



**Christian Spiritual Health Assessment**

Date: \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Sex: Male OR Female (circle one) Date you received Christ (if applicable): \_\_\_\_\_

This spiritual health assessment is *not* intended to be used as a means of self-deprecation (i.e., being harsh or ultra-critical of oneself). Furthermore, your KCM Minister of Christian Counseling has no intention of being this way with you either. Rather, the inventory addresses seventeen pivotal areas of spiritual health that will help, both, you and your Minister to better assess the level of spiritual health you currently experience in your relationship with God. The results of this assessment will be integrated as a component in your course of treatment.

Search me. O God, and know my heart; test me and know my thoughts. See if there is any wicked way in me, and lead me in the way everlasting. (Psalm 139:23, 24 – NRSV)

Kingdom Community Ministries  
5330 Office Center Court | Suite #27 | Bakersfield, CA. 93309  
2675 Highland Avenue | Carlsbad, CA 92008  
Ph: 661.324.4070 | Web:www.kcmcounseling.com

For each statement below, circle the number that best represents how well it describes you, or how frequently you do the activity described. Total your score at the end to determine your spiritual health.

**Celebration:**

I experience delight and joy in myself, my life, and my world as a result of my faith and confidence in God's greatness, beauty, and goodness.

<u>None</u>	<u>Little</u>	<u>Somewhat</u>	<u>Moderate</u>	<u>Good Amount</u>	<u>A lot</u>
0	1	2	3	4	5

**Chastity:**

For those who are married: I purposefully turn away, for a time, from dwelling upon or engaging in the sexual dimension of my relationship with my spouse, and focus my energies on God. For those who are unmarried: I make the decision not to engage in sexual acts with others. For both those who are married or single: I abstain from acts of lust, such as sexual fantasy, masturbation, etc., working to establish and maintain the purity God asks of me.

<u>None</u>	<u>Little</u>	<u>Somewhat</u>	<u>Moderate</u>	<u>Good Amount</u>	<u>A lot</u>
0	1	2	3	4	5

**Confession:**

I share my deepest weaknesses and failures with God and trusted others, so that I may enter into God's grace and mercy and experience His ready forgiveness and healing.

<u>None</u>	<u>Little</u>	<u>Somewhat</u>	<u>Moderate</u>	<u>Good Amount</u>	<u>A lot</u>
0	1	2	3	4	5

**Fasting:**

I voluntarily abstain from an otherwise normal function – most often eating – for the sake of intense spiritual activity.

<u>None</u>	<u>Little</u>	<u>Somewhat</u>	<u>Moderate</u>	<u>Good Amount</u>	<u>A lot</u>
0	1	2	3	4	5

**Fellowship:**

I engage with other Christians in the common activities of worship, study, prayer, celebration, and service, which sustain our life together and enlarge our capacity to experience more of God.

<u>None</u>	<u>Little</u>	<u>Somewhat</u>	<u>Moderate</u>	<u>Good Amount</u>	<u>A lot</u>
0	1	2	3	4	5

**Guidance:**

I experience an interactive friendship with God that gives direction and purpose to my daily life.

<u>None</u>	<u>Little</u>	<u>Somewhat</u>	<u>Moderate</u>	<u>Good Amount</u>	<u>A lot</u>
0	1	2	3	4	5

**Meditation:**

I prayerfully think deeply upon God, His Word, and His World.

<u>None</u>	<u>Little</u>	<u>Somewhat</u>	<u>Moderate</u>	<u>Good Amount</u>	<u>A lot</u>
0	1	2	3	4	5

**Prayer:**

I have interactive conversations with God about what He and I are thinking and doing together.

<u>None</u>	<u>Little</u>	<u>Somewhat</u>	<u>Moderate</u>	<u>Good Amount</u>	<u>A lot</u>
0	1	2	3	4	5

**Sacrifice:**

I deliberately forsake the security of satisfying my own needs with my resources in the faith and hope that God will sustain me.

<u>None</u>	<u>Little</u>	<u>Somewhat</u>	<u>Moderate</u>	<u>Good Amount</u>	<u>A lot</u>
0	1	2	3	4	5

**Secrecy:**

I close off my soul from “sounds,” whether noise, music, or words, so that I may better still the inner chatter and clatter of my life and be increasingly attentive to God.

<u>None</u>	<u>Little</u>	<u>Somewhat</u>	<u>Moderate</u>	<u>Good Amount</u>	<u>A lot</u>
0	1	2	3	4	5

**Simplicity/Frugality:**

My inward focus on God and His kingdom results in an outward lifestyle of modesty, openness, and unpretentiousness (i.e., not attempting to impress others), which disciplines my hunger for status, glamor, and luxury.

<b><u>None</u></b>	<b><u>Little</u></b>	<b><u>Somewhat</u></b>	<b><u>Moderate</u></b>	<b><u>Good Amount</u></b>	<b><u>A lot</u></b>
0	1	2	3	4	5

**Solitude:**

I work to create an open, empty space in my life by purposefully abstaining from interaction with other people, so that, freed from competing loyalties, I can experience God on deeper levels.

<b><u>None</u></b>	<b><u>Little</u></b>	<b><u>Somewhat</u></b>	<b><u>Moderate</u></b>	<b><u>Good Amount</u></b>	<b><u>A lot</u></b>
0	1	2	3	4	5

**Study:**

I intentionally engage my mind with the written and spoken Word of God and the world God has created, so that my mind conforms more and more to the will of God.

<b><u>None</u></b>	<b><u>Little</u></b>	<b><u>Somewhat</u></b>	<b><u>Moderate</u></b>	<b><u>Good Amount</u></b>	<b><u>A lot</u></b>
0	1	2	3	4	5

**Submission:**

I practice subordinating to the guidance of God; within Christian fellowship, I subordinate to those who are qualified to direct my efforts toward Christlikeness, and who then add the weight of their wise authority on the side of my willing spirit to help me do the things I would like to do and refrain from doing the things I don't want to do.

<u>None</u>	<u>Little</u>	<u>Somewhat</u>	<u>Moderate</u>	<u>Good Amount</u>	<u>A lot</u>
0	1	2	3	4	5

**Worship:**

I express in words, music, rituals, and silent adoration the greatness, beauty, and goodness of God, by means of which I enter the supernatural reality of the shekinah (i.e., glory)of God.

<u>None</u>	<u>Little</u>	<u>Somewhat</u>	<u>Moderate</u>	<u>Good Amount</u>	<u>A lot</u>
0	1	2	3	4	5

**Add-up your score from the seventeen categories and list the total here: \_\_\_\_\_**

**69-85: Vitalized:** You enjoy an intimate relationship with your Heavenly Father, and walk closely with His Son -Jesus Christ. Your sensitivity to the promptings of God's Holy Spirit serve as a guiding force in your life. You've Done your homework, made thoughtful decisions, and consciously focused on living out your life in sync with TheFather's will. While life has its share of challenges, you're invigorated by your spiritual fellowship and insights, and live life as an overcomer. Your life is a living testimony of God's love, grace, and mercy.

**52-68: Harmonious:** You experience high levels of satisfaction across most areas of your relationship with God. Your grasp on God's Word, and personal relationship with The Lord are what have proven instrumental in bringing you into a harmonious relationship with The Father. You recognize there is room to grow in your faith, and are eager to do so. Given time, you are set to discover marvelous realities about The Father and His future plans for you in the Christian life. Continue in fellowship with Christ Jesus, as well as with other mature Christians. Work to develop even greater sensitivity to the promptings of the Holy Spirit. If you have not already done so, teaming-up with a Christian mentor is advisable.

**35-51: Conventional:** You are committed to your relationship with God, but there is room for growth when it comes to the level of intimacy you experience with The Lord. During times of struggle, you might be apt to focus less on your relationship with your Heavenly Father. Working through unresolved emotional pain, as well as identifying and moving-off dysfunctional ways of thinking will help you grow in your relationship with God. Your Spiritual pursuits are likely to bring you the love, joy, and peace of mind you seek, but endurance will be required. You will find answers and guidance as you pray, study God's Word, and learn from other Christians.

**18-34: Conflicted:** Your level of satisfaction in your relationship with God is toward the low end, and you tend to struggle in key areas of life where God's will is concerned. However, you have interest in spiritual matters and would like to gain a broader, deeper foundation. While you may not be accustomed to regularly investing your time and energy into a relationship with The Lord, you have the ability to do so through the promptings of the Holy Spirit. Untapped potential is a good way to describe your spiritual state. Submitting to the spiritual leadership of a member of the clergy, and practicing the course of discipleship they layout for you is key to growing with The Lord.

**0-17: Devitalized:** You have a low level of satisfaction in your relationship with God and face challenges for growth in each of the seventeen areas listed on this assessment. Belief in The Lord may be difficult for you at this point in life. Your perspective of life's challenges could very well be inhibiting your connection with God, and you are likely to be angry with Him and/or religion. Working through these challenges will require hard work, but will prove to be well worth the effort as you develop a better understanding of The Lord and His ways. Regardless of what life has thrown at you, your Heavenly Father loves you and seeks to help you develop into an overcomer; living a life filled with love, joy, and peace.

Kingdom Community Ministries  
5330 Office Center Court | Suite #27 | Bakersfield, CA. 93309  
2675 Highland Avenue | Carlsbad, CA 92008  
Ph: 661.324.4070 | Web: [www.kcmcounseling.com](http://www.kcmcounseling.com)