

Spiritual Check-up

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	N/A
1. I have a deep desire to grow my relationship with God/the Divine.						
2. I feel as though something is missing in my spiritual life.						
3. I have a consistent prayer/meditation practice.						
4. I believe that God answers my prayers.						
5. I devote regularly scheduled time reading and meditating on sacred scripture/writings.						
6. I try to live a good and moral life.						
7. I live with a lot of guilt and/or fear.						
8. There are areas in my life that I am holding back from God. What areas are those? Why am I holding those areas back?						
9. I am aware of the sins/shadows in my life.						
10. I believe that I am forgiven for my shortcomings by God/the Divine.						
11. I forgive myself for my shortcomings.						
12. I seek to make others feel welcome in church.						
13. I pray for my work colleagues and/or people in my neighborhood/community.						
14. I am growing in my desire and actions to give sacrificially to God's work in the church, in caring for the poor, and by participating in other ministries.						
15. I am teaching my children/grandchildren about sacrificial giving and putting God and the needs of others before materialistic desires.						
16. I am seeing evidence of the fruit of the Spirit in my life (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control).						
17. I am learning to see others as Christ sees them and treating them with the same grace God has shown me.						
18. I manage my time with family in a way that reflects my spiritual values and priorities.						
19. I feel that I am able to truly forgive others.						
20. I am growing in my relationships with others in my faith community.						

Insights/Awareness:

How would you like to see your spiritual life grow?