

# PURSuing SPIRITUAL LIFE FORMATION AND GROWTH

## A SPIRITUAL LIFE ASSESSMENT

(Measuring and Evaluating 14 Components of Spiritual Living)

☞ Dr. Kenneth Hammonds, Life, Leadership & Ministry Development: COACH ☞

Email:kh@kenhammonds.com Website:kenhammonds.com 323.753.1366

The Scriptures declare that God wants us to live successful, fully abundant spiritual lives (John 10:10) and to be lights in a dark and degraded world (Matthew 5:14; Philippians 2:15). The self-assessment instrument below is aimed at assisting believers to “examine themselves” (1 Corinthians 11:28; 13:5) and then to actively seek to better develop in the way of Christ (2 Peter 3:18). Indeed, we are to be “*wealthy in every way*” (2 Corinthians 9:11, *The Message Translation*) — **especially spiritually**. *Wealthy* in this context means *to be enriched and abundantly productive in every area of life and for God and His kingdom*.

It is challenging to design your life for abundance in **every** Component of your Spiritual Life, but I’ve created an assessment with you in mind. Fill in the spaces below regarding how you will seek to fully develop spiritually in the **14 Components** of this assessment. Periodically, you should think on and evaluate your progress for each Component.

**First**, do an assessment for each Component of your progress in the past 12 months on a scale of 1-10, 10 being best. [10 means “perfect” – no improvement needed.] **Later**, after prayer, write specific strategies for how you will improve in each Component. **Start** with the lowest scoring Component or the one God directs you to further develop now, and work on it for **three months** or until you have it under full control and at least scoring an **8**. **Then** move on to the next one and **continue** until you see a change in **every** Component. You will miraculously find that while you’re working on one Component, it seems to also lift other Components and you grow in areas you were not placing emphasis upon. For instance, you may be working on your Bible Reading and Meditation Component and find that the depth, length, and importance of your Prayer life has also increased. It is a sort of **Spiritual Symbiosis**.

**And Finally – Enjoy the Journey!** Make the trek toward personal and spiritual fulfillment an adventure in which YOU, by the Power of the Holy Spirit, are in control. Of course, these aren’t the ONLY components of the Christian’s spiritual life, but collectively these can serve as a guide you can use to move forward in your spiritual life with Christ.

Oh, as I usually request when giving any self-assessment: **PLEASE BE HONEST!** You can’t grow if you are trying to fool yourself or others who might see your scores. (I think you already know you can’t fool God.) Again, remembering that 10 means “perfect” – no improvement needed. Also note **the spirit** of the assessment question. For example, in the Prayer Component you may indeed DAILY pray, but sometimes it may be a quick, in a hurry prayer, not really focusing on God, but a few quick minutes, getting it out of the way. That is not *the spirit* of the 10 score, only *the letter* of the 10. Indeed, you can improve in your daily intimacy time with God. There is no zero score, the lowest is “1”.

After the 14 Components Assessment, there is a different form of the spiritual measurement I’ve designated as **The Wheel of Spiritual Life**. This will give you a visual representation of how “smooth” your spiritual life is now, and encourage you to prayerfully pursue a smoother, fully expanded ride in the future.

**A KH Quotable Quote: “If you want a better spiritual life; build one. God is placing the responsibility for your spiritual life formation and growth into your hands. Your soul is extremely precious. Handle it carefully.”**

## An Assessment of 14 Components of Your Spiritual Life

- ❖ **1. Bible Reading Component** (Do you regularly, at least 5 days a week, read and meditate upon the Word?)  
Assessment of the past year 1-10 \_\_\_\_\_  
Specific Strategies for Improvement:
- ❖ **2. Prayer Component** (Do you frequently, with specific times of prayer DAILY, commune with God?)  
Assessment of the past year 1-10 \_\_\_\_\_  
Specific Strategies for Improvement:
- ❖ **3. Church Attendance Component** (Do you regularly attend church services with particular attention to the Lord’s Day and at least *some* mid-week services?)  
Assessment of the past year 1-10 \_\_\_\_\_  
Specific Strategies for Improvement:
- ❖ **4. Worship Component** (Do you regularly worship God both in public worship events and privately?)  
Assessment of the past year 1-10 \_\_\_\_\_  
Specific Strategies for Improvement:

- ❖ **5. Fellowship Component** (Do you fellowship with believers in smaller groups? – Not including worship services.)  
Assessment of the past year 1-10 \_\_\_\_\_  
Specific Strategies for Improvement:
  
- ❖ **6. Witnessing/Soul Winning Component** (Do you habitually and regularly witness to unbelievers about Christ? – Not including Christian group/church testimonies.) **Additional Consideration:** Has at least ONE person come to the Lord Jesus Christ because of your direct involvement and witness? How might you win ONE more this year?)  
Assessment of the past year 1-10 \_\_\_\_\_  
Specific Strategies for Improvement:
  
- ❖ **7. Emotional Maturity Component** (How successfully are you managing and having your emotional life controlled by the Holy Spirit and NOT by your feelings, moods, fears, etc.?)  
Assessment of the past year 1-10 \_\_\_\_\_  
Specific Strategies for Improvement:
  
- ❖ **8. Intellectual/Mental Growth Component** (Are you developing your God-given mind and intellectual capacity for educational growth?) **Note:** God created within you wonderful human intellect: Use it and improve it.  
Assessment of the past year 1-10 \_\_\_\_\_  
Specific Strategies for Improvement:
  
- ❖ **9. Reading Christian Literature Component** (Are you reading wholesome and uplifting Christian literature (books) and/or periodicals, websites, email newsletters, blogs, iPhone apps, etc.)  
Assessment of the past year 1-10 \_\_\_\_\_  
Specific Strategies for Improvement:
  
- ❖ **10. Community Service Component** (Are you involved in serving or aiding the wider non-Christian community?)  
Assessment of the past year 1-10 \_\_\_\_\_  
Specific Strategies for Improvement:
  
- ❖ **11. Environmental Component** (How spiritually empowering are your close friends? Are your personal associations with wholesome and uplifting people? And do the places you regularly frequent and the events you attend help to develop your spiritual life or at least help aid you in wholesome personal development?)  
**Personal Question:** Are you involved in an ungodly (unscriptural) relationship, situation, or practice?  
Assessment of the past year 1-10 \_\_\_\_\_  
Specific Strategies for Improvement:
  
- ❖ **12. Sharing Component** (Do you regularly share in **Time, Talent, and Treasure** to the Church of Jesus Christ?)  
**Additional Question:** Do you regularly tithe to the Lord? (10% of income)  
Assessment of the past year 1-10 \_\_\_\_\_  
Specific Strategies for Improvement:
  
- ❖ **13. Bible Study Component** (Do you have a habit of regularly studying the Bible privately – your own personal study?)  
Assessment of the past year 1-10 \_\_\_\_\_  
Specific Strategies for Improvement:
  
- ❖ **14. Mentoring Others Component** (Are you mentoring — *teaching, guiding, coaching, discipling* — at least ONE other individual (other than immediate family) in his or her Christian walk with Christ?) **Additional Question:** Have you mentored at least ONE person in the past? How might you mentor ONE more this year?  
Assessment of the past year 1-10 \_\_\_\_\_  
Specific Strategies for Improvement:

## A Listing of 14 Components of a Spiritual Life

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>1. Bible Reading Component</li> <li>2. Prayer Component</li> <li>3. Church Attendance Component</li> <li>4. Worship Component</li> <li>5. Fellowship Component</li> <li>6. Witnessing/Soul Winning Component</li> <li>7. Emotional Maturity Component</li> </ul> | <ul style="list-style-type: none"> <li>8. Intellectual/Mental Growth Component</li> <li>9. Reading Christian Literature Component</li> <li>10. Community Service Component</li> <li>11. Environmental Component</li> <li>12. Sharing Component</li> <li>13. Bible Study Component</li> <li>14. Mentoring Others Component</li> </ul> |
|---|--|

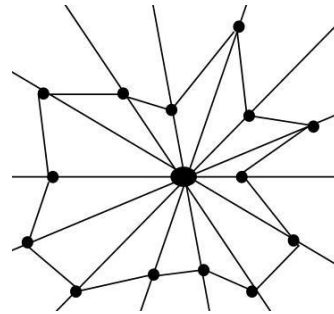
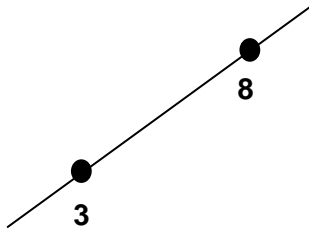
# The Wheel of Spiritual Life

☞ Dr. Kenneth Hammonds, Life, Leadership & Ministry Development: COACH ☞

Email:kh@kenhammonds.com Website:kenhammonds.com 323.753.1366

Get a visual representation of the **Spiritual Life Assessment** above by placing a dot at the appropriate place on the line. For example, if you scored your **Bible Reading Component** as an 8, or as a 3 on a scale of 1-10, you would place it like the illustration below (left side). (Note: Of course, you can only make ONE choice.)

Then connect the dots and see how smooth or rough, small or expanded, your spiritual life is. See the illustration below on the right side. Use the assessment on pages 1 and 2 to smooth and expand it and live a more abundant and fulfilling spiritual life. Those of you who are seeking Life's Purpose, Mission, and Meaning will find this Divine Treasure as you seek God with all your heart and serve Him with an ever-expanding **Spiritual Center**. You will be more attentive to the Voice of God amid the noise and clutter of daily living as He sends you forth to fulfill your life and His Will for it.



1. Bible Reading	2. Prayer	3. Church Attendance	4. Worship	5. Fellowship	6. Witnessing/Soul Winning	7. Emotional Maturity
8. Intellectual/Mental Growth	9. Reading Chr. Literature	10. Community Service	11. Environmental	12. Sharing	13 Bible Study	14. Mentoring Others

