

WeGrow



Spiritual Habit Assessment

My Growth Plan

**Growing Deeper Roots in
the Love of God**



**Grace
Lutheran
Church**

August 2015



Spiritual Formation is a Journey

When we discuss Spiritual Formation in the context of our core values, we use the tree metaphor. We want to grow deep roots so that our lives and our community can become strong, healthy, and produce fresh fruit to serve the world.

There is another metaphor that is equally helpful. Spiritual Formation is like a journey. Our ultimate destination is the heart of God. It is an infinite place and we will never reach it, but the further we travel, the deeper we go. The definition of Spiritual Maturity is not arriving at a destination and camping there. Instead, it is forward motion on the journey.

Anytime you go on a journey you need to ask three basic questions: *Where am I? Where am I going? How will I get there?* These three questions become the basis for My Growth Plan. There are three parts to this process:

Part One: Where Am I?

In this section you will work through the Seven Habits of Spiritual Formation by rating yourself on five questions per habit. This is a very subjective process and is never intended to be a comparison between people. It is intended to be a baseline snapshot of where you are today in order to help you set some specific goals for the year to come. At the end of that year you should go back to these questions and evaluate whether or not you have grown in these areas.

Part Two: Where Am I Going?

In this section you will be asked to identify your three strongest areas and celebrate how God is working in your life. You will then be asked to identify three areas in which you feel you need to grow and/or be challenged.

Part Three: How Will I Get There?

In this section you will create specific goals and make a plan to accomplish those goals over the next year.



BIBLE STUDY

- | | | |
|---|--------------------|--|
| 1. I avoid any kind of study of God's Word. | 1 2 3 4 5 6 | I am studying God's Word through a small group, family devotions, or other Bible class. |
| 2. I seldom read books about God or faith-related issues. | 1 2 3 4 5 6 | I like to read books about God and faith which impact my life. |
| 3. I have never tried to memorize Scripture or use it in my life. | 1 2 3 4 5 6 | I will often try to memorize Scripture verses to help guide my life. |
| 4. I feel one of the reasons why I don't like Bible study is because I lack basic knowledge and understanding. | 1 2 3 4 5 6 | I feel like I know a lot about the Bible— its stories, people, and history. |
| 5. The Bible seems to be too difficult and confusing for me to understand. | 1 2 3 4 5 6 | I feel like I'm growing in my understanding and love for the Bible. |

Total



PRAYER

- | | | |
|---|--------------------|---|
| 6. I feel disconnected from God and never seek quiet reflection times with him. | 1 2 3 4 5 6 | I have a growing relationship with God through regular quiet time in his Word. |
| 7. I seldom pray or bring the needs and concerns of others to God. | 1 2 3 4 5 6 | I spend time each day thanking God and praying for specific needs for myself and others. |
| 8. I feel like I'm a bit stuck in my faith and relationship with God. | 1 2 3 4 5 6 | I feel that I have a deep connection with God that continues to grow each day. |
| 9. I don't think prayer makes a difference in my life. I don't think God is concerned about my personal needs. | 1 2 3 4 5 6 | I feel like God listens and cares for my concerns and problems. |
| 10. I have never had a prayer answered. | 1 2 3 4 5 6 | I know that God has answered my prayers. |

Total



- | | | |
|---|--------------------|---|
| 11. It takes everything I've got to drag myself to worship services each week. | 1 2 3 4 5 6 | I look forward to worship services where I connect with God's presence. |
| 12. I feel like I'm "on my own" and disconnected from God's Presence. | 1 2 3 4 5 6 | I am experiencing more of the presence and power of God in my everyday life. |
| 13. Worship services don't really make a difference in my life...I leave church the same way I came. | 1 2 3 4 5 6 | I often feel "changed" after worship with different attitudes and thoughts. |
| 14. I have a disconnect between my faith and my everyday actions and decisions. | 1 2 3 4 5 6 | I am seeking to please God by surrendering to him every area of my life. |
| 15. Worship is so personal to me that I seldom talk about it with anyone. | 1 2 3 4 5 6 | I usually talk about worship with others, sharing some of my excitement and joy. |

Total



- | | | |
|--|---------------------------|--|
| <p>16. I don't think God really cares all that much about my personal finances as long as I give something to the church.</p> | <p>1 2 3 4 5 6</p> | <p>I am honoring God with my personal finances (budget).</p> |
| <p>17. I feel like it's more and more difficult to give, considering my economic situation.</p> | <p>1 2 3 4 5 6</p> | <p>I strive to give more generously, and have increased my giving by a percentage in the past year.</p> |
| <p>18. I give when I am able and all of my bills are paid.</p> | <p>1 2 3 4 5 6</p> | <p>I am honoring God in personal giving to his work by tithing 10% of my income.</p> |
| <p>19. I believe that as long as I give money to the church I have fulfilled my obligation to God.</p> | <p>1 2 3 4 5 6</p> | <p>I believe God is concerned more with what I keep than what I give in light of the world's poverty.</p> |
| <p>20. I find it hard to give time, skills and abilities to church and/or volunteer organizations.</p> | <p>1 2 3 4 5 6</p> | <p>I strive to "tithe" my time, skills, and abilities as well as my money.</p> |

Total



SERVICE

- | | | |
|---|--------------------|--|
| 21. I presently am not volunteering in church and/or community organization. | 1 2 3 4 5 6 | I am serving in a regular (once a month or more) ministry in the church or community. |
| 22. I do not know my spiritual gift(s). | 1 2 3 4 5 6 | I can name my spiritual gift(s). |
| 23. If my contribution doesn't get the recognition it deserves, it bothers me. | 1 2 3 4 5 6 | As long as the job gets done, I don't have to get credit. |
| 24. The church wouldn't work well if I were the example to follow. | 1 2 3 4 5 6 | I would consider myself a model of a good volunteer. |
| 25. I've never considered asking God where he might want me to serve him and others. | 1 2 3 4 5 6 | I am regularly asking God to show me opportunities to serve him and others. |

Total



- | | | |
|---|--------------------|---|
| 26. My progress is nobody's business but my own. | 1 2 3 4 5 6 | I am willing to have people ask me about my progress in spiritual growth. |
| 27. My big decisions are private. | 1 2 3 4 5 6 | I don't make significant decisions without getting input from fellow Christians. |
| 28. I don't say much to people about my positive feelings toward them. Encouraging others is not "my bag!" | 1 2 3 4 5 6 | I am generous with encouragement to my friends. |
| 29. It takes me a long time to forgive those who have hurt me...I have a long memory! | 1 2 3 4 5 6 | I am resolving conflict constructively and am willing to forgive others. |
| 30. It's hard for me to reach out to others because I am shy and private. | 1 2 3 4 5 6 | I am growing in my ability to share and to show my love to others. |

Total



- | | | |
|---|--------------------|---|
| 31. I have never invited another person to church because faith is a private matter. | 1 2 3 4 5 6 | I am inviting unchurched or spiritually unconnected friends to my church or small group. |
| 32. I feel like I'm "on my own" and disconnected from God's Presence. | 1 2 3 4 5 6 | I am regularly investing in the spiritual life of another person or group. |
| 33. I am uncomfortable discussing spiritual matters with others. | 1 2 3 4 5 6 | I enjoy talking about spiritual matters with other people. |
| 34. Sometimes I feel there is a disconnect between how I live and what I believe. | 1 2 3 4 5 6 | My lifestyle usually matches what I claim to believe. |
| 35. I am unclear whether God is working in my life. | 1 2 3 4 5 6 | I feel comfortable talking about what God is doing in my life right now. |

Total

After you complete all the questions, add up the numbers for each area. Record the total in the appropriate spaces provided.

	TOTAL
Study God's Word	
Praying	
Worship	
Giving	
Serving	
Vital Friendships	
Sharing My Faith	

21-30 this is an area where God seems to have truly blessed you. It is time for you to equip others by giving away your knowledge and experiences in this area. Consider some of the suggestions you'll find on the website under serving.

11-20 this is an area where it may be helpful to gain understanding, knowledge and experiences to reinforce these spiritual truths. However, no one can concentrate on too many things at once. Consider which area you feel God calling you to focus on in the next year. Find someone you trust who could give you some additional insights.

5-10 this may be an area where you could benefit from some advice and direction. Talk with someone who will listen to your story and help you figure out your next steps by calling 763-421-6520 or by sending an email to Pastors Mark, Chris, Steve and/or Jeannie Hellmann

Part Two: Where Am I Going?

Read through the 35 questions. List the three on which you scored **HIGHEST**:

1. _____
2. _____
3. _____

As you look at this list, can you look back over the past year and recognize how these have been strong points for you? How has God worked in and through you in these areas?

Take some time to thank God for this gift of growth and health in your life.

Read through the 35 questions again. List the three on which you scored **LOWEST**:

1. _____
2. _____
3. _____

As you look at this list, is there one of these statements that draws your attention? Do you feel motivated to seek ways to grow in that area?

If not, look through all the statements again and ask God to show you one area in which you feel motivated to seek more information and tools to help you grow.

List between one and three statements that you want to focus on in the next year. These will be the topics you will explore in part three.

1. _____
2. _____
3. _____

Part Three: How Will I Get There?

Now it is time to take action. You have determined at least one area that you want to focus on next year. Do you feel that God has led you to this topic? Do you feel motivated to make changes in this area? Are you willing to let God break you, teach you, and reshape you in this area? If so, then you're ready to move forward.

A Bold Statement:

Over the next year I plan to focus my attention, by the Grace of God, on the area of _____ to seek ways to grow deeper in my understanding and practice of this topic.

Here are some important questions to ask yourself:

Do I fully understand the topic?

Do I know where to find more information and/or training regarding this topic?

Do I have someone in my life who can and will help me to stay focused and accountable to my commitment to grow in this area?

Do I really want to grow in this area?

A Spiritual Growth Commitment

I, _____, commit myself, by the grace of God, to focus my attention on the following area of my spiritual life:

_____.

I plan to grow in this area by taking the following practical steps:

I plan to accomplish this goal by the following date

_____.

I have shared this commitment with the following person

_____ and give this person the freedom to hold me accountable to this commitment.

I realize that I cannot make myself grow, nor can I do anything worthwhile in my own strength, but that all good things are a gift from God. I submit myself to the gracious leadership of God and commit to partner with God in this area knowing that he can and will produce fruitful results in my life.

Your Signature

Date

Accountability Partner Signature

Date