

Pursuing Spiritual Life Formation and Growth in the Midst of



ASSESSING, EVALUATING, AND IMPROVING SPIRITUAL GROWTH IN DISTRESSING TIMES (Measuring 14 Components of Spiritual Living)

✂ Dr. Kenneth Hammonds, Life, Leadership & Ministry Development COACH ✂
Email: kh@kenhammonds.com Website: kenhammonds.com 213.444.3949

The Spiritual Life Assessment: Carefully & Prayerfully Answering the Assessment

It is indeed challenging to design your life for abundance in every Component of your Spiritual Life, but I've created an assessment with **14 Spiritual Components** you can personally measure.

14 Components of the Spiritual Life Assessment

In the assessment instrument each Spiritual Component has questions after that further define and center the Component for action. The questions are not included here for sake of overview.

1. Bible Reading	2. Prayer	3. Church Attendance	4. Worship	5. Fellowship
6. Witnessing/Soul Winning	7. Emotional Maturity	8. Intellectual/Mental Growth	9. Reading Christian Literature	10. Community Service
11. Environmental	12. Sharing	13. Bible Study	14. Mentoring Others	

HOW TO SCORE EACH COMPONENT OF THE ASSESSMENT

STEPS: First, do an assessment for each Component of your progress so far THIS year, 2020, on a scale of 1-10, 10 being best. [10 scoring you as "**perfect**" – **no improvement** needed.] Fill in the spaces below regarding how you will seek to fully develop spiritually in the **14 Components** of this assessment.

Start with the lowest scoring Components (no more than three) or the **ONE** lowest (the best approach) God directs you to further develop now, and work on it for the rest of the year **OR** until you have it under full control and at least scoring an **8**.

Later, after prayer for guidance, write specific strategies for how you will improve in EACH Component. Tis is an important element for a real, focused plan growth.

Then (Happy New Year, 2021, (A Spiritual Growth New Year's Resolution) – Pandemic still present?) move on to the next one and **continue** until you see a change in **every** Component (All year in 2021?). However, maybe not all year, for you will miraculously find that while you're working on one Component, it seems to also lift other Components and you grow in areas upon which you had not previously placed emphasis. For instance, you may be working on your Bible Reading and Meditation Component and find that the **depth, length, and importance** of your Prayer life have also increased. It is a sort of **Spiritual Symbiosis**.

HOWEVER, if it looks like after several months of toil you have not reached an "8" in a Component you've been working on reexamine your strategy and MOTIVATION. You may not *really desire* within your heart to work on this area. Pray that the Lord will reveal to you the underlining cause of your being stuck. Meanwhile, still move on to other spiritual growth areas and continue to press forward.

The Spiritual Life Assessment

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- ❖ **1. Bible Reading Component** (Do you regularly, at least 5 days a week, read and meditate upon the Word?)
Your Self-Assessment since January 2020, 1-10 _____
Specific Strategies for Improvement:

- ❖ **2. Prayer Component** (Do you frequently, with specific times of prayer DAILY, commune with God?)
Your Self-Assessment since January 2020, 1-10 _____
Specific Strategies for Improvement:

- ❖ **3. Church Attendance Component** (Do you regularly attend church services with particular attention to the Lord's Day and at least *some* mid-week services or Bible Study?)
PANDEMIC NOTE: How will you apply this Component to the circumstances of the pandemic?
Your Self-Assessment since January 2020, 1-10 _____
Specific Strategies for Improvement:

- ❖ **4. Worship Component** (Do you regularly worship God both in public worship events and privately?)
Your Self-Assessment since January 2020, 1-10 _____
PANDEMIC NOTE: How will you apply this Component to the circumstances of the pandemic?
Specific Strategies for Improvement:

- ❖ **5. Fellowship Component** (Do you fellowship with believers in smaller groups? – Not including worship services.)
Your Self-Assessment since January 2020, 1-10 _____
PANDEMIC NOTE: How will you apply this Component to the circumstances of the pandemic?
Specific Strategies for Improvement:

- ❖ **6. Witnessing/Soul Winning Component** (Do you habitually and regularly witness to unbelievers about Christ?
– Not including Christian group/church testimonies.) **Additional Consideration:** Has at least ONE person come to the Lord Jesus Christ because of your direct involvement and witness? How might you win ONE more this year?)
Your Self-Assessment since January 2020, 1-10 _____
PANDEMIC NOTE: How will you apply this Component to the circumstances of the pandemic?
Let us all not too quickly give ourselves a “pass” because of the “pandemic” and our virtual “house arrest” during these times. But rather, let’s use it as a time of creative witness in sharing the Good News of Jesus Christ. Let’s all try it and see what the Lord will place in our creative minds.
Specific Strategies for Improvement:

- ❖ **7. Emotional Maturity Component** (How successfully are you managing and having your emotional life controlled by the Holy Spirit and NOT by your feelings, moods, fears, etc.?)
Your Self-Assessment since January 2020, 1-10 _____
Specific Strategies for Improvement:

- ❖ **8. Intellectual/Mental Growth Component** (Are you developing your God-given mind and intellectual capacity for educational growth?) **Note:** God created within your wonderful human intellect: Use it and improve it.
Your Self-Assessment since January 2020, 1-10 _____
Specific Strategies for Improvement:

- ❖ **9. Reading Christian Literature Component** (Are you reading wholesome and uplifting Christian literature (books) and/or periodicals, websites, email newsletters, blogs, iPhone apps, etc.)
Your Self-Assessment since January 2020, 1-10 _____
Specific Strategies for Improvement:

- ❖ **10. Community Service Component** (Are you involved in serving or aiding the wider non-Christian community?)
Your Self-Assessment since January 2020, 1-10 _____
PANDEMIC NOTE: How will you apply this Component to the circumstances of the pandemic?
Specific Strategies for Improvement:

- ❖ **11. Environmental Component** (How spiritually empowering are your close friends? Are your personal associations with wholesome and uplifting people? And do the places you regularly frequent and the events you attend help to develop your spiritual life or at least help aid you in wholesome personal development?)
Personal Question: Are you involved in an ungodly (unscriptural) relationship, situation, or practice?
Your Self-Assessment since January 2020, 1-10 _____
PANDEMIC NOTE: How will you apply this Component to the circumstances of the pandemic?
Specific Strategies for Improvement:

- ❖ **12. Sharing Component** (Do you regularly share in **Time, Talent, and Treasure** to the Church of Jesus Christ?) **Additional Question:** Do you regularly tithe to the Lord? (10% of income)
Your Self-Assessment since January 2020, 1-10 _____
PANDEMIC NOTE: How will you apply this Component to the circumstances of the pandemic?
Specific Strategies for Improvement:

- ❖ **13. Bible Study Component** (Do you have a habit of regularly studying the Bible **PRIVATELY** – your own personal study?)
Your Self-Assessment since January 2020, 1-10 _____
PANDEMIC NOTE: How will you apply this Component to the circumstances of the pandemic?
Specific Strategies for Improvement:

- ❖ **14. Mentoring Others Component** (Are you mentoring — *teaching, guiding, coaching, discipling* — at least ONE other individual (other than immediate family) in his or her Christian walk with Christ?)
Additional Questions: Have you mentored at least ONE person in the past? How might you mentor ONE more this year?
Your Self-Assessment since January 2020, 1-10 _____
PANDEMIC NOTE: How will you apply this Component to the circumstances of the pandemic?
Specific Strategies for Improvement: