

Spiritual Health Analysis

Since the three key elements of spiritual health are faith, growth and fruit, then a spiritual analysis must examine all three areas. Honestly evaluate your life using the following tools. For added clarity you may want to ask someone else for their input.

Faith

Review the Apostles' Creed. Ask yourself, "Do I believe:

- In the Triune God?"
- That I am a sinner?"
- That Jesus is my Savior?"
- That the Holy Spirit has given me the gift of faith?"
- That due to God's love I will inherit eternal Life?"

Growth

How often each month do I attend worship?

Rarely Twice each month Every Sunday

How often do I participate in group Bible study?

Rarely Occasionally Every Week

How often do I receive the Lord's Supper?

Rarely Several times a year As often as it is offered

How often do I read the Bible or a devotional book at home?

Rarely Occasionally Every Day

Have I identified areas in which I need to grow?

No ___ Yes ___

(If not, ask questions such as, "With what sins do I struggle? What message of God do I long to understand? What character qualities do I want to develop?")

Have I searched for sections of the word which address my growth needs?

No ___ Yes ___

(A concordance, topical Bible or your pastor can help.)

Is someone holding me accountable for growth?

No ___ Yes ___

(If not, whom could I ask to meet with me regularly – perhaps once each month – for a progress report and time of prayer?)

What can I do to eliminate or minimize the following?

- Temptations to "skip my daily devotion"
- Distractions during private or family devotion
- Feelings of inadequacy for leading family devotions
- Frustration when I encounter a question I can't answer

Are the following elements of a spiritual growth plan in place?

Commitment to do it	Yes ___	No ___
Scheduled time of day	Yes ___	No ___
Devotional tools at hand	Yes ___	No ___
Clear growth goals	Yes ___	No ___
Accountable to someone	Yes ___	No ___

Suggested tools for private devotion:

- Bible
- Luther's Catechism
- Bible Concordance
- Bible Maps
- People's Bible Commentary
- Reading schedule
- Meditations
- Forward in Christ
- Prepared Bible studies

Fruit

How often do I pray?

Rarely Occasionally Daily

How often do I talk to others about Jesus?

Rarely Occasionally Daily

Does my life-style honor God more today than it did a year ago?

Are the fruits of the spirit from Galatians 5:22-23 ripening in my life? Evaluate each one.

Love:	No ___	Somewhat ___	Yes ___
Joy:	No ___	Somewhat ___	Yes ___
Peace:	No ___	Somewhat ___	Yes ___
Patience:	No ___	Somewhat ___	Yes ___
Kindness:	No ___	Somewhat ___	Yes ___
Goodness:	No ___	Somewhat ___	Yes ___
Faithfulness:	No ___	Somewhat ___	Yes ___
Gentleness:	No ___	Somewhat ___	Yes ___
Self-control:	No ___	Somewhat ___	Yes ___

Are these fruits maturing in my relationship with:

My spouse	No ___	Somewhat ___	Yes ___
My children	No ___	Somewhat ___	Yes ___
My relatives	No ___	Somewhat ___	Yes ___
My neighbors	No ___	Somewhat ___	Yes ___
My coworkers	No ___	Somewhat ___	Yes ___
My friends	No ___	Somewhat ___	Yes ___

The answers you have given will show you where spiritual attention is needed. Pray about these areas. Study the word of God as it relates to the areas of weakness. Rejoice and give thanks over the strengths