

YEAREND ANNUAL SPIRITUAL CHECKUP

Thank you for taking some brief time to complete this checkup which will allow you to better understand your overall needs. **Your feedback & honesty is vital to assessing your ongoing growth.**

“Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbor as yourself. All the law and the prophets hang on these two commandments.” Matthew 22:37-40. Each year many of us will go through a physical check-up, perhaps do a financial check-up at year’s end or at tax time, and perhaps do a performance review at our workplace. But how often do we take time to review our spiritual life?

Those who are *saved* by grace are called to *grow* in grace (2 Pet. 3.18). As disciples of Jesus, we are to live a life of love – love for God and love for our neighbor, in the power of the Holy Spirit. Too often, in the busyness of our day-to-day lives, we let other priorities crowd out the two highest priorities Jesus gave us. The following questions are designed to help you examine your spiritual life over the past year and to prayerfully seek God’s help in areas where you desire to grow in the New Year.

Loving God with all your Heart, Soul and Mind

How would you rate each of the following?

(1=Always, 2=More often than not, 3=Sometimes 4=Rarely)

How is my personal relationship with God?	1 2 3 4	Am I actively serving God?	1 2 3 4
Do I have a growing desire to spend more time with God?	1 2 3 4	Am I Volunteering at church?	1 2 3 4
Am I spending appropriate time praying, reading and meditating on the word?	1 2 3 4	Am I Praying regularly for the pastor, staff, missionaries and volunteers?	1 2 3 4
Am I growing in desire to obey and please God?	1 2 3 4	Do I meditate on the word?	1 2 3 4
Do I obey out of gratitude for God’s love? Or from guilt or fear? _____	1 2 3 4	Do I consciously seek to make others feel welcome in my church or group?	1 2 3 4
Have I fully surrendered to the Holy Spirit?	1 2 3 4	Can I confidently say I am doing my job or assignment with excellence?	1 2 3 4
Do I ask God to fill me each and every day with the Holy Spirit?	1 2 3 4	Reaching out to those around me?	1 2 3 4
Are there areas I am holding back from God? Which ones? Why? _____	1 2 3 4	Am I growing in my desire and actions to give sacrificially to God’s work in the church?	1 2 3 4
Am I more aware of the sins in my life?	1 2 3 4	Do I have the desire in caring for the poor?	1 2 3 4
Do I repent on a daily basis and receive forgiveness and cleansing from God?	1 2 3 4	Do I seek out and work well in collaboration With other ministries?	1 2 3 4
Have I fully, truthfully repented of all past and current sins?	1 2 3 4	Am I teaching my children about sacrificial giving?	1 2 3 4
		Do I place God before materialistic desires?	1 2 3 4
		Am I living in humility before God?	1 2 3 4
		Do I live in humility among my family? Friends and Co-workers?	1 2 3 4
Am I seeing ongoing, consistent and fruitful growth in my life?	1 2 3 4	Am I seeing evidence of being a Spirit-filled believer?	1 2 3 4
Is there evidence of grace growing in my life?	1 2 3 4	Am I seeing evidence of the fruit of the Spirit In my life? (love, grace, kindness, goodness, Faithfulness, gentleness, self-control)?	1 2 3 4
Do I thank God daily for his love, grace & mercy?	1 2 3 4	Am I learning to see others thru the mind of Christ?	1 2 3 4
Do I acknowledge thankfulness for His saving me From that which I deserve?	1 2 3 4	Am I treating others with the same grace God Has shown me?	1 2 3 4

Loving Self | Caring for the Other

How would you rate each of the following?

(1=Always, 2=More often than not, 3=Sometimes 4=Rarely)

<p>Am I loving my family as I should? 1 2 3 4</p> <p>Husbands, are you loving your wives? 1 2 3 4 How, Specifically? _____</p> <p>Wives, are you respecting your husbands? 1 2 3 4 How, Specifically? _____</p> <p>Parents, are we teaching our children the Bible, How to pray, and how to please God? 1 2 3 4</p> <p>Children, are you honoring your parents? 1 2 3 4 How, Specifically? _____</p> <p>Am I managing my time in a way that reflects God's Priorities and honors my family relationships? 1 2 3 4</p> <p>Are there any outside influences that are harming My family relationships? 1 2 3 4</p> <p>If yes, what do I do about them? _____ _____</p>	<p>Am I growing in fellowship with other Believers / Leaders? 1 2 3 4</p> <p>Am I forgiving others? 1 2 3 4</p> <p>Is there anyone among my family, friends, neighbors or coworkers that I refuse to forgive? 1 2 3 4</p> <p>Do I fully trust that God has forgiven my sins? 1 2 3 4</p> <p>Do I participate as part of a small group? 1 2 3 4</p> <p>Is it a group that makes a difference in the lives of participants? 1 2 3 4</p> <p>Do I have a Godly mentor to help me grow in my walk with Christ? 1 2 3 4</p> <p>Am I giving others around me an opportunity For me to apprentice them in growth? 1 2 3 4</p> <p>Am I seeking new ways to mentoring/disciple a newer believer or others? 1 2 3 4</p>
<p>How's my witness/discipleship for Christ? 1 2 3 4</p> <p>Have I personally witnessed to anyone in the past year outside of the Church setting? 1 2 3 4</p> <p>Have I attempted to reach out to others In my neighborhood? 1 2 3 4</p> <p>In my Bi-vocational workplace? 1 2 3 4</p> <p>In other social/leisure clubs or groups? 1 2 3 4</p> <p>Do I find opportunity to share my testimony? 1 2 3 4</p> <p>Can I share the Gospel in a new way? 1 2 3 4</p> <p>Am I fervently praying for and strategically planning opportunities to witness this year? 1 2 3 4</p> <p>Am I being salt and light in my neighborhood? 1 2 3 4</p> <p>In my workplace? 1 2 3 4</p> <p>In other social groups? 1 2 3 4</p> <p>How, specifically? _____ _____</p>	<p>Am I a cheerful giver? 1 2 3 4</p> <p>Can I offer my leadership time/money to help the poor/ disadvantaged in a new creative way this season? 1 2 3 4</p> <p>Am I teaching my children/others about the importance of helping the poor? 1 2 3 4</p> <p>How? _____</p> <p>Jesus says that if we love him, we will obey him (Jn. 14.15), and he calls us to grow in grace and love. Do you have a plan for growing in your love for God and love for your neighbor/other in a new way for this next year?</p> <p>If not, consider prayerfully preparing one before the end of the year. Noted areas from above check-up requiring attention / and or adjustment: _____ _____ _____</p>

Isaiah 40:30-31

Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.