

Progressing towards
GREATER HEALTH



**Practice these things, devote yourself to them,
so that all may see your progress.**

1 Timothy 4:15 (ESV)

A Personal Spiritual Health Assessment

with an Overview Chart of "Healthy" - The Six W's of a Disciple Who Shows Allegiance to Jesus Christ

PERSONAL HEALTH ASSESSMENT

Instructions and Scoring

Jesus graciously gives us new life when we accept, by faith, Him and His work on the cross. This gift is not by works so that none of us can boast except in Jesus and His cross. Yet, as followers of the Christ, we are expected to grow and be healthy. This includes bearing fruit as demonstrated by our actions.

A Healthy Christian demonstrates progress in at least six areas, represented by the six “W’s” of Healthy. A definition of each of these, as well as indicators of progress in them, is given on the “Healthy” chart on the fourth page of this tool. Please note, these values of Health apply to disciples (followers) who show allegiance to Jesus. They are not a checklist of what we need to do in order to get right with God. Jesus did that work for us when He died in our place.

On page three you will find a “Personal Health Assessment” form. There are five probing questions for each of the “W’s” of Healthy. After a time of prayer, committing this exercise to the Lord, read through each question thoughtfully. Then select which answer BEST reflects your current or recent status. Sometimes there will not be the exact answer that fits you, so choose the closest one. **Either CIRCLE or MARK WITH AN “X” the answer that best represents you at this time.**

If you want a numeric assessment of your current Health, then write in the far right box the score that corresponds to your answer. The left-most answer has a score of 1 and the right-most a score of 5 (see the top of the assessment form for the scoring of each column of answers).

SAMPLE As simple as A-B-C

PERSONAL HEALTH ASSESSMENT		1	2	3	4	5
WORD	How important do you consider the study and application of the Bible in a Christian's life?	NOT IMPORTANT	IMPORTANT OTHERS	SOMEWHAT IMPORTANT	VERY USEFUL	VITALLY IMPORTANT
	How hungry are you to apply the truth of a sermon or other Bible teaching to your daily life?	NO HUNGER	I FEEL AS IF I AM HUNGRY OR I FEEL	I DISCUSS IT WITH OTHERS	I PREPARE FOR APPLICATION	I SEEK ACCOUNTABILITY
	How confident are you that you are able to grasp the Biblical author's intention when studying the Bible for yourself?	I DON'T WORRY ABOUT IT	NOT AT ALL CONFIDENT	SEES LIKE A GUESS SOMETIME	USUALLY CONFIDENT	STRONGLY CONFIDENT
	How much time did you spend in reading and studying the Bible in an average week through the past six months?	NONE	SPORADIC	ONCE OR TWICE	3 or 4 TIMES	
	How involved are you in teaching others how to study the Bible and how it fits together into a comprehensive world-view?	NOT AT ALL	WOULD RATHER BE A HELPER	INFORMALLY	REGULARLY	INTENSIVELY
						4 3 3 2 1

A Circle or Mark with an “X” the answer that best represents your current status.

B Give your answer a numeric value based on what column it is in.

C Total the five scores and then transfer that total to the evaluation grid below.

EVALUATION GRID	TOTAL SCORE FOR EACH “W” <i>5 = min; 25 = max</i>	PERSONAL CONCLUSIONS <i>What is God calling you to focus on this coming year? Which one or two “W’s” will you intentionally seek to strengthen?</i>
WORD	____/25	
WORSHIP	____/25	
WARMTH	____/25	
WITNESS	____/25	
WORKS	____/25	
WISDOM	____/25	

PERSONAL HEALTH ASSESSMENT

		1	2	3	4	5
WORD	How important do you consider the study and application of the Bible in a Christian's life?	NOT IMPORTANT	IMPORTANT FOR OTHERS	SOMEWHAT IMPORTANT	VERY USEFUL	VITALLY IMPORTANT
	How hungry are you to apply the truth of a sermon or other Bible teaching to your daily life?	NO HUNGER	I THINK ABOUT IT 1 OR 2 TIMES	I DISCUSS IT WITH OTHERS	I PRESS FOR APPLICATION	I SEEK ACCOUNTABILITY
	How confident are you that you are able to grasp the Biblical author's intention when studying the Bible for yourself?	I DON'T WORRY ABOUT IT	NOT AT ALL CONFIDENT	SEEMS LIKE A GUESS SOMETIMES	USUALLY CONFIDENT	STRONGLY CONFIDENT
	How much time did you spend in reading and studying the Bible in an average week through the past six months?	NONE	SPORADICALLY	ONCE OR TWICE WEEKLY	3 or 4 TIMES PER WEEK	DAILY
	How involved are you in teaching others how to study the Bible and how it fits together into a comprehensive world-view?	NOT AT ALL	WOULD RATHER BE A HELPER	INFORMALLY	REGULARLY	INTENSIVELY
WORSHIP	How regularly do you participate in corporate worship with a body of believers?	2-4 TIMES PER YEAR	1-2 TIMES EVERY FEW MONTHS	2-3 TIMES PER MONTH	WEEKLY	SEVERAL TIMES PER WEEK
	In evaluating a public worship service, how much of an active participant do you see yourself in the service (vs. a passive consumer)?	I SLIP IN AND SLIP OUT	I JOIN IN SINGING	I ACTIVELY ENGAGE MY MIND	I ENGAGE WHOLE-HEARTEDLY	I AM THERE FOR GOD'S APPROVAL
	How active are you in preparing yourself before a corporate time of worship?	I MAKE NO PREPARATIONS	I PRAY BEFORE SERVICES	I READ THE DAILY READINGS	I HAVE PERSONAL WORSHIP	I MAKE SUNDAY SPECIAL
	What portion of your waking hours have at least a background sense to them of your awe and gratitude toward God?	NONE	SPORADICALLY	25% OF THE TIME	50% OF THE TIME	90-100% OF THE TIME
	On average, how many days in a week, during the past six months, do you spend at least 10 minutes in personal worship and prayer?	NONE	ONE DAY PER WEEK	2-3 DAYS PER WEEK	4-5 DAYS PER WEEK	6-7 DAYS PER WEEK
WARMTH	How strong is your desire for and belief in the value of life-changing personal connections with other believers in Christ?	I SEE NO VALUE IN THEM	I DESIRE THEM ON OCCASION	I WILL ENGAGE IF ASKED TO	I SEEK THEM IF POSSIBLE	I MAKE THEM A PRIORITY
	How frequently do you have connections with believers that result in a heart-to-heart connection that leaves everyone changed for the good?	RARELY	ONCE OR TWICE PER YEAR	EVERY 2-3 MONTHS	EVERY 2-3 WEEKS	WEEKLY
	How confident are you that you would not have to face a crisis alone, but that specific people in the body of Christ would rally to your side?	NOT AT ALL CONFIDENT	HOLDING ON TO SOME HOPE	IF I ASKED FOR IT, THEN YES	PRETTY SURE SOME WOULD	VERY CONFIDENT
	How intentional have you been to look out for others who need a point of meaningful connection and offer to help them get connected?	HAVE NOT THOUGHT ABOUT IT	BUT IT'S OTHERS' JOB	IF THE NEED IS OBVIOUS	PRAY FOR EYES TO SEE NEEDS	ACTIVELY HELP FOLKS CONNECT
	How many people do you think would call to check on you if you unexpectedly miss Sunday worship for three weeks in a row?	NO ONE	PERHAPS ONE OR TWO	PRETTY SURE 3 OR 4 FOLKS	I AM SURE 5 OR 6 FOLKS WOULD	IT WOULD NOT TAKE 3 WEEKS
WITNESS	How frequently do you pray for those you know who do not yet know Jesus Christ as Lord and Savior?	I NEVER THINK ABOUT IT	ON OCCASION	MAYBE MONTHLY	AT LEAST WEEKLY	USUALLY DAILY
	How regularly do you give financially to the missions work of sharing the Gospel of Jesus worldwide?	I DON'T GIVE ANYTHING	WHEN A NEED IS URGENT	WHEN I HAVE EXTRA	CONSISTENTLY	REGULAR & SACRIFICIAL
	How confident are you in your ability to present a solidly Biblical presentation of God's plan of salvation (the Gospel)?	NOT AT ALL CONFIDENT	MAYBE COULD BUT SCARED	CAN WITH HELP OF TOOLS	PREPARED BUT UNTESTED	HAVE DONE SO EFFECTIVELY
	How prepared are you to help others work through their roadblocks to faith (e.g. the truthfulness, consistency, or uniqueness of the Gospel)?	WOULD NOT KNOW HOW	IN A FEW AREAS, MAYBE	OPEN TO DIALOGUE	PREPARED BUT UNTESTED	HAVE DONE SO EFFECTIVELY
	How effective are you at inspiring and equipping others toward accurately, lovingly, and intentionally sharing their faith?	IT IS NONE OF MY BUSINESS	PERHAPS I HAVE BEEN A MODEL	SOME SKILLS TAUGHT	PEOPLE ARE HELPED TO TRY	HAVE TRAINED & SUPPORTED
WORKS	Do you agree that all Christians have gifts and abilities that they should use to serve others in their church family and the world beyond?	NO I DON'T AGREE	I AM OK WITH 20% DOING 80%	SERVICE OF VALUE YET OPTIONAL	SERVICE EXPECTED OF MOST	SERVICE IS NORMAL FOR ALL
	Have you been willing to help with ministries, at least on a short-term basis, when asked to do so?	I HAVE NOT BEEN WILLING	ONLY IF IT IS EASY	WILLING TO REGULARLY SUB	BEEN A REGULAR	BEEN WILLING TO SACRIFICE
	How confident are you in your understanding of your spiritual gifts and the place God has called you to minister in and thru the local church?	NOT AT ALL CONFIDENT	UNCERTAIN WHERE I FIT IN	SOME UNDERSTANDING	NARROWING THE FOCUS	KNOW MY PASSION & GIFTING
	How often are you intentionally focused on using your gifts wholeheartedly to serve in and through your local church?	NEVER	WILL SERVE BUT NO FOCUS	BEGINNING TO FIND FOCUS	LOSE FOCUS ON OCCASION	CONSISTENTLY FOCUSED
	How many individuals could you name whom you have encouraged, inspired, or equipped to use their spiritual gifts in some way?	I HAVE NOT IMPACTED OTHERS	MAYBE ONE OR TWO	PRETTY CERTAIN OF 3 TO 5	CONFIDENT OF AT LEAST 7-10	DOZENS
WISDOM	How strongly do you believe that all your time, money, and energy belong to God and that you are accountable for your use of them?	IT BELONGS TO ME	GOD OWNS A TENTH	I AGREE EXCEPT FOR...	MOSTLY, BUT IT'S MY BUSINESS	STRONGLY, I AM ONLY A STEWARD
	What level of difference has becoming a Christian made in the way you spend your time and money?	NONE	MINIMAL IMPACT	REGULARLY "TITHE" (10%)	MORE THAN TITHE	ALL IS AT GOD'S DISPOSAL
	If someone reviewed your finances and personal calendar, would they see a distinct pattern of surrender and submission to God?	NOT AT ALL	MONEY IS NOT MY GOD	I FAITHFULLY TITHE	MAJOR LIFESTYLE CHANGES	I GIVE SACRIFICIALLY
	Is being a faithful steward of what God has entrusted to you so important that you would let others hold you accountable?	NO	ONLY IN A GENERAL WAY	PERHAPS WITH SOME SPECIFICS	VERY OPEN WITH SOME	FULLY OPEN WITH A FEW
	Have you been able to help mentor others in developing self-control and self-discipline in their use of time and money as gifts from God?	IT IS NONE OF MY BUSINESS	TRY TO BE A QUIET MODEL	SOME SUBTLE INFLUENCE	SEVERAL FOLKS IMPACTED	EFFECTIVE NUMEROUS TIMES



“Healthy”

The 6 W’s of a Disciple Who Shows Allegiance to Jesus Christ

	<i>Sees the Importance / Need for the Value</i>	<i>Does the Occasional Action Step to Live out the Value</i>	<i>Begins Integrating the Value by Consistently Being Involved</i>	<i>Self-initiates a Personal, Daily Integration of the Value</i>	<i>Multiplies the Value by Modeling and Teaching Others</i>
<p>WORD <i>knows God through the applied Word under the direction and empowerment of the Holy Spirit</i></p>	Has an awareness of the value of God’s Word and wants to know how the Bible applies to particular situations in their life.	Is under the teaching ministry of others, willing to consider and choose applications to their own life	Consistently reads the Bible, willing to study the Bible with others, learning how to correctly interpret the Scriptures and how to avoid heretical detours	Self-initiates aggressive study of the Bible, able to explain and defend a basic biblical theology, maintains a tender-heart that asks the Spirit to help welcome the truth into their lives	Is able and willing to teach others the foundational truths of the Bible and how to become someone with the skills and passion needed to integrate the Word into their daily lives
<p>WORSHIP <i>manifests a lifestyle of worship and prayer based on close daily communion with God</i></p>	Values congregational worship enough to be a regular attendee. Prays several times a week.	Understands that worship is for God and reflects upon the greatest commandment of loving God with all our being.	An active participant in congregational worship. Has a growing sense of the awesomeness of God. Growing in their sense of gratitude toward God.	Lives a lifestyle of prayer and worship. Daily focused prayer times supplement a continual sense of worship and prayer in moment by moment communion with God.	Is able to lead others into a lifestyle of worship and prayer through example, teaching, and mentoring.
<p>WARMTH <i>engages in meaningful life-on-life relationships that reflect the love of God and leave people impacted and changed.</i></p>	Has an awareness of the importance of relationships, sees the need for intentionally developing such life-changing connections, and is developing a hunger for such fellowship.	Occasionally has involvement with others but usually at a more superficial level. May desire more but unsure of how to proceed	Has regular life-on-life interactions with other Christians, enough so that any crisis in their life would not have to be met alone.	Initiates life-on-life relationships, seeing themselves as a “Life Guard” by looking for others who need a point of meaningful connection.	Able to develop and enhance a culture of warmth by modeling it, teaching the principles behind it, praying for it, and encouraging it in others. Formally or informally mentors others along the spectrum of warmth.
<p>WITNESS <i>lives under the commission of Christ to win and grow disciples, integrating outreach into all aspects of life</i></p>	Values the need to share the Good News of Jesus with those not yet in the Kingdom of God. Rejoices when they hear of others reaching out in witness.	Prays regularly for opportunities to be a witness. Takes advantage of large group “Harvest Opportunities” by inviting others to join them. Knows how to share a basic personal testimony	Is able to share data points of Gospel. Actively engages our culture by turning conversations with friends and acquaintances to spiritual things.	Is able to make a reasoned defense of the Gospel, handling objections and roadblocks to faith with gentleness and respect.	Equips others to share the faith and models integrated outreach as a lifestyle. Teaches others how to share and defend the Gospel.
<p>WORKS <i>serves the building up of the Body of Christ through their spiritual gifting & passion</i></p>	Understands that personal service is normative in the Kingdom, recognizes that spiritual gifts exist and wants to know theirs	Willing to serve others when asked to do so, involvement is usually on a short-term basis and is not necessarily related to their gifting.	Consistently serves others, becoming more aware of the calling of God through their spiritual gifts and passions.	Seeks out serving others based on an optimal deployment of their spiritual gifts, passions and resources. May be in a leadership role.	Able to release others to serve in the Body of Christ by providing multiplying leadership that encourages others and equips them for the work of ministry.
<p>WISDOM <i>manages the full resources of time, money, and energy, entrusted to them by God, under the Lordship of Jesus</i></p>	Has a basic respect and reverence for God (“the fear of the Lord”) that breeds a sense of accountability for all aspects of their lives.	Beginning to make specific changes in their use of their resources. Practical, measurable faith steps are being initiated.	Has come to the place of surrender and submission to God. Actively seeking the Lordship of Christ in all areas. Open to the occasional review of their allocation of what has been entrusted to them.	Lives out the Christian disciplines. Uses appropriate tools and relationships of accountability to help integrate biblical stewardship of all things.	Mentors others regularly in keeping in step with the Spirit. Effectively passes on tools that help develop self-control and self-discipline. Models an integrated life of stewardship.

Greater Resistance ----- Greater Surrender
Greater Independence ----- Greater Accountability for Actions
Values Character Trait ----- Has Clear Sense of Personal Gifting
Receives Ministry ----- Gives Ministry