



Spiritual Strengths Assessment

BIBLE RESEARCH
Ask. Find. Learn.



The purpose of this assessment is to help us reflect on our spiritual strengths and where we might need a little more help, and where we are doing pretty good and can help others!

**Be honest with yourself and
reflect deeply.**

This is your assessment.

**To score this assessment just
use the numbers 0-4.**

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Okay.

Let's get started!



1) I pray.

0 Never

1 Sometimes

2 Depends on what I'm going through

3 Most of the time

4 Prayer is part of my everyday routine, and sometimes multiple times a day!

1 Thessalonians 5:17, Psalm 119:164



2) I get together with people who are spiritually minded and help me do the right things in life.

0 Never

1 Rarely

2 Occasionally

3 Often

4 Every chance I get! I love getting together with spiritual people!

Romans 12:10, Hebrews 10:25



3) I Read the Bible.

0 Never

1 Occasionally

2 Just during study times with a church group

3 Daily

4 Multiple times a day, I can't get enough!

Acts 17:11



4) I actively work to think about spiritual matters or put together spiritual topics to help others.


0 Never

1 Occasionally

2 Just during study times with a church group

3 Daily

4 Regularly and often do I think about spiritual matters and share ideas with my brethren.



5) When attending a spiritual gathering or Bible study I am fully engaged and avoid other distracting inputs.

0 Never

1 Usually

2 Most of the time

3 Frequently

4 All of the time, I love learning Truth!



6) I esteem each other better than myself.

0 Never

1 Usually

2 Most of the time

3 Frequently

4 All of the time, I love my spiritual family!

Philippians 2:3



7) I avoid complaining and give thanks in everything.

0 Never

1 Usually

2 Depends on the situation

3 Most of the time

4 All of the time, I am thankful for everything!

I Thessalonians 5:18, 1 Corinthians 10:10



8) I practice discretion in all things (such as food and alcohol).

0 Never

1 Usually

2 Depends on the occasion

3 Most of the time

4 All of the time, I love being in balance!

Proverbs 3:21-24; 1 Thessalonians 5:6-8, Philippians 4:5



9) I practice social maturity with friends, family, church members, and work colleagues.

0 Never

1 Usually

2 Depends on the occasion

3 Most of the time

4 All of the time, I respectfully interact with everyone whenever I can!

Romans 12:16-21



10) I contribute with a spiritually positive attitude in my actions and deeds.

0 Never

1 Usually

2 Depends on the occasion

3 Most of the time

4 All of the time, other people frequently comment on my good attitude!

1 Thessalonians 5:11



11) I am humble to take feedback and learn how to be a better person spiritually.

0 Never

1 Usually

2 Depends on the situation

3 Most of the time

4 All of the time, other people often comment on my humble approach.



12) I am a peacemaker.

0 Never

1 Usually

2 Depends on the situation

3 Most of the time

4 All of the time, I am at peace with friends, family, neighbors, work colleagues and everyone!

Matthew 5:9, 25



13) I avoid laziness and procrastination and instead work diligently in spiritual service to God and others.

0 Never

1 Usually

2 Depends on the situation

3 Most of the time

4 All of the time, I am a fervent worker!

Romans 12:11



14) I give attention to the poor, orphans, and widows.

0 Never

1 Sometimes

2 When it is convenient

3 Regularly

4 Service to others, especially the poor, is part of my everyday routine!

James 1:27; Proverbs 17:5; Galatians 2:10



15) I occupy my time with things that are spiritually nourishing.

0 Never

1 Sometimes

2 When it is convenient

3 Regularly

4 Spiritual activities are a frequent part of my everyday routine!

Philippians 4:8,9



16) My priorities in life are spiritual rather than temporary wealth, status, or life style.

0 Never

1 Sometimes

2 Usually

3 Most of the time

4 My priorities are always in spiritual alignment, and I am always content with where I'm at, whom I'm with, and with what I have!

Philippians 4:11-13, 1 John 2:15-17, Matthew 6:21



17) I speak about Jesus Christ & His Father to others.

0 Never

1 Sometimes

2 When it is convenient

3 Regularly

4 All of the time, I can't stop talking and preaching to others about the kingdom of God!

Mark 8:38; 1 Peter 3:15; 2 Timothy 4:2



18) If I were to grade my level of faith it would be...

Not that strong

Moderate

Strong

Very strong

I'm willing to die for what I believe and can move mountains!

Matthew 17:20; Hebrews 11:1-40



19) I work to bring my human mind and body always in self-control.

0 Never

1 Most of the time

2 When it is convenient

3 Regularly

4 I have completely conquered the desire of the human mind and body and always have self-control!



20) I am able to discern between good and evil and try the spirits whether they are from God (YHWH).

0 I am unable to try the spirits.

1 I'm learning how to try the spirits.

2 The spirits of the world and the spirit of God are evident and I am able to usually discern them.

3 I regularly discern between the spirits and can wisely assess between good and evil.

4 I always identify the spirits from God and share with others how to discern between Truth and unrighteousness.



21) I love my neighbor as myself.

0 Never

1 Most of the time

2 When it is convenient

3 Frequently

4 I am always showing love towards others in every action, deed and spoken word, I love everyone!

Matthew 22:36-40



22) I love the Lord, God, with all my heart, soul, and mind.

0 Never

1 Most of the time

2 When it is convenient

3 Frequently

4 I am always singing spiritual songs in my heart giving glory to God in every action, deed, and spoken word; I love Him!

Matthew 22:36-40

**Thanks for taking part in this
spiritual strengths assessment.
We truly hope it helped inspire
you to take action**



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