



# Spiritual Health Self-Assessment Conversation Guide

A self-assessment is a wonderful place to begin as we seek to grow and mature spiritually. It gives us a starting point, a general idea of where we are and what lies up ahead. But this is, of course, incomplete. By definition, our blind spots won't show up on a self-assessment. **That's why we encourage you to do two things with the results of this self-assessment.**

**First and foremost, take it to God in prayer.** The conversation might start something like this:

*"God, you know me better than I know myself. As I read the description of the stage I'm in for each area, will you speak to me about where I am further along than I think or where I'm not as far as I'd like to think. I want to be open to you and align my perspective to yours."*

**Second, remember that God often speaks to us through other believers.** As Paul puts it in Ephesians 4:15, "...by speaking the truth in love, we may grow up in all things into Him who is the head — Christ." We encourage you to share your responses and the results of your self-assessment with a Christian who knows you well, cares about you, and will be honest with you.

**You can use some or all of the questions below to guide your conversation, or at least get it started.** From there, trust that the Spirit will lead the conversation. In fact, open in prayer welcoming the Holy Spirit to speak and to guide you both during your time together.

## General

- » What did you think of the self-assessment? How did you feel about taking it?
- » Did anything about the types of questions asked surprise you?
- » Did you find it pretty easy to score yourself on most questions or were some harder to answer?
- » Any questions in particular that caused you to really think?

## Authenticity

- » What stage were you in Authenticity? Can you share that description with me, highlighting the parts that feel especially true for you?
- » Some families are very private even among each other, others say a lot and share a lot. Would you describe the family you grew up in as more open or more reserved?
- » Introspection is a skill closely related to self-awareness. What sorts of things cause you to examine your own thoughts and feelings?
- » Who came to mind when answering question #4 — people you feel safe talking to about the deeper things in life, including your feelings, beliefs, doubts, pain and hurts?
- » Are there any topics you find yourself avoiding with God? Any guesses why?

## Biblical Foundation

- » What stage were you in Biblical Foundation? Can you share that description with me, highlighting the parts that feel especially true for you?
- » On a scale of 1-10, how familiar would you say you are with the Bible? What translation do you usually read? What other tools, if any, do you use to help you understand what you're reading?
- » Describe when and how you're spending time reading the Bible these days? What does that routine look like for you?
- » Did any questions come up for you as a result of the questions in this section?
- » The British have a saying, "Mind the gap." In the book of James, we're warned not to merely hear the Word of God but to do it. What are some ways you could (or already do) mind the gap between what you read and how you live?

## Devotion

- » What stage were you in Devotion? Can you share that description with me, highlighting the parts that feel especially true for you?
- » Each question in this section is about a spiritual practice. Are there a couple that feel very familiar, enjoyable, even easy to you?
- » Are there a couple that are new for you or that you'd like to know more about?
- » As you look over this section and the assessment as a whole, do you have a sense of which spiritual practice might open up the right kind of space for the work God would like to do in your life next?

## Generosity

- » What stage were you in Generosity? Can you share that description with me, highlighting the parts that feel especially true for you?
- » One big area of generosity is the financial part of our lives. Is tithing a practice you are familiar with and engaged in?
- » Over the course of your adult life, describe what financial giving has looked like for you? Do you give to churches, charities, causes, etc.? How do you make those decisions?
- » Our time and talents are another big part of how God calls us to be generous. The questions in this section describe several ways of sharing ourselves with others. Which one are you most drawn to or excited about?

## Integration

- » What stage were you in Integration? Can you share that description with me, highlighting the parts that feel especially true for you?
- » As you look across the areas of your life, where is God missing?
- » What do you believe God thinks about or wants for you in that area of your life?
- » In practical and prayerful ways, how could you welcome him into this part of your life?

## Seeking Feedback

- » As a person who knows me, and given this conversation about my assessment, what are some parts of the self-assessment that you think are really true of me?
- » Did any of my results surprise you or feel like they need to be rounded out or put into context?
- » If an area of growth to focus on over the next few months didn't already surface in our conversation, do you have a suggestion about one of these sections or even a particular question I might look for a next step to take?
- » Knowing that I want to grow and give God more access in my life, is there any blind spot or area of struggle that you see in me that I might not be aware of. (Remember speaking the truth in love is how we grow! It takes courage both to give and to receive gentle, honest feedback.)