



GROWTH ASSESSMENT

Let's think about your relationship with God. By this we mean how you are growing in your knowledge and enjoyment of God. Growing in relationship with God is similar to growing in any other relationship—it is the result of quality time together. What that time looks like for every single person may look a little different, but it always revolves around developing a few basic habits that we often call "spiritual disciplines".

Respond to the questions on the next pages using our Growth Scale. Choose which of the 5 answers best describes your growth during this current season of life (within the last 3-6 months).



Growth Scale

- 1. No Growth** - This is an area where I am not growing. I am discouraged by this, and I feel unequipped and need some help to get me on a path toward growth.
- 2. Inconsistent Growth** - growth is haphazard, often times as a result of life circumstances. Most often growth is based on how I am feeling, and as a result there are a lot of ups and downs. I do not have a specific plan for growing in this area.
- 3. Slow Growth** - I can see some growth. I know the right things and in general I have a desire to grow, but overall I lack specific goals, a plan, accountability, and overall consistency.
- 4. Steady Growth** - In this season I am steadily growing in this area. I know the areas/aspects of growth I want to pursue, and I am consistent in making time for growth. I am in relationship with others and am being transparent and accountable with them. I am abiding in Jesus and seeing consistent fruit.
- 5. Significant Growth** - This is an area of sustained growth over several seasons. By God's grace this is an area of strength for me, an area where joy is the motivation for consistency. I am open to God using me to encourage and come alongside of others. I am not perfect, I experience failures, but God has helped me continually persevere and bear much fruit.

Try to practically identify what ways you need to grow. For example what are your current habits in regard to this area (how often, how effective, how intentional)? Do you need to know more from God's word about a specific topic? Do you need to be equipped with skills to grow in the areas? Do you need accountability from a friend, mentor, or small group? Do you need a practical model or tool to help you?

a. Your overall habit and pattern of enjoying your relationship with God

During this season are you able to find regular time to spend with God? Do you think you are growing in maintaining a daily or weekly rhythm that helps you enjoy God and love him more?

b. Prayer

Reflect on your patterns of prayer during this season. Which Growth Scale answer best describes where you are at?

c. Reading God's Word

Reflect on your patterns of Bible reading during this season. Which Growth Scale answer best describes where you are at?

d. Memorizing God's Word

Reflect on your patterns of memorizing God's Word during this season. Which Growth Scale answer best describes where you are at?

e. Scripture Journal (Handwritten or Digital)

Reflect on your patterns of taking notes when you are reading God's Word. Which Growth Scale answer best describes where you are at? Important note: nowhere in Scripture is it required to take notes. Those who do find it helpful to actively engage, write questions, draw & illustrate and help God's truth go deeper into their hearts. This could be a helpful tool, we are not suggesting it is required.

Pray

Take a few minutes to pray and ask the Spirit to help you discern which of these areas should be a growth priority for you.

Write it Down

Now that you have taken a few minutes to pray and reflect, write down your growth priority and some of the practical ways you would like to make progress and mature. Share it with someone you trust who can walk alongside you in this next season of intentional growth.