

Spiritual Self-Evaluation

On a scale from one to ten, evaluate your spiritual life by assigning a number to each statement (1 = Strongly Disagree ... 10 = Strongly Agree). These statements are in no particular order.

- _____ Unless I'm physically unable to do so, I gather each week with my church family.
- _____ I fully engage (with my voice and heart) in singing songs of praise.
- _____ I pray all the time.
- _____ I fast regularly in order to focus on my relationship with the Lord.
- _____ I set aside time every day to read or listen to Scripture.
- _____ I am constantly thinking about how to be more like Jesus.
- _____ I share my faith with others in an effort to make disciples.
- _____ When I am tempted, I usually resist that temptation.
- _____ When I sin, I confess my sin to a brother or sister in Christ.
- _____ I have no ongoing secret sins in my life.
- _____ If I know someone is upset with me, I go to them and seek reconciliation.
- _____ I forgive others from my heart, the way Christ has forgiven me.
- _____ (Husbands) I selflessly love my wife as Christ loves the church.
- _____ (Wives) I submit to my husband as the church does to Christ.
- _____ (Parents) I am teaching and training my children to follow Jesus.
- _____ (Students/Children) I listen to, obey, and honor my parents.
- _____ I am an active volunteer in various ministries of the church.
- _____ I regularly check on other church members to encourage them.
- _____ I give generously to help support the ministries and needs of my church family.
- _____ I am constantly finding ways to serve my neighbors in the community.
- _____ I am kind to people even when they are unreasonable, offensive, or rude to me.
- _____ I regularly experience God's peace through his Spirit.
- _____ The Spirit's fruit (love, joy, peace, patience, kindness, etc.) is evident in my life.
- _____ Because of Jesus, I can confidently say that I am saved by God's grace.

Note: We encourage you to keep this form in order to compare and chart your growth. Also, talk to others about it. Ask elders, ministers, family members, or trusted friends for their feedback and support as you evaluate and make progress in these areas.



An online version of this evaluation can be found by scanning the QR code or visiting ccmcdermott.org/evaluation.