

## Growing the Spirit

# Spiritual Growth Assessment I

This is not a test. This is only a tool to determine where you are in your spiritual journey. It is important that you be as honest as you possibly can with your answers. Your answers will be held in strictest confidence. (You are welcome to use additional paper.)

1. Would you describe yourself as a religious person?
2. What does “spiritual” mean to you?
3. Do you use prayer in your life? How often and when?
4. How would you describe your higher power?
5. What gives you meaning in life?
6. Who influenced you most in your religious development & how ?
7. What activities help you fulfill your purpose in life?
8. What is your source of spiritual strength?
9. How do you express your spiritual/religious side?
10. What types of spiritual activities or experiences do you enjoy?
11. What is sacred or holy to you?
12. What do you believe about heaven?
13. What do you believe about hell?
14. What kind of person does your religion teach you to be?
15. What do you believe about sin?
16. If you’re a Christian when did you become one and how ?
17. Were you raised in a church? If yes, which one and how often did you attend?

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18. What are your favorite & worst memories about the church you were raised in?
19. Are you currently a member of any church? If so, which one and how often do you attend?
20. What do you like and dislike about your church?
21. What denomination is your church a part of?
22. What do you believe about baptism?
23. What do you believe about Communion?
24. What do you believe about Christ?
25. Do you own a Bible? What version is it and how often do you read it?
26. What are your favorite things about the Bible? (passages, books, etc.)
27. What confuses you about the Bible?
28. What are any doubts you might be having about your faith?
29. What are some questions you have about your faith that you'd like answers to?
30. If you were to begin using a Spiritual Growth Coach what are some of the spiritual issues and concerns you'd like to work on?
31. Is there anything else you'd like to talk about with your Spiritual Growth Coach?

Thank you for completing this Spiritual Assessment. Please complete and return to:  
Rev. Tom Anthony, 4330 Gilbert Ave., Unit D., Dallas, Texas 75219

NAME (Print) \_\_\_\_\_ Signature \_\_\_\_\_  
Address \_\_\_\_\_ City/Zip \_\_\_\_\_  
Phone \_\_\_\_\_ E-Mail \_\_\_\_\_  
Date \_\_\_\_\_