

GROW

Self Assessment - Introduction

Read **Ps 139**

What do **v19-22** tell us about David's attitude to sin and those who turn from God?

In what way does David's attitude seen in **v19-22** lead David to **v23-24**?

How do **v1-16** encourage us about God's ability to meet David's request in **v23-24**?

How does **v17-18** encourage us as we realise that God must see a lot of wicked ways in us?

We are actually encouraged often in scripture to examine ourselves. Have a look at the following passages and work out in each case the reason for self examination (why is it important in the context of that verse?)

1 Cor 11:28 (Also, note that we are given this as a regular opportunity for our good!)

2 Cor 13:5 (the context is given in **2 Cor 12:20-13:2**)

Lam 3:40 (the context is given in **Lam 3:34-39**)

Gal 6:4 (the immediate context is **Gal 6:1-10**, and **5:16-22** and **6:15** are highly relevant)

Eph 5:15 (good context is given in **Eph 5:8-18**)

We can draw from the verses above some clear conclusions.

Spiritual self evaluation is commanded (1 Cor. 11:28, 2 Cor. 13:5)

Spiritual self evaluation is necessary for spiritual growth. (Lam. 3:40, Eph. 5:15)

Spiritual self evaluation should be something we desire. (Psalm 139)

So, let's define Spiritual Self Assessment / Examination:

Definition — Spiritual self-examination is an essential part of God's work of sanctification that wells up from a love for the Lord, a longing to be like Jesus, and a desire for Him to transform us into His likeness. The aim is to reveal sin, failure or lack of maturity so that we seek the Spirit's work in us to make us more like Him.

But we need to be careful. The Devil can abuse this, so we become self-obsessed. The aim is not to see and dwell on ourselves, but see all Jesus is and long to be like Him.

Warning - Self-examination is not introspective self obsession, but humble, clear-minded assessment of ourselves, led by His Spirit, through the light of God's word, that illuminates sin in us because of the contrasting beauty of Jesus – it sets our eyes on Jesus, not on ourselves. Therefore Self-examination must be based on God's word, directed by God's word and lead to Christlikeness.

Growth Self-Assessment

Use the following form. It is based on characteristics of believers we see in God's word, and is simply a tool to direct thought and prayer. It's not a survey for others to look at, nor for you to score yourself, but a tool to help you home-in on areas you are strong in and areas where you are potentially weak. We will look at six key areas of our life in Christ. It does not pretend to be exhaustive. Rather, it is simply a means to help you think, consider and prayerfully reflect.

When you fill it in, start with prayer. Pray that He would help you to be honest, and He would reveal both weaknesses and strengths. Then avoid rushing - listen for God's voice to encourage and challenge you. And finish with prayer over the Evaluation and how you may respond.

Use the scale below to respond to each statement:

Never - 1 Seldom - 2 Occasionally - 3 Frequent - 4 Always - 5

Dwelling in Christ

1	I look forward to my personal time with God, and miss Him when I can't have it.	
2	My relationship with Jesus is motivated by love, not duty or fear.	
3	I am aware of a hatred of sin and a desire to be right with God and please Him.	
4	When facing doubts, I seek God's answers and choose to rest in them.	
5	When making choices, I want to walk in God's way above all.	
6	When God makes me aware of His will in an area of my life, I follow His leading.	
7	My actions demonstrate a heart desire to see God's kingdom built in me.	
8	Peace, contentment, and joy characterise my life rather than worry and anxiety.	
9	I trust God to help me through problems or crises I face.	
10	I remain confident of God's love, care and provision during difficult times.	
Dwelling In Christ Total		

Transformed by the Spirit

1	I have a regular daily time in God's word and prayer.	
2	I believe the Bible is God's Word and provides His best pattern for my life.	
3	I study the Bible for the purpose of discovering truth for daily living.	
4	I seek the Spirit to reveal God's word to me, ready to listen to Him.	
5	I evaluate cultural ideas and lifestyle choices using biblical standards.	
6	I can answer questions about life and faith from a biblical perspective.	
7	I replace impure or inappropriate thoughts with God's truth.	
8	When the Bible exposes an area of my life needing change, I do not resist.	
9	My public and private self are the same; I have no 'no go areas' for God in my life.	
10	My actions and conversation are becoming more and more like Jesus.	
Transformed by the Spirit Total		

Knowing God

1	I love to find out more about God in His word.	
2	I seek to find out more about His character so that I trust and rest in Him more.	
3	I understand where a passage is in the flow of God's revelation in the Bible.	
4	I have a good overview in my mind of each book I read in the Bible.	
5	I understand underlying themes (e.g. sacrifice, rest, idolatry) in passages I read.	
6	I experience greater freedom in life the more I learn about all I am in Christ.	
7	Reading God's word often brings me to praise, worship and thankfulness.	
8	Difficult passages cause me to search for the truths within them all the more.	
9	I recognise when things people say are not right according to God's word.	
10	I can help others see more of God by directing them into God's word.	
Knowing God Total		

Prayer

1	I pray because I am aware of my complete dependence on God for everything.	
2	I put myself under His Lordship and seek His Kingdom purposes as I pray.	
3	My prayers include thanksgiving, praise, confession, and requests.	
4	I expect to grow in my prayer life and intentionally seek help to improve.	
5	I spend as much time listening to God as talking to Him.	
6	The importance of corporate prayer as a local church is seen in my prayer life.	
7	I cover the daily things I do in prayer, knowing I need Him over all of my life.	
8	I pray throughout the day ('arrow prayers'), living my life with God.	
9	I know that my prayers impact my life and the lives of others.	
10	I trust God to answer when I pray and wait patiently on His timing.	
Prayer Total		

Fellowship

1	I allow other Christians to hold me accountable in my spiritual growth.	
2	I seek to live in harmony with other members of my church family.	
3	I forgive others when their actions harm me and seek to restore relationship.	
4	I admit my errors in relationships when I (knowingly or unknowingly) hurt others.	
5	I place the interest of others above my self-interest.	
6	I am gentle, patient, loving, kind in my interactions with others.	
7	I welcome challenges of others that help me see areas for relationship growth.	
8	I encourage others in their strengths and help them overcome their weaknesses.	
9	I am sacrificial in my time so that I can fellowship with and encourage others.	
10	I let God take me beyond my 'comfort zone' rather than shy from meeting others	
Fellowship Total		

Witness

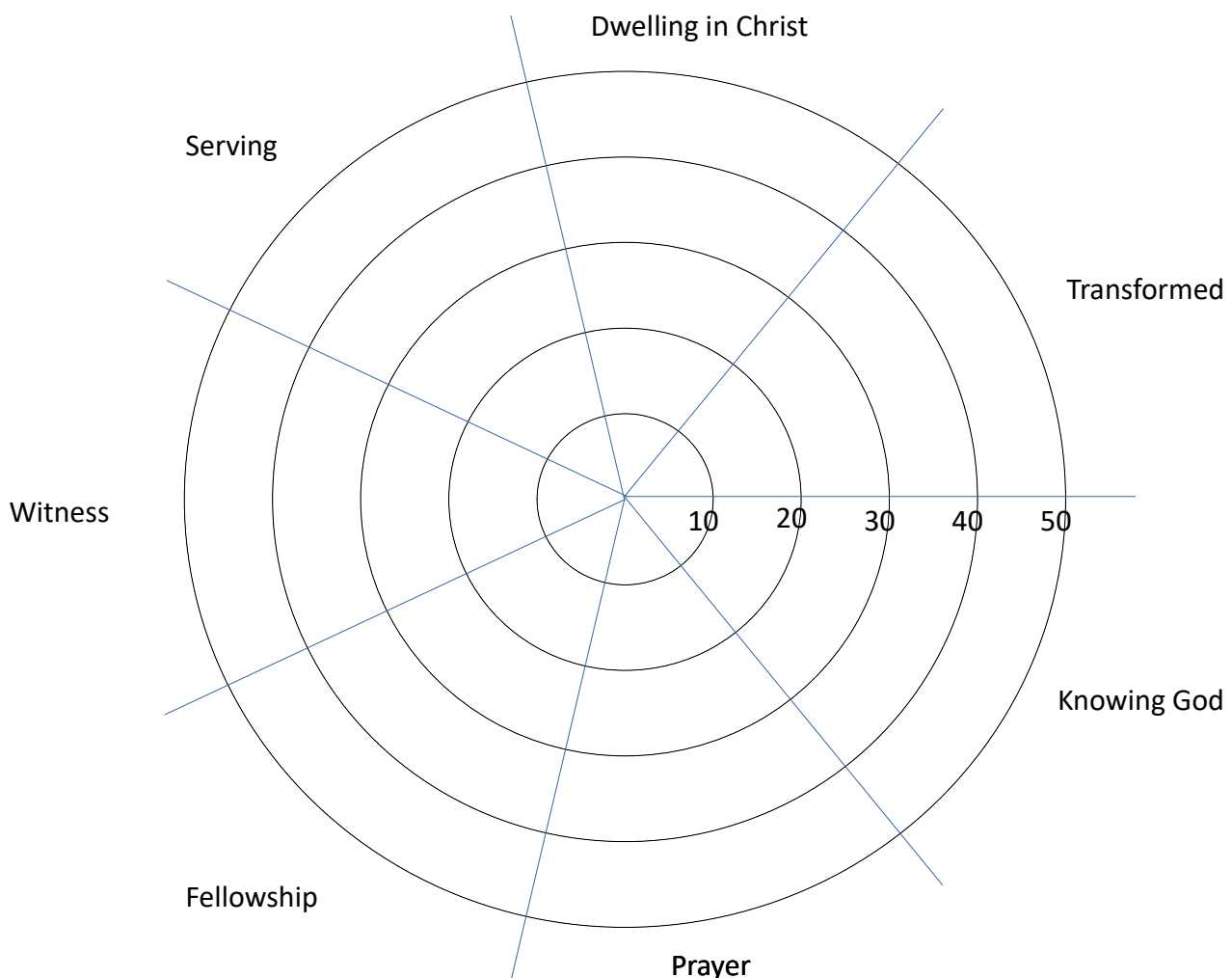
1	I share my faith in Christ with non-believers.	
2	I regularly pray for non-believers I know.	
3	I intentionally pray for opportunities to witness to friends / colleagues / family.	
4	I actively seek and listen to the Spirit's leading for when to speak of Jesus	
5	I am ready to respond to the Spirit leading, making the most of every opportunity	
6	When confronted about my faith, I remain consistent and firm in my testimony.	
7	I know and am able to share my personal testimony of faith in Jesus.	
8	I am able to "give a reason for the hope that is within" from God's word.	
9	I engage in church ministries that share the gospel with others.	
10	I feel deep sadness over those around me who are lost without Jesus.	
Witness Total		

Serve

1	I understand my spiritual gifts and use those gifts to serve others.	
2	I love and serve others because I love God, expecting nothing in return.	
3	I sacrificially give my finance to help the work of my local church.	
4	I actively seek to get to know and encourage others I don't know in church.	
5	I seek to grow in my God given gifts so I can serve more effectively.	
6	I seek to use my service to help others know of or grow in the Lord.	
7	I serve knowing that other's needs are as important as my own.	
8	I expect God to use me every day in His kingdom work.	
9	I regularly contribute time to ministry in my church.	
10	I help others identify ministry gifts and become involved in ministry.	
Serve Total		

Calculate the totals above

Using each total, draw a curved line approximately in the corresponding quadrant below



Evaluation

Examine the totals in the diagram, as well as the individual answers you have given.

Are there any areas of spiritual weakness that you have identified?

Are there any areas of spiritual strength that you can acknowledge and build upon?

Are there any aspects of your spiritual life that you think this misrepresents or fails to capture?

a) Weaknesses

b) Strengths

Were there any particular points which God particularly challenged you about as you used this tool to consider the outward look at your Spiritual life?

Identify three specific things which God is really challenging you about to build upon or strengthen

1)

2)

3)

Beside or below each, think where you could look for help, or who / what might help you move forward in that area. If you can't think what to do or what steps to take, is there someone you could take this to who might be able to help and direct you?