you to investigate the basics of your Christian faith.
 - "Foundations" by Bill Donahue (TH1005) provides the foundational information you need to read the Bible as a trustworthy source for your life.
- Take notes of the weekly Sunday sermons; evaluate the biblical principles behind it and identify ways you can apply the Word to your life.

- Other actions:
-

Area of Growth:

- Christian Living: Fellowship

Action Steps:

- Join a small group as life change occurs best in a relational environment where you can experience encouragement, accountability, transparency, love and support. If you are already in a small group, make it a point to attend all scheduled sessions to build strong relationships with your small group members.
- Have accountability partners so that you can regularly review your progress. Your accountability partners should be of the same gender and ideally from your small group.

- Pray regularly for the needs of your small group members and those who are serving in the same ministry as you.
- Make a list of the people who have hurt you and whom you have hurt and take steps to reconcile with them (Matthew 5:23-24).
- Identify the need(s) of at least one person each week and make effort to meet it, for this helps us show God's love to others.
- Read Acts 2:42, 1 Corinthians 1:9 and 1 John 4:7-16 to gain a biblical understanding of Christian fellowship.
- Do a Bible study with your small group using one of the study guides:
 - "Groups : The Life-Giving Power of Community" by John Ortberg, Laurie Pederson and Judson Poling (CH1025) teaches you how to live out being all you are, giving all you have, and receiving all you need as a member of God's dynamic community - the church.
 - "Community : Building Relationships within God's Family" by Bill Hybels (CH1012) helps you to forge strong meaningful ties with God and with others.
- Other actions:

Area of Growth:

- Christian Living: Adoration

Action Steps:

- Attend the weekly Sunday Celebration Services to worship God.
- Attend Faith Maturity Class 201 to understand more about spiritual habits and how you can anchor your life through them.
- Set aside a specific time and location for a regular quiet time. This creates space for you to commune with God.
- Take time to pray with other Christians (Acts 2:42).
- Practice tithing as an act of worship to God, recognising His sovereignty over all you have.
- Exercise regularly to keep yourself healthy as your body is the temple of God (1 Corinthians 6:19-20).
- Read Psalms, a collection of prayers, poems and hymns which will help you focus your thoughts on God in praise and adoration.
- Read the book "Real Worship" by Warren W.Wiersbe to discover the meaning of real worship.
- Do a Bible study with your small group using one of the study guides:
 - "Prayer: Opening Your Heart to God" by Bill Hybels, Kevin G Harney and Sherry Harney (SP1011) deepens your understanding of prayer and increases your commitment to prayer.

- “The Lord’s Prayer: Praying the Jesus Way” by Selwyn Hughes and Ian Sewter (SP1013) helps you to learn how to pray in alignment with the Father’s will and with power to face life’s challenges.

□ Other actions:

Area of Growth:

- Christian Living: Involvement

Action Steps:

- Attend Faith Ministry Class 301 to find out your God-given Spiritual gifts, Heart, Abilities, Personality and Experiences (S.H.A.P.E).
- Serve in your small group according to your S.H.A.P.E. or one of the ministries in Faith on a regular basis.
- Be an Involvement Champion in your small group and help your small group members to identify ways that they can serve.
- Find an area outside your comfort zone and begin serving there.
- Identify one area of need within your small group or in church and volunteer to meet it as an act of service to God and others.
- Identify two or more persons in your small group or in church and encourage them regularly.

- Read 1 Corinthians 12 and Romans 12:4-8 for a biblical understanding of spiritual gifts and “unity in diversity”.

□ Do a Bible study with your small group using one of the following study guides:

- “Gifts : The Joy of Serving God” by John Ortberg, Laurie Pederson and Judson Poling (MN1002) teaches you how to cultivate a servant’s heart and your spiritual gifts in ways that build up your church, your family, your friends and your world.
- “Love in Action : Experiencing the Joy of Serving” by Bill Hybels (MN1004) shows you how you can break the back of self-centeredness and experience the satisfaction of serving others wisely and effectively.

□ Other actions:

Area of Growth:

- Christian Living: Transformation

Action Steps:

- Practise daily reading of God’s Word and journalling using the ROAD approach – Read, Observe, Apply and Do.
- Participate in your small group sessions actively and learn how to nourish yourself with the Word.
- Challenge yourself to memorise one Scripture verse a week as it will help you to handle life’s challenges and to deal with temptations along the way.

- Attend Faith Maturity Class 201 to understand more about spiritual habits and how you can anchor your life through them.
- Go for a one or two-day spiritual retreat annually for a time of rest and to wait on Him.
- Do a Bible study with your small group using one of the following study guides:
 - “The Life You’ve Always Wanted” by John Ortberg (SP2016) teaches how simple spiritual disciplines can help us move beyond superficial Christianity to a life of dedicated discipleship.
 - “Study Methods” by Kathy Dice (TH1014) where you will practise key study methods - word study, character, etc, that will reveal the truths of God’s Word.
- Read any one or two of the following books to discover a richer spiritual life and a deeper understanding of God:
 - “Celebration of Discipline” by Richard Foster.
 - “Disciplines of the Holy Spirit” by Tan Siang Yang and Douglas Gregg.
 - “Life with God – Reading the Bible for Spiritual Transformation” by Richard Foster.

□ Other actions:

Area of Growth:

- Christian Living: Harvest

Action Steps:

- Attend Faith Mission Class 401 to learn how to invest and invite in your spheres of influence, community and the regions beyond.
- Write your story of how you encountered Jesus and practise sharing it with your friends and colleagues so that you are prepared to share it at any time.

- Make a list of pre-believers you know and begin praying regularly for their salvation.
- Begin building relationships with pre-believers in your respective spheres of influence.
- Invite a pre-believer to a Sunday Celebration Service.
- Participate in outreach efforts organised by Faith, such as Adopt-a-Block or Acts 1:8.
- With your accountability partner, list places you visit in a normal week. Brainstorm creative ways of witnessing to the people you regularly see at these places.
- Read the book of Acts for the history of the church and the spread of the Gospel.
- Do a Bible study with your small group using one of the following study guides:
 - “Go Fish” by Andy Stanley (MN2003) offers a new perception of the word “evangelism” by showing how believers can make it a natural, easy part of everyday life.
 - “Reaching Out : Sharing God’s Love Naturally” by Bill Hybels (MN1006) helps you to discover the meaning and importance of sharing your faith and the motivation and mind set behind evangelism.
 - “Workplace Grace : Becoming a Spiritual Influence at Work” by Bill Peel and Walt Larimore (MN2009) shows how your gifts and God’s blessing can be used to draw others to life in Christ.

□ Other actions:

Area of Growth:

- Christian Growth

Action Steps:

- Ask family members to identify ways you can improve your relationships with them.

- Develop a habit of reflecting upon your recent behaviour and honestly checking to see if it is in line with godly character.

- Strive to live in a way that others can see Jesus in you.

- When queuing, refrain from complaining and wait for your turn to develop your patience.

- Take time to count your blessings regularly and give thanks to God for what He has provided.

- Read Galatians 5:16 to 6:10 to learn how you can live your life bearing the fruit of the Spirit.

- Do a Bible study with your small group using one of the following study guides:
 - “The Beatitudes : Developing Spiritual Character” by John Stott (ST1060) offers both encouragement and instruction on living distinctly as His followers in a world with values much different from God’s.

 - “Fruit of the Spirit : Living the Supernatural Life” by Bill Hybels (CH1020) teaches you the life-transforming qualities that God wants to cultivate in you.

- Other actions:

Personal Growth Plan

Use the guide below to record your goals and action steps. Commit your plan to the Lord. Remember that spiritual growth is a gift from God and not the product of human effort. So make the plan a constant matter of prayer.

Area of Growth 1

My Action Plan (specific steps to accomplish this goal):

1. -----
2. -----
3. -----

Area of Growth 2

My Action Plan (specific steps to accomplish this goal):

1. -----
2. -----
3. -----

Commitment to Personal Growth Plan

Listed below are the people who will hold me accountable in this journey.

Date of commitment: _____

Over the next 12 months, I, _____, with the help of God and my Christian community, want to grow in the areas that I have listed on my Personal Growth Plan.

Signature: _____

I commit to supporting and praying for _____ as he / she embarks on this journey to think, act and become more like Christ.

Name: _____

Signature: _____

I commit to supporting and praying for _____ as he / she embarks on this journey to think, act and become more like Christ.

Name: _____

Signature: _____