

Where Are You on the Trail?

At the Trailhead



On the Path



At the Lookout



Off the Path



On the Cliffs



SPIRITUAL SELF-ASSESSMENT

Understanding where you are now in your spiritual journey is key to knowing how to take the next step. This tool is to help you assess for yourself where you are now.

Circle one statement for each basic spiritual discipline that most closely matches what you do/where you are in that practice right now. There are five statements for each discipline.

Acts of Piety

Prayer

1. I don't know how to pray
2. I know how to speak to God, but I don't know how to listen
3. I talk with God about my personal life
4. I talk with God about other people, the church, the world, etc.
5. I help others listen to God

Scripture

1. I seldom read the Bible except in Sunday worship or Sunday school
2. I regularly read the Bible in personal devotion time and sense that God speaks to me through my study
3. I have participated in one or more Bible studies that have helped me better understand God's Word
4. I feel comfortable leading Bible study for others
5. I have taught Bible studies from which others have gone on to become leaders for other groups

Christian Conversation

1. I have never participated in a small group
2. I have participated in a small group in the past that helped me to grow spiritually, but I do not regularly participate in a small group
3. I regularly participate in a small group and experience support and encouragement for my faith journey
4. I help in the leadership of my small group
5. Because of my leadership in the small group, one or more other small groups have begun and are still active

Worship

1. I attend worship less than three times per month
2. I attend worship three or more times per month and truly sense God's presence
3. I regularly participate, as a part of a group or as an individual, in leading worship so that others may experience God's presence (e.g. choir, bell choir, liturgist)
4. I have shared a testimony, given a message or led prayer in worship and am willing to do so again
5. I help others learn how to lead worship

Sacraments

1. I have not been baptized, nor do I feel worthy to receive communion
2. I have been baptized, and receive communion occasionally
3. I have been baptized and understand myself as a part of the community of the baptized, and receive communion monthly
4. I have been baptized and sense God's involvement in my salvation, and receive communion more often than monthly
5. I have shared about the meaning of baptism and communion with others, and encouraged them to participate in these sacraments

Acts of Mercy

Outreach/Service

1. My primary concern is caring for my own needs
2. I occasionally participate in short term volunteer opportunities
3. I participate in serving others once a month
4. I participate in several outreach opportunities each month
5. I help others find places for serving/outreach

Social Justice

1. My primary concern is the preservation of my own rights and dignity
2. I have written a letter once to an elected official to make comment about a social justice or issue which came out of an internal sense of right/wrong
3. As a result of a sermon or conversation with a Christian friend or by conviction through prayer, I have committed myself to a particular cause for social justice
4. I have shared with others about why a particular cause (or causes) require a response from the Christian community, and have encouraged others to act
5. I have led others to take action for social justice, to bring transformation to God's world and people

Faith Sharing

1. I seldom, if ever, talk about church or faith matter with another, unless I know that the person is a Christian
2. I enjoy serving people and letting them know that I do it because God loves them
3. I seek opportunities to share with non-Christians what my relationship with Christ means to me
4. I have helped at least one person accept Jesus Christ as Savior and Lord
5. I have helped others learn to share their faith and they have led others to accept Jesus Christ as Savior and Lord

Stewardship

1. I seldom consider how I can use the time, talents, and treasure God has given to me for God's purpose
2. I occasionally use the spiritual gifts God has given me for ministry in the church and I give regularly to the offering
3. I frequently use the spiritual gifts God has given me for ministry in the church and I give 5% or more of my income to the offering
4. I consistently use the spiritual gifts God has given me for ministry in the church and I give 10% or more of my income to the offering
5. I do #4 plus I help others to discover the joy of using the gifts God has given them for God's purpose

Where are you?

Each statement corresponds to a stage of faith for that particular spiritual discipline. If you circle the first statement, you are at stage 1 “At the Trailhead” for that discipline; if you circled the second statement, you are at stage 2 “On the Path” for that discipline; and so on. The descriptions of stages are below. You will probably not be at the same stage for every discipline. Everyone has a discipline, or some disciplines, that she/he is stronger at than others.

Once you have identified the disciplines in which you can grow stronger, set a goal for how to get to the next level in that discipline.

This self-assessment should ideally be done every year, as a means of helping a Christian discern how she/he can grow stronger in spiritual disciplines. Remember that we grow in our practice of spiritual disciplines, not as an end in themselves, but as a means of fulfilling Jesus’ two great commandments: growing deeper in love of God and growing deeper in love of neighbor.

Stages of Faith

1. **At the Trailhead** – May or may not be seeking to know God; if so, not sure where to begin; may not have ever made a commitment to follow Christ, or to be a member of a Christian church; needs to understand what journey of faith and following Christ is all about
2. **On the Path** – Looking for a way to connect to God; ready to begin the journey of faith within the context of a community of believers; needs to understand how to read and study the Bible; what it means to have a personal relationship with Christ
3. **At the Lookout** – Relationship with God becoming a priority in life; wants to spend time each day in prayer and Bible study; maybe ready to attend Sunday school or enroll in short term course during week
4. **Off the Path** – Ready to understand what it means to serve Christ by serving others; ready to be connected to Christian community by identifying and using gifts for ministry; understands the importance of the mission and vision of the church
5. **On the Cliffs** – Realizes the importance of living out of the mission; commitment to investing in lives of others to help them become faithful, growing disciples of Jesus Christ.

What’s your next step?

