

# First United Methodist Church

## Spiritual Self- Assessment

### R

## Relies on God

### Salvation by grace through Jesus Christ

- A. I'm not sure that salvation comes only through Jesus Christ.
- B. I consider myself a growing Christian, but struggle to grasp what grace means.
- C. I fully understand salvation by grace and can explain several scriptures that teach this.

### Jesus is first in my life.

- A. Jesus plays an important part in my life.
- B. Jesus guides all my decisions.
- C. Jesus' authority has no limits in my life or anywhere else in heaven or earth.

### My identity in Jesus Christ

- A. The teachings and moral example of Jesus make me want to follow him.
- B. I'm convinced that Jesus is the Son of God who died to pay for my sins and make me fully His.
- C. As a believer and follower of Jesus, my identity is fully based in my relationship with Him.

### I read and reflect on the Bible:

- A. At church and several times a month.
- B. At church and a couple times during the week.
- C. Almost every day of my life. I also memorize scripture and meditate on verses.

### My prayer life consists of:

- A. Praying for those I love and those in need.
- B. A two-way conversation - listening to God and voicing needs.
- C. A constant connection with God - I am always praying.

### Score

- 1 point for each A answer \_\_\_\_\_
- 2 points for each B answer \_\_\_\_\_
- 3 points for each C answer \_\_\_\_\_

**R** Total \_\_\_\_\_

### I

## Initiates interest in the gospel

### The God of the Christian Bible

- A. I think all faiths lead to the same God in the end.
- B. The God of the Bible is the best of all the options.
- C. I firmly believe there is no God but the God of the Bible.

### Someone questioning my faith or the Bible:

- A. Prevents me from having spiritual discussions.
- B. Makes me a little uncomfortable, but I'm willing to risk an answer or look into it further.
- C. Doesn't bother me at all. God always guides me to helpful answers.

### Conversations with people who aren't Christians

- A. I don't really know what to say to people about Jesus or the Gospel.
- B. I have shared the Gospel with three to four people in the last six months.
- C. I share my story and/or some portion of the Gospel almost weekly.

### I pray for people who aren't Christians.

- A. I rarely pray for people who are far from God.
- B. I occasionally pray for people who don't know Jesus when they come across my path.
- C. As a result of prayer, I regularly experience opportunities to share Christ.

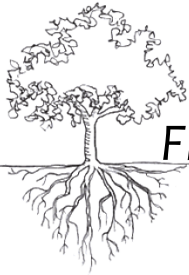
### My involvement in the lives of those far from God

- A. At the moment I am not a close friend with anyone who is not a Christian.
- B. I have a few acquaintances with people who do not know or follow Jesus.
- C. Some of my closest relationships are with people who do not know or follow Jesus.

### Score

- 1 point for each A answer \_\_\_\_\_
- 2 points for each B answer \_\_\_\_\_
- 3 points for each C answer \_\_\_\_\_

**I** Total \_\_\_\_\_



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## Spiritual Self- Assessment

### S

## Serves

### Serving in a ministry at FUMC

- A. I volunteer to help out now and then if I can.
- B. I serve several times a year and try to find a good fit for my gifts/talents.
- C. I consistently serve for a year at a time in an area I'm clearly gifted at.

### Serving outside the walls of FUMC

- A. I serve somewhere in the community up to three times a year.
- B. I serve four to six times a year and am aware of FUMC's ministries in the area.
- C. I'm committed to serving in the community or at a FUMC ministry more than six times a year.

### For me, serving is:

- A. Something I feel I should do if I get the chance.
- B. A good thing to do occasionally and gives me a sense of reward.
- C. Something I look forward to doing all the time. It brings me great joy and satisfaction.

### Serving on a global scale

- A. I'm not aware of how I could serve God globally.
- B. I have partnered with an individual or a ministry serving globally (by praying, giving, serving).
- C. I have gone to another part of the world to serve.

### Around me at work, in my neighborhood or at school:

- A. I seldom find time to help those beyond my closest friends or family.
- B. People often come to me when they have a need.
- C. I intentionally seek out ways that I can help others before they ask.

## Score

1 point for each A answer: \_\_\_\_\_

2 points for each B answer: \_\_\_\_\_

3 points for each C answer: \_\_\_\_\_

**S** Total \_\_\_\_\_

### K

## Kingdom investor

### How I see God and possessions

- A. I try to get by on what God provides and give some of back to Him if I can.
- B. Because God has blessed me in many ways, I willingly sacrifice through my giving habits.
- C. Significant sacrifice of my possessions for God is an ongoing experience in my life.

### Leadership at FUMC

- A. I'd be willing to volunteer if asked.
- B. I regularly lead others or provide leadership to accomplish a specific task.
- C. I currently lead other leaders.

### I joyfully give:

- A. A portion of my income.
- B. At least 10% of my income.
- C. Beyond 10% of my income.

### Using my spiritual gifts

- A. I don't know what my spiritual gifts are.
- B. I think I know what my spiritual gifts are, but I'm not really using them how I'd like.
- C. I'm confident about the spiritual gifts God has given me. I use them often and effectively.

### Someone looking at my weekly schedule:

- A. Might find a few things related to God's kingdom.
- B. Would see two to four hours a week devoted to God's purposes.
- C. Would notice well beyond four hours a week spent on kingdom purposes.

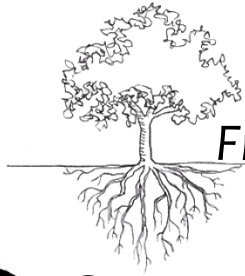
## Score

1 point for each A answer: \_\_\_\_\_

2 points for each B answer: \_\_\_\_\_

3 points for each C answer: \_\_\_\_\_

**K** Total \_\_\_\_\_



**First United Methodist Church**  
*Spiritual Self- Assessment*



## Shaped into Christ likeness

### The Bible as God's authoritative word

- A. The Bible is a good source of spiritual truth, but I don't know much of what is in it.
- B. I'm convinced the Bible is God's word and should be acted on when it speaks to us personally.
- C. Believers must live like God's word teaches the absolute truth about every topic it speaks to.

### Participation in classes on spiritual topics

- A. I have never taken a class.
- B. One to two times a year.
- C. Three or more times a year.

### Spiritual discipline of a Sabbath rest

- A. I rarely set aside time to rest and be with God.
- B. I carve out a 12 - 24 hour period of time each week to rest and be with God.
- C. I set aside a 24 hour period each week, plus take at least one spiritual retreat a year.

### Guidance of the Holy Spirit

- A. I'm not sure I can tell if the Holy Spirit is guiding me or if I'm just following my own conscience.
- B. I often sense God's Spirit prompting me to seize opportunities and solve challenges.
- C. I constantly feel God's prompting in the things I say and do every day.

### Spiritual friendships

- A. I occasionally spend time with Christian friends who are spiritual examples to me.
- B. I benefit greatly from time with a Christian friend who takes initiative with me spiritually.
- C. I regularly invest in the spiritual lives of others who are growing as a result.

### Score

1 point for each A answer: \_\_\_\_\_

2 points for each B answer: \_\_\_\_\_

3 points for each C answer: \_\_\_\_\_



**Total** \_\_\_\_\_

**Transfer scores from each section**





# First United Methodist Church

## Spiritual Self- Assessment

The overall Self-Assessment Score will help you identify if you're more of a beginner just exploring your faith, somewhere in the middle- growing in your faith, or more advanced -learning what being centered in Christ is all about. These three developmental stages of growth can be described the following way.

**1**

### Exploring Christ

Score: 25 - 38

- Has a basic belief in God and am exploring Christ's role in day to day life
- Can identify with spiritual needs and see some connections between Jesus and those needs
- Not sure how to grow my own faith just yet
- Curious about the Bible, but a bit overwhelmed by it
- Wants to see options for growing, but unsure about committing time and resources

**2**

### Growing in Christ

Score: 39-63

- Personal relationship with Christ – has made a definite commitment to trust Jesus for salvation
- Wanting a deeper daily experience with Jesus
- Motivated to learn the message of the Bible, but just starting to learn how to feed own soul
- Able to make time for volunteering and serving
- Starting to give financially, open to considering membership, open to exploring leadership
- Wants to share the Gospel with others, but lacking skills and experience

**3**

### Centered in Christ

Score: 64-75

- Depending on Christ daily for life, guidance, etc
- Praying regularly and acting on direction from God
- Understanding that Jesus is my leader and giving him a place of authority in all of life
- Daily intake of God's word – is more self-directed and skilled in hearing God's voice in scripture
- Identity is firmly rooted in knowing Christ and growing to be more like Him in character
- Knows self, gifts and calling to a great degree of confidence, is able to say no to things that don't fit

The RISKS disciple profile will show you specific areas to direct your spiritual growth.

## RISKS disciple profile score

Record your scores from each section and list them below:

**R** Relies on God \_\_\_\_\_

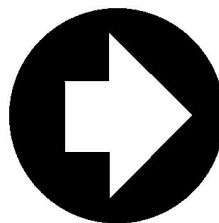
**I** Initiates interest \_\_\_\_\_

**S** Serves others \_\_\_\_\_

**K** Kingdom investor \_\_\_\_\_

**Sh** Shaped into Christ likeness \_\_\_\_\_

=



## Total

RISKS disciple profile score: \_\_\_\_\_

The RISKS disciple profile will show you specific areas to direct your growth as you consider the options for classes, groups, spiritual practices and independent reading.

## Exploring Christ

### Books

Mere Christianity by CS Lewis  
The Reasons for God by Timothy Keller  
Letters from a Skeptic by Dr. Gregory A. Boyd  
Jesus Among Other Gods by Ravi Zacharias  
The Me I Want to Be by John Ortberg  
Epic by John Eldridge  
The Case for Faith by Lee Strobel

### Classes

Alpha  
Disciple 1 – Becoming Disciples through Bible Study (32 weeks)  
Purpose Driven Life by Rick Warren (6 weeks)  
Epic by John Eldridge  
Simply Christian by N.T. Wright (10 weeks)

### Activities

Regular Worship, Small Group Bible Study, & Church Membership  
Complete a Financial Stewardship Card  
Regular Study Group



## Growing in Christ

### Books

King's Cross by Timothy Keller  
Heaven by Randy Alcorn  
Counterfeit God's by Timothy Keller  
Simply Jesus by N.T. Wright  
When Life and Beliefs Collide by Carolyn Curtis James  
Holiness for Ordinary People by Keith Drury  
The Bible Jesus Read & The Jesus I Never Knew by Philip Yancey  
Why am I a United Methodist by William Willimon

### Classes

Christian Believer (30 weeks)  
Disciple 2 – Into the Word, Into the World (32 weeks)  
Treasures of a Transformed Life by John Ed Matthison (6 weeks)  
Network: Discover your spiritual Gifts (6 weeks)  
The Life You've Always Wanted by John Ortberg

### Activities

Serve on a Ministry Team  
Participate in VBS, Community Breakfast, Clothes Closet  
Stewardship Commitment: Time, Talents and Financial Support



## Centered in Christ

### Books

Everlasting Man by G.K. Chesterton  
Knowing God by J.I. Packer  
It all Goes back in the Box by John Ortberg  
The Screwtape Letters and The Great Divorce by CS Lewis

### Classes

Becoming a Contagious Christian (6 weeks)  
Good Sense Budget Course (6 weeks)  
Balancing Life's Demands by Chip Ingram (10 weeks)

### Actions

Contact the church about participating in an extended Mission Trip  
Provide Leadership in Ministry  
Inviting friends & family to greater church participation

