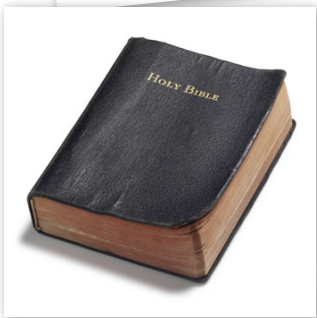


Faith

Self-Assessment

How's Your Spiritual Health?



The statements that follow will help you evaluate where you are on your faith journey. Answer the questions as honestly as you can. You won't share your responses with anyone unless you choose to do so.

To complete the assessment, read each statement and decide how well it fits you. Write the appropriate number in the blank next to the statement. Choose your response from the following options:

- 1 = Never true
- 2 = Rarely true
- 3 = True once in a while
- 4 = Sometimes true
- 5 = Often true
- 6 = Almost always true
- 7 = Always true

Step One: Assess Yourself

- _____ 1. Every day I see evidence that God is active in the world.
- _____ 2. I feel a deep sense of responsibility for reducing pain and suffering in the world.
- _____ 3. I am spiritually moved by the beauty of God's creation.
- _____ 4. I care a great deal about reducing poverty in the United States and throughout the world.
- _____ 5. I devote time to reading and studying the Bible.
- _____ 6. I do things to help protect the environment.
- _____ 7. I have a real sense that God is guiding me.
- _____ 8. I am concerned that our country is not doing enough to help the poor.
- _____ 9. I like to worship and pray with others.
- _____ 10. I give significant portions of time and money to help other people.
- _____ 11. I seek out opportunities to help me grow spiritually.
- _____ 12. I go out of my way to show love to people I meet.
- _____ 13. I take time for periods of prayer or meditation.
- _____ 14. I speak out for equality for women and minorities.
- _____ 15. I talk with other people about my faith.
- _____ 16. I think Christians must be about the business of creating international understanding and harmony.
- _____ 17. My faith helps me know right from wrong.
- _____ 18. I try to apply my faith to political and social issues.
- _____ 19. My faith shapes how I think and act each and every day.
- _____ 20. In my free time, I help people who have problems or needs.
- _____ 21. My life is filled with meaning and purpose.
- _____ 22. I am active in efforts to promote social justice.
- _____ 23. As I grow older, my understanding of God changes.
- _____ 24. I am active in efforts to promote social justice.

Step Two: Evaluate Your Self-Assessment

What's It Mean?

In Matthew 22:34-39, Jesus tells us the greatest commandment: “You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.” And the second greatest: “You shall love your neighbor as yourself.”

In essence, Jesus defined a two-dimensional faith:

Vertical: a life-transforming relationship with a loving God. We express this part of faith in worship, praying, and seeking opportunities for spiritual growth.

Horizontal: A consistent devotion to serving others (our relationship with our neighbors). We express this art of faith by helping people in need, getting involved in social issues and taking care of the environment.

A balance of the two dimensions is important for a truly mature faith. There are four types of faith based on these two dimensions:

Integrated faith – You have both a life-transforming relationship to a loving God and a consistent devotion to serving others. This represents a high level of faith maturity.

Vertical faith – You have a life-transforming relationship to a loving God, but don't have a consistent devotion to serving others.

Horizontal faith – You are consistently devoted to serving others, but don't have a life-transforming relationship to a loving God.

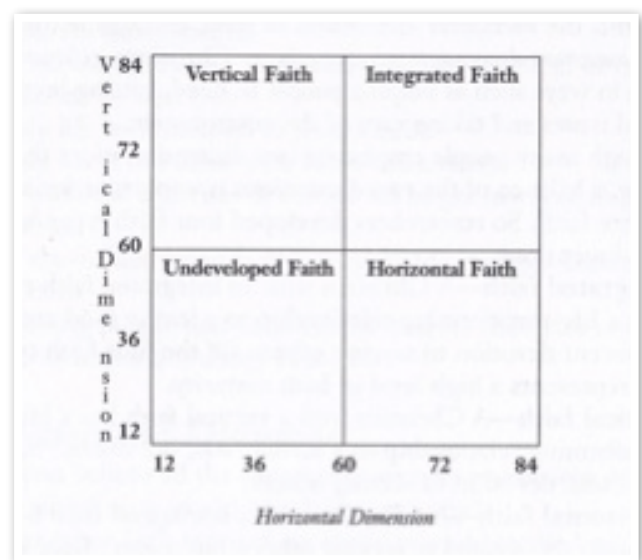
Undeveloped faith – You don't strongly express your faith by a devotion to serving others or by a life-transforming relationship to a loving God.

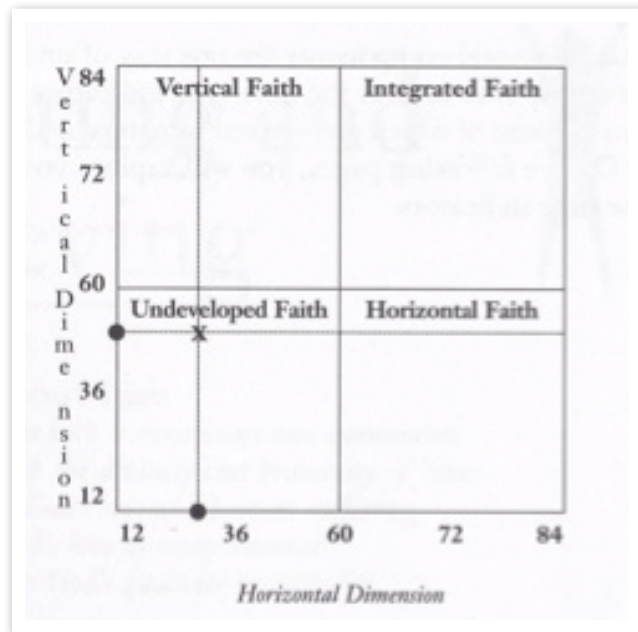
How Do I Know My Score?

First, Add together the numbers you wrote down for the odd-numbered statements. This is your vertical score: _____

Now add together the numbers you wrote down for the even-numbered statements. This is your horizontal score: _____

Complete the chart to the right. First mark your vertical score on the approximate location on the line marked “Vertical Dimension.” Then mark your horizontal score on the approximate location on the line marked “Horizontal Dimension.” Plot where these two lines intersect in the chart. That intersection indicates your faith type. (See example on back.)





For example, imagine that your vertical score is 56 and your horizontal score is 32. The two lines intersect in the Undeveloped Faith category.

Step Three: Reflect

Take some time alone to reflect on your assessment. Use the following questions as a guide for your time of reflection.

Does your score surprise you? Or does it reflect the true nature of your faith? Give examples to illustrate.

Re-read Matthew 22:34-39. How does this assessment give you a new perspective on this passage? What part of the passage is most difficult to live out in your daily life? Why?

If you're stronger in one dimension than the other, what factors contribute to that emphasis? What prevents you from growing more strongly in the unaccented dimension?

If your score is in the undeveloped category, what factors have prevented your faith from growing more?

If your faith is integrated, what has contributed most to your growth in faith? What has been the greatest struggle?

How does your faith type reflect your personality (or does it)? How does your circumstance in life affect your faith type?

If you had taken this survey five years ago, what differences do you think you would find? What factors have contributed to any changes?

If you take this survey again in five years, what would you hope to discover? What can you do to begin moving in that direction?