Personal Spiritual Growth Assessment Tool
PERSONAL SPIRITUAL GROWTH ASSESSMENT

Key – 1 = Not at all (No); 2 = A little; 3 = Some; 4 = A lot; 5 = Consistently (Yes)

CONNECT: You were formed for God’s family
I am engaging on a regular basis with fellow believers for mutual support and growth (a Life Group)………… 1 2 3 4 5
I am intentionally cultivating my relationships with Christian friends and spiritual mentors……………… 1 2 3 4 5
I am resolving conflict with others in a Biblical manner and supporting the leadership of FAC……………… 1 2 3 4 5
I know what it means to accept Jesus Christ as my personal Saviour and Lord and have done so……………… 1 2 3
Connect total ______

GROW: You were created to become like Christ
I have been baptized as an adult……………………………………………………………………………………… 1 2 3 4 5
I understand what it means to have a regular quiet time in God’s Word and to pray and am doing it……………… 1 2 3 4 5
I avoid using addictive behaviors (food, television, busyness, exercise, etc.) to meet my needs………………………… 1 2 3 4 5
I have attended an FAC course/class or leadership training in the last year………………………………………… 1 2 3 4 5
Grow total ______

SERVE: You were designed for serving God
I am praying and looking for opportunities to be used by God to serve at FAC…………………………………… 1 2 3 4 5
I have served with my Life Group in a FAC ministry (in or outside the church) during the last 3 months………… 1 2 3 4 5
I am developing my unique S.H.A.P.E. for ministry through reading, training or serving…………………….. 1 2 3 4 5
I have taken in a specific ministry skill training course in the last year…………………………………………………… 1 2 3 4 5
Serve total ______

SHARE: You were made for a Mission
I am praying for and inviting unchurched people to my Life Group and to FAC services……………………… 1 2 3 4 5
I have supported and/or participated in FAC’s local or global outreach in the last year………………………….. 1 2 3 4 5
I know how to share my faith/the plan of salvation and have done so at some point in this past year……………… 1 2 3 4 5
I am regularly investing in the spiritual life of another person or group (spiritual reproduction)…………………. 1 2 3 4 5
Share total ______

HONOUR: You were planned for God’s pleasure
I am faithfully attending FAC worship services for spiritual renewal and development…………………………. 1 2 3 4 5
I have a personal plan to help me balance my life and achieve my goals and dreams (a Rule for Life)………… 1 2 3 4 5
I openly worship God through music and conversations (personal, Life Group & church)…………………… 1 2 3 4 5
I understand what a Day of Rest (Sabbath) is and I observe it……………………………………………………… 1 2 3 4 5
I am honouring God with my physical and personal health (exercise, nutrition, rest & recreation)…………… 1 2 3 4 5
Honour total ______

<table>
<thead>
<tr>
<th>JUST BEGINNING</th>
<th>FAIR</th>
<th>GETTING GOING</th>
<th>VERY GOOD</th>
<th>WELL DEVELOPED</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-5</td>
<td>5-10</td>
<td>10-15</td>
<td>15-20</td>
<td>20-25</td>
</tr>
</tbody>
</table>

Optional Exercise: Have your parent(s), spouse, Life Group leader and/or one additional Christian friend fill out a copy of this form before you complete the Personal Spiritual Growth Plan; its great way to help us with our blind spots.

May the Lord bless you as you pursue a life of intentional growth
# PERSONAL SPIRITUAL GROWTH PLAN – Part 1

<table>
<thead>
<tr>
<th>PURPOSE</th>
<th>POSSIBILITIES</th>
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</thead>
</table>
| **CONNECT** | Becoming a member of FAC  
- Joining a Life Group  
- Having your Life Group meet with another Life Group  
- Taking a day trip with another family or group of friends  
- Hosting a block party with neighbors  
- Asking a pastor for a list of spiritual mentors or spiritual directors |
|   | Shaping a plan for daily Quiet Time (Bible reading & Prayer)  
- Making weekend worship a priority in your life  
- Regularly giving a portion of your income to FAC  
- Giving to a special need or project  
- Regularly participating in a Life Group  
- Taking a LifeU course  
- Seeking out what it means to become a follower of Jesus Christ  
- Planning to become baptized  
- Asking one of your pastors how to create a “Rule for Life” |
| **GROW** | Forming Spiritual Practices  
- Practicing biblical stewardship  
- Focusing on character development  
- Small Group engagement |
|   | Begin serving according to your S.H.A.P.E.  
- Serving with your Life group in an FAC ministry or in an outreach to our community  
- Reaching out to help a person in need  
- Meeting with an FAC SERVE Coordinator |
| **SERVE** | Completing your S.H.A.P.E. Profile  
- Ministering to the body of Christ  
- Leadership training  
- Being a part of an externally focused ministry – serving your community and city |
|   | Learning how to share your faith  
- Beginning or joining a FAC outreach in our community (Inn from the Cold, Sherwood School)  
- Making a list of friends who need the hope and healing of God  
- Shaping your prayer list of those who you can influence for Christ  
- Going on a mission trip with an FAC Team  
- Seeking out what it means to become a follower of Jesus Christ |
| **SHARE** | Inviting my un-churched or de-churched family, friends, neighbors, and work colleagues to church  
- Local cross-cultural involvement  
- Experiencing an impact on the world through short term mission trips |
|   | Planning and participating in a prayer walk  
- Having communion as a Life group  
- Learning about God at LifeU  
- Begin giving and managing resources in a God-honouring way  
- Asking one of your pastors how to create a “Rule of Life” |
| **HONOUR** | Regularly worshipping with other believers  
- Honouring God with all that you have and are  
- Personal health and balance (Romans 12:1) |

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# PERSONAL SPIRITUAL GROWTH PLAN – Part 2
First . . . Discover

From the entire questionnaire, select only two or at the most three priority areas of growth that you would like to target for this year. You will write goals for these areas.

Second . . . Get Specific

a. Using the page entitled “My Personal Grow Plan,” consider ideas of how you might grow in the two to three areas you have chosen from the Spiritual Growth Assessment. You can create one goal from three areas or three goals from one area or a mix of the two. It’s your growth plan.

b. For your two or three selected areas of growth write:
   - your “stated target” for the year under the appropriate Life Mark you have decided to work on (Connect, Share, Grow etc.)
   - Write out a few ideas for how you plan to move forward in this/these areas.

Next Page ➔
PERSONAL SPIRITUAL GROWTH PLAN – Part 2 Con’t...

For Year: _____________

CONNECT

My Target: ____________________________________________________________

______________________________________________________________________

Ideas for how to reach my target:

• _______________________________________________________________

• _______________________________________________________________

• _______________________________________________________________

(for more ideas on how to grow in CONNECT contact Pastor Grant Sylvester)

GROW

My Target: ____________________________________________________________

______________________________________________________________________

Ideas for how to reach my target:

• _______________________________________________________________

• _______________________________________________________________

• _______________________________________________________________

(for more ideas on how to grow in GROW contact Pastor Heather Brown)

SERVE

My Target: ____________________________________________________________

______________________________________________________________________

Ideas for how to reach my target:

• _______________________________________________________________

• _______________________________________________________________

• _______________________________________________________________

(for more ideas on how to grow in SERVE contact Cindy Bartlett)
SHARE

My Target: ________________________________________________________________
______________________________________________________________

Ideas for how to reach my target:

• ____________________________
• ____________________________
• ____________________________

(for more ideas on how to grow in SHARE contact the SHARE Administrative Assistant to speak with a Pastor)

HONOUR

My Target: ________________________________________________________________
______________________________________________________________

Ideas for how to reach my target:

• ____________________________
• ____________________________
• ____________________________

(for more ideas on how to grow in HONOUR contact any FAC pastor)

Transfer these targets to the RELATE page.
You can use this page to share your targets with a trusted friend who shares your desire to grow.
Together, choose one or two dates in the coming year to review your stated targets and adjust if necessary.
Remember, this exercise isn’t about passing or failing ~ it’s about creating room in your life to intentionally move forward. Life happens. If you need to adjust the plan mid-course then give yourself permission to do that.
PERSONAL SPIRITUAL GROWTH PLAN – Part 3

RELATE my plan to a trusted friend

1. _______________________________________________________________________________________

2. _______________________________________________________________________________________

3. _______________________________________________________________________________________

I have related this plan to a trusted friend:

Friend’s Name: ________________________________________________________________

Dates I reviewed my plan with my trusted friend:

________________________________ (date)

________________________________ (date)
PERSONAL SPIRITUAL GROWTH PLAN – Part 3 Cont’d . . .

Review: Evidence of my growth this year

____________________________________________________________________________________
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