

# Spiritual Health Survey

In order to make Spiritual adjustments in our life it is good to stop and take an inventory of our current Spiritual experience. Please look at the five categories and circle the letter of the answer that describes your current experience.

## **Fellowship**

I am involved in a life group on regular basis

Regular (1 - 2 times a month)    Sometimes (5—10 times a year)

Seldom (1 - 4 times a year)    Not at this time

I have close circle of Christian friends where we pray, support and care for each other.

Yes    Not currently

I belong to a ministry in which I have close friends

Yes    Not currently

## **Serving Christ**

I am involved in a ministry

Yes, on a regular basis    Often    Occasionally    Seldom

Not at this time

I volunteer when needed for extra duties at church

Yes, regular basis    Often    Sometimes    No

I meet the needs of the needy when called upon

Yes, regular basis    Often    Sometimes    Seldom    Not at this time

## **Sharing Christ**

I invite people to church activities

Yes, regular basis    Often    Sometimes    Seldom    No

I share literature and other witnessing tools with people outside the church

Yes, regular basis    Often    Sometimes    Seldom    No

I share my own testimony of God's active role in my life with others

Yes, regular basis    Often    Sometimes    Seldom    No

I share the gospel message with those that do not know it

Yes, regular basis    Often    Sometimes    Seldom    No

I have led someone to the Lord in the last two years

Yes    No

## **Worship—Knowing Christ**

I come prepared to meet God on Sunday mornings

Regular (2 - 4 times a month)    sometimes (5—10 times a year)    seldom (1 - 4 times a year)    Not at this time

I listen to Godly music throughout the week

Yes, regular basis    Often    Sometimes    Seldom    No

I keep a joyful Spirit of praise

Yes, regular basis    Often    Sometimes    Seldom    No

I tell God how much I love Him

Yes, regular basis    Often    Sometimes    Seldom    No

## **Growing in Christ**

I have a devotional time

Yes, regular basis    Often    Sometimes    Seldom    No

I spend time in prayer for the needs of my family and myself

Yes, regular basis    Often    Sometimes    Seldom    No

I pray for this church and its many activities

Yes, regular basis    Often    Sometimes    Seldom    No

I participate in a Bible study

Yes, regular basis    Often    Sometimes    Seldom    No

I listen to Christian preachers via radio, TV or tapes

Yes, regular basis    Often    Sometimes    Seldom    No

I read Christian literature

Yes, regular basis    Often    Sometimes    Seldom    No

I keep my conscious clear by confessing sin when needed

Yes, regular basis    Often    Sometimes    Seldom    No

I have accepted Christ's full forgiveness and unconditional love

Yes    No

## **How did you do?**

How do you think you did? Go back through your answers and circle your answers that need some work. As you look at them, how do you feel? Are there too many or do you feel the changes that you need are manageable? Do you have hope of change or do you feel overwhelmed? Can you sense a plan coming to mind or do you feel stuck, with no chance of any significant change? If you are sensing that you need help then take this

survey to your Pastor or a Spiritual mentor or good friend and ask them to help you brainstorm on some solutions. If you are not in a small group that meets regularly for Spiritual growth, find one. Get started in a Bible Study on Christian living. Finally, pray. Spend time with God and confess any attitude or sinful behavior that has kept you from your Spiritual walk with Him. Ask Him to revive your heart, to birth in you a new Spiritual awakening! Then commit your life to Him. Ask Him to be the ruler of your life. Give Him complete control. Tell Him your desire to live for Him and ask Him to fill you with His Spirit and to guide you. If you do this, share it with your Pastor or Christian leader so they can encourage you and help you follow through on next steps.

May God guide you as you refresh your journey with Him.

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[Go to our bookstore](#) to find books on the Spiritual Journey. A good one to order is [Celebration of the Discipline by Richard Foster](#). This classic, or one of the other recommended books can help train and motivate you into a deeper walk with God.

If you do not know what your Spiritual Gifts are, [CLICK HERE](#) to download our FREE Spiritual Gifts Test and Workbook.

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