

SPIRITUAL FORMATION PERSONAL SURVEY

The following survey is a tool for you. It is nothing more.

You cannot pass or fail this survey, you can only learn something about yourself. This survey is not designed for people to compare their results with each other, it is a self-evaluation. The only thing it will tell you is what areas of spiritual growth you consider to be strengths and weaknesses.

What you do with this survey will be up to you.

Begin by answering the following questions with an answer between 1-5. Use the following scale:

5 = ABSOLUTELY

4 = PROBABLY/ USUALLY

3 = I'M NOT SURE/ SOMETIMES

2 = PROBABLY NOT/ NOT REALLY

1 = ABSOLUTELY NOT

Fill in your answers in the spaces provided on the next page. Try to answer as honestly as you can.

Fill in the blanks with answers from the corresponding questions. Use the following scale for your answers:

5 = ABSOLUTELY

4 = PROBABLY/ USUALLY

3 = I'M NOT SURE/ SOMETIMES

2 = PROBABLY NOT/ NOT REALLY

1 = ABSOLUTELY NOT

1.____ 7.____ 13.____ 19.____ 25.____ 31.____ 37.____ 43.____

2.____ 8.____ 14.____ 20.____ 26.____ 32.____ 38.____ 44.____

3.____ 9.____ 15.____ 21.____ 27.____ 33.____ 39.____ 45.____

4.____ 10.____ 16.____ 22.____ 28.____ 34.____ 40.____ 46.____

5.____ 11.____ 17.____ 23.____ 29.____ 35.____ 41.____ 47.____

6.____ 12.____ 18.____ 24.____ 30.____ 36.____ 42.____ 48.____

WHEN YOU ARE FINISHED...

Add numbers 1,7,13,19 together. Write the answer here. ____ (a)

Add numbers 26,32,38,44 together. Write the answer here. ____ (b)

Add numbers 4,10,16,22 together. Write the answer here. ____ (c)

Add numbers 3,9,15,21 together. Write the answer here. ____ (d)

Add numbers 29,35,41,47 together. Write the answer here. ____ (e)

Add numbers 6,12,18,24 together. Write the answer here. ____ (f)

Add numbers 25,31,37,43 together. Write the answer here. ____ (g)

Add numbers 28,34,41,46 together. Write the answer here. ____ (h)

Add numbers 5,11,17,23 together. Write the answer here. ____ (i)

Add numbers 2,8,14,20 together. Write the answer here. ____ (j)

Add numbers 27,33,39,45 together. Write the answer here. ____ (k)

Add numbers 30,36,42,48 together. Write the answer here. ____ (l)

“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.”

Mark 12:30

Loving God with your heart includes loving him and loving those he loves. Measuring our love for God should include measuring our love for our fellow man. Your score in blank (a) reflects your perception of your love for God, your score in blank (b) reflects your perception of your love for other believers, and your score in blank (c) reflects your love for the world. Add these three blanks together to see your score on loving God with your heart.

LOVING WITH YOUR HEART _____

Loving God with your soul can be thought of as “being” the person he designed you to be. Some of the virtues he desires us to have are self-control, contentment, and selflessness. Your score in blank (d) reflects your perception of your self-control, your score in blank (e) reflects your perception of how content you are, and your score in blank (f) reflects your perception of how selfless you are. Add these three blanks together to see your score on loving God with your soul.

LOVING WITH YOUR SOUL _____

Loving God with your mind entails knowing him and believing he is who he claims to be. Many people call this doctrine. Three very important doctrines are the doctrine of God, the doctrine of Scripture, and the doctrine of salvation. Your score in blank (g) reflects your thoughts about Scripture. Your score in blank (h) reflect your thoughts about God. Your score in blank (i) reflect your thoughts about salvation. Add these three blanks together to see your score on loving God with your mind.

LOVING WITH YOUR MIND _____

Loving God with your strength deals with the way you live out your life. Three crucial areas of life activity for Christians are personal spiritual disciplines (prayer, Bible study, etc.), generous living, and witnessing. Your score in blank (j) reflects the degree to which you perceive yourself engaging in spiritual disciplines, your score in blank (k) reflects how generous you perceive yourself to be, and your score in blank (l) reflects your perspective of how well you share your faith. Add these three blanks together to see your score on loving God with your strength.

LOVING WITH YOUR STRENGTH _____

Which of these four areas is your strongest? _____

Which of these four areas is your weakest? _____

Take time to contemplate the results of this survey. Even though this is a very simple tool (and certainly not completely conclusive), it may have highlighted some significant areas of life where you need some extra work.

Which of the twelve areas seem to be your strong points? Why do you think that is?

Which of the twelve areas do you really want to work on in the coming weeks?

What things do you think you can do to begin developing these areas?

Try to take some time to develop a “spiritual formation plan” for yourself in the coming days. Find ways to build on your strengths and improve your weaknesses.

If you feel comfortable sharing these things, it might be helpful to share some of your thoughts with your group. They may have good suggestions for you, and they may be willing to help keep you accountable to your plan. If nothing else, they will pray for you as you embark on this exciting journey!

12 AREAS OF SPIRITUAL FORMATION

Heart — Your Love

Love for God
Love for other believers
Love for the world

Soul — Your Self

Self-control
Contentment
Selflessness

Mind — Your Beliefs

Your beliefs about Scripture
Your beliefs about God
Your beliefs about salvation

Strength — Your Actions

Engaging in spiritual disciplines
Generosity
Sharing your faith