

Spiritual Strengths Assessment

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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!

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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.

Psalm 63:1-8, Psalm 19:14, Colossians 3:16



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!

I Corinthians 14:26-40



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.

Luke 18:9-14



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...

0 Not that strong

1 Moderate

2 Strong

3 Very strong

4 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!

Galatians 5:13-26



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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Now that you've taken the assessment, you might be wondering, “what's next?”

A few things to remember:

It's not about the score.

Sometimes we get more focused on a total value and want to place a number on things that we forget that this is part of our continuous improvement journey in faith towards God and His son.

Here are 20 ideas that might help inspire you on your spiritual journey.

- **Pray earnestly with faithful belief and no doubt.**
(1 Timothy 2:8, James 5:16)
- **Ask to be forgiven.**
(Luke 17:3-4; Colossians 3:12-13)
- **Repent and stop doing those things which do not align with His words.**
(Revelation 3:19)
- **Tell a fellow believer in Christ about your struggles.**
(1 John 1:9-10)
- **Think on God's name יהוה**
(Malachi 3:16)
- **Practice temperance, godliness, and brotherly kindness.**
(Galatians 5:22-26)
- **Cancel bad thoughts and align yourself with God's will.**
(Romans 12:1-2)
- **Talk to your spouse.**
(Ephesians 5:25-33)
- **Imagine your heavenly Father seeing everything you do at every moment.**
(Hebrews 4:12-13)
- **Love God with all your heart, soul, and mind.**
(Matthew 22:37-38)
- **Love your neighbor as yourself.**
(Matthew 22:39-40)
- **Cast all your anxieties to Him and His son, Jesus the Christ.**
(1 Peter 5:6-11)
- **Show fervent and sincere love towards each other.**
(1 Peter 4:8-10, 1 Corinthians 13:1-13)
- **Speak prophecy to the edification of others.**
(1 Corinthians 14:1-5)
- **Exercise the spirit.**
(John 4:24, Hebrews 5:14)
- **Read the scriptures consistently.**
(Acts 17:10-11)
- **Intentionally choose what you read, watch, and with whom you associate.**
(Ephesians 5:1-21)
- **Practice emotional maturity.**
(Ephesians 4:22-32)
- **Take care of your body which is a temple for the Holy Spirit.**
(1 Corinthians 6:19-20)
- **Be humble.**
(James 4:1-10)

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