

# Spiritual Health Assessment

*Begin with a simple prayer, followed by several moments of silence.*

*"Father, open my heart to see the truth of where I stand."*

## REFLECTION

1. On a scale of 1-10, how well are you loving those closest to you (see page 2)?
2. On a scale of 1-10, how consistent have you been in keeping the practices?
3. Are you enduring the trials and difficulties of your life with an attitude of gratitude, hope, patience, and trust in God? Or are they making you bitter and frustrated?
4. Are you mindful of God, and conversant with Him, as you go throughout your day? Or do you often go it on your own, in autopilot?
5. Matthew Henry: "Those only are happy, truly happy, that are holy, truly holy...Goodness and holiness are not only the way to happiness but happiness itself." Are you growing in gratitude, contentment, joy, and peace? Or are you are stuck in misery, resentment, anxiety, boredom, or despair?
6. "You will never enter the fullness of life that Jesus offers to you, until the fundamental priority of your life is a commitment to the way of Jesus." How does this relate to the biblical concept of idolatry? Which idol would you say is the most consistently distracting/tempting for you?
7. A righteous person is someone who wants to do what they ought to do. Is there an area of your life where your "wanter" indicates a lack of holiness?

## ACTION

8. For each issue you have identified in thinking through the above questions, take some time and identify why this is occurring. Consider exploring this question through journaling.
9. Then, write down concrete plans to start turning things around. Show these plans to your confession partner. See if they think they are wise and reasonable. If they have anything they might change or add.
10. Then, talk though how your implementation of the plans has been going when you meet with your partner biweekly.
11. Finally, if there is any apologizing, confessing, or restitution that needs to occur to those you have wronged, make a plan for that too.

Cooperating with the Holy Spirit

1 Thessalonians 5:19

- Persisting in sin *quenches the Spirit*
- Abiding *inflames the Spirit*

The Triangle of Transformation



Good-naturedly, patiently bearing up under suffering for long periods of time.

James 1:2-4

## **Relational Wellness Assessment**

At times, sin takes on definite form, and expresses itself in a wrong action that we do. But often, it remains hidden within us, in the form of sinful attitudes that we harbor in our hearts. Be especially mindful and conversational about any sinful attitudes during your time of confession, as these wrong attitudes are the root cause of our sinful behaviors.

1. Are there any ways that I am falling short in my relationships? With my spouse? With my children? Coworkers/boss?
2. Am I failing to reach out any of my “neighbors” who are in need with loving, humble service?
3. Is there any unforgiveness, bitterness of heart, or refusal to love or to reconcile in my life?
4. Are there areas where I am being dishonest or false with others?
5. Do I gossip or belittle others in my speech?
6. Am I greedy or wasteful with my money or my time?
7. Am I sexually pure? Am I viewing corrupting images or lusting after another person?  
Am I meeting my sexual obligations to my spouse?
8. Am I misusing alcohol? Using drugs?