Spiritual Assessment and Personal Growth Plan
Dear Parkside Member,

The following pages contain a spiritual assessment that I would encourage you to complete. After you complete the assessment, you will be able to discover the areas in which you need to grow as a Christian. You can then develop a personal plan for growth based on the needs you have identified.

It is important to remember that growing as a disciple of Christ is more than simply going through a study and then checking it off on a list. That study will help your knowledge in one or more areas (which is important), but actually internalizing that information and then applying it to your life is crucial. Put in another way, head knowledge is important, but it must penetrate the heart and be lived out through the hands.

Thank you for taking the time to complete this assessment and make a personal plan for growth. My prayer for you is that this process will help you grow as a disciple of Christ.

Sincerely,

Dr. Tan Flippin
A Personal Spiritual Growth Plan
The Spiritual Assessment and Personal Spiritual Growth Plan have been created to help you target specific areas you would like to develop in your spiritual journey. This Bible-based Spiritual Assessment identifies and measures 10 Essential Beliefs, 10 Vital Practices, and 10 Character Traits that make up the characteristics of the life of a Christian disciple.

This tool does not measure your level of spiritual maturity as compared to someone else’s, but is a self-assessment based on scriptural principles of discipleship. It is designed to help you discover and understand the areas of your Christian life where you are the strongest as well as identify specific areas you would like to further develop. Approach this process with openness and honesty and a sense of anticipation of what God has in mind for you as you strive to grow and mature in Christlikeness.

Three Areas of Spiritual Growth
The following statements explain the beliefs, practices, and traits that are essential to developing as a disciple of Christ:

- **Core Beliefs**—foundational truths of Scripture that inform our faith and doctrine; these are things we need to **know**.
- **Vital Practices**—personal and corporate disciplines that are essential to spiritual growth and development; these are things we need to **do**.
- **Character Traits**—attributes that reflect God’s character and should be exhibited in the life of a maturing Christian; these are things we need to **be**.

There are five statements for each of the 10 beliefs, 10 practices, and 10 traits. Ask God to help you see yourself as He does as you respond to each statement by ranking your own personal experience. Total the numbers you circled and indicate that number at the bottom of each section. After responding to all the statements, review your totals for each belief, practice, and trait to determine both your areas of strength and your areas for needed growth. You will then be ready to develop a plan for your personal spiritual growth.

The Spiritual Growth Plan Process
Below is a four-step process for putting together your own spiritual growth plan.

**Step 1: Pray**
Spiritual growth is impossible without God working in our lives. Spiritual formation begins as we humbly present ourselves to God and ask Him to enable us through the Holy Spirit to grow spiritually. Pray that God will guide you on this life-changing path.

**Step 2: Assess**
- Turn to the Personal Spiritual Assessment beginning on Page 3.
- Read the five assessment statements of a developing disciple who follows the definition of each essential belief, vital practice, and character trait.
- Assess your own beliefs, practices, and traits on a scale from 1 to 5 and circle the correct number.

**Step 3: Plan**
After you have completed your Personal Spiritual Assessment, you are ready to develop an intentional plan for spiritual growth. Complete the Personal Plan for Spiritual Growth found on
Step 4: Implement

Parkside will provide many opportunities to help you develop your spiritual life. Three opportunities are offered weekly and are considered foundational for spiritual growth:

- **Sunday School Classes**—You have the opportunity to study the Bible and fellowship with others in Sunday School every Sunday morning.
- **Worship**—You have the opportunity to worship corporately with other believers each Sunday morning, Sunday night, and occasionally at other times.
- **Discipleship Groups**—Meeting at various times throughout the year, these groups offer the opportunity for discipleship, fellowship, and prayer to take place in a smaller and less formal setting, yet one that is deep and meaningful.

Beyond these foundational discipleship opportunities, Parkside offers the following opportunities for your spiritual growth:

- **Wednesday Night Bible Study**—This time is offered for you to gather with others in a mid-week informal Bible study and prayer time to help you on your discipleship journey.
- **Church Library**—You will find books that will help you grow personally. Our library is an untapped resource!

How to Complete This Assessment

Read the Personal Spiritual Assessment Statements that follow. For each statement, indicate how much you agree or disagree with it. Total the numbers you circle and indicate that number at the bottom of each section. Then, after finishing the Personal Spiritual Assessment and reviewing your totals for each Core Belief, Vital Practice, and Character Trait, complete “My Personal Plan for Spiritual Growth” on page 22.

Page 22. Remember that the objective is to discover where in your life God needs to initiate change, and then develop a personal plan for spiritual growth.
CORE BELIEFS

(Foundational truths found in Scripture that inform our faith and doctrine. These are things we need to know.)

Rate each of the following statements from 1-5.
Total the numbers you circle in each section and tally them in the blank under that section.
God the Father

1. God always was, is, and will be forever. He is eternal.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

2. God is the creator and ultimate controller of the universe.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

3. God is a Father who loves us, His children, intimately and perfectly.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

4. As the one true God, He is all-powerful and is the one and only ruling authority.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

5. Because of God's power, majesty, authority, and wisdom, I fear, respect, love, and submit to Him.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

   TOTAL _______

God the Son

1. Jesus is the Son of God and the only way to salvation.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

2. While on the earth, Jesus was fully God and fully man.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

3. Jesus died on the cross for my sins.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

4. I live my life with victory and hope because I know Jesus as my personal Savior and Lord.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

5. I use the teachings of Christ for direction and counsel in my everyday decisions.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

   TOTAL _______
God the Holy Spirit

1. The Holy Spirit is one with God the Father and God the Son.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

2. The Holy Spirit is with all Christians at all times and intercedes for us with the Father.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

3. The Holy Spirit convicts the unsaved of their sin and empowers Christians to live a life that glorifies God.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

4. I frequently sense, understand, and submit to the leading of the Holy Spirit in my life.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

5. I have recently submitted to the Holy Spirit’s leadership in my life.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

TOTAL ______

The Resurrection

1. Jesus actually died a physical death on the cross and was buried.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

2. There was a physical resurrection of Jesus Christ from the dead.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

3. Jesus’ resurrection from the dead validates His divinity.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

4. Jesus’ resurrection from the dead has defeated death once and for all for Christians.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

5. I live my life without fear because I know death has no power over me.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

TOTAL ______
Scripture

1. The original biblical manuscripts contain no errors.
   Strongly Disagree <  1  2  3  4  5  > Strongly Agree

2. The Bible is God’s supreme standard for my life, beliefs, and conduct.
   Strongly Disagree <  1  2  3  4  5  > Strongly Agree

3. God’s principles as expressed in the Bible apply to today just as much as they did in the day in which they were written.
   Strongly Disagree <  1  2  3  4  5  > Strongly Agree

4. I use the Bible as my counsel on all major personal decisions.
   Strongly Disagree <  1  2  3  4  5  > Strongly Agree

5. I use the Bible as my guide for daily conduct.
   Strongly Disagree <  1  2  3  4  5  > Strongly Agree

   TOTAL ______

Man

1. God created me in His image.
   Strongly Disagree <  1  2  3  4  5  > Strongly Agree

2. Because I am human, I am a sinner.
   Strongly Disagree <  1  2  3  4  5  > Strongly Agree

3. Jesus died in order for me to have eternal life.
   Strongly Disagree <  1  2  3  4  5  > Strongly Agree

4. I see other people as valuable because they are created in God’s image.
   Strongly Disagree <  1  2  3  4  5  > Strongly Agree

5. I live my life with freedom from guilt because I have faith that Christ died for my sins.
   Strongly Disagree <  1  2  3  4  5  > Strongly Agree

   TOTAL ______
Salvation

1. I know that my salvation is found in Christ alone.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

2. God chose to let Jesus die for my sins because of His love for me.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

3. My own efforts to reach God without Christ are worthless.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

4. I conduct myself in a humble manner because I know God's grace, not my works, is responsible for my salvation.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

5. I want others to know about God's love for them, so I share it often.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

TOTAL ______

The Church

1. I believe Jesus established the church and its mission. He also calls each believer to be a part of a local fellowship.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

2. I believe the church includes not just those belonging to Parkside Baptist Church, but all believers who have ever lived.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

3. I believe the role of the church is to spread the good news of Christ and teach the Word of God.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

4. I believe Christ expects all church members to grow in their relationship with Him and with other Christians.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

5. I use my spiritual gift(s) at Parkside Baptist Church.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

TOTAL ______
The Lord’s Supper / Baptism

1. The Lord’s Supper is a symbol God has given to remind me that Christ died for me.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

2. All Christians should be baptized as a public profession of their faith.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

3. Baptism is an important act of obedience for Christians, but it is not a requirement for salvation.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

4. Each time I receive the Lord’s Supper, I take seriously the instructions about taking it in a worthy manner.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

5. When we baptize someone in our church, I am reminded of my commitment to help that brother or sister grow in Christ.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

   TOTAL ______

Eternity

1. I believe that heaven and hell are real and both will last for eternity.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

2. I believe God will judge every person who has ever lived.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

3. I believe that only those who have trusted Christ for salvation will enter heaven.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

4. I am confident of spending eternity with Christ in heaven.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

5. I live my life with hope because I know God is in control of the future.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

   TOTAL ______
VITAL PRACTICES

(Personal and corporate disciplines that are essential to spiritual development and growth. These are things we need to do.)

Rate each of the following statements from 1-5.
Total the numbers you circle in each section and tally them in the blank under that section.
Worship

1. I worship God in response to His love for me, not because He demands me to worship Him.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

2. My worship of God includes reading His Word, prayer, and fellowship with Him.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

3. God does not demand our worship, but we have a need to worship Him.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

4. I worship God regularly with other believers at Parkside.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

5. I routinely set aside time for private worship.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

TOTAL ______

Prayer

1. I believe God hears and answers all prayers.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

2. I practice regular fellowship with God through prayer. My communication with Him is an important part of my day.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

3. I follow Jesus’ model that we should bring every blessing, every decision, every personal need, every concern for others, and every confession of sin to God in prayer.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

4. I find it easy to focus on God’s nature and praise Him as part of my prayer life.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

5. I pray regularly with other Christians.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

TOTAL______
**Bible Study**

1. I believe reading and studying the Bible is an essential discipline for spiritual growth and the discovery of truth.
   
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

2. I believe God reveals Himself through His Word to help me find direction for my life.
   
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

3. I read the Bible and reflect on Scripture daily.
   
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

4. I participate in Bible Study with others on a weekly basis.

   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

5. I seek to be obedient to God by applying the truth of the Bible to my life.

   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

   TOTAL ______

**Discipleship**

1. I believe involvement in small groups is a biblical model for personal growth, fellowship, and discipleship that enables me to develop deeper relationships with Christ and with others.

   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

2. I believe God works through others to encourage, support, admonish, and challenge me in my spiritual walk.

   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

3. I regularly participate in a small group of Christians who know me and support me.

   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

4. I allow other believers to hold me accountable for my actions.

   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

5. I pray daily for and support other members of a small group.

   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

   TOTAL ______
Fellowship

1. I regularly participate with believers in corporate worship, fellowship, study, and prayer.
   - Strongly Disagree < 1 2 3 4 5 > Strongly Agree

2. I allow other Christians to know me, help me, and hold me accountable for my actions.
   - Strongly Disagree < 1 2 3 4 5 > Strongly Agree

3. I work through disagreements with other Christians in order to maintain healthy relationships in the body of Christ.
   - Strongly Disagree < 1 2 3 4 5 > Strongly Agree

4. I help contribute toward a safe, affirming environment where other Christians feel loved and accepted.
   - Strongly Disagree < 1 2 3 4 5 > Strongly Agree

5. In my relationship with other Christians, I demonstrate sacrificial love by bearing other people’s burdens and helping meet their needs.
   - Strongly Disagree < 1 2 3 4 5 > Strongly Agree

   TOTAL ______

Spiritual Gifts

1. I believe God has given me at least one spiritual gift to serve His purposes.
   - Strongly Disagree < 1 2 3 4 5 > Strongly Agree

2. I know what my spiritual gift(s) are and what I do best in the body of Christ.
   - Strongly Disagree < 1 2 3 4 5 > Strongly Agree

3. I use my spiritual gift(s) regularly to serve the church.
   - Strongly Disagree < 1 2 3 4 5 > Strongly Agree

4. I value the gifts of others and think they are necessary to accomplish God’s purposes.
   - Strongly Disagree < 1 2 3 4 5 > Strongly Agree

5. Others recognize and affirm my spiritual gift(s) and support my use of them.
   - Strongly Disagree < 1 2 3 4 5 > Strongly Agree

   TOTAL ______
Service

1. I believe that God has called each person to serve Him.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

2. I realize that not everyone will serve in the same way because of the way they are gifted.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

3. I am committed to serving others in times of need.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

4. I understand the ways God has equipped and called me to serve in ministry at Parkside.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

5. I am using my gifts consistently to build God’s kingdom.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

   TOTAL ______

Stewardship

1. I believe everything I am or own not only comes from God, but also belongs to God.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

2. I understand I should respond with love and gratitude for what God has provided me.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

3. Christians should give at least a tithe (10 percent) of their income to God through their local church.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

4. I give a tithe (10 percent) of my income to God through Parkside.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

5. I sometimes give beyond the tithe to serve and help others.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

   TOTAL ______
Evangelism

1. I believe that I should share the good news of Jesus Christ with people who do not know Him personally.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

2. I know how to share the plan of salvation with a lost person.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

3. I pray regularly for unbelievers to come to know Christ.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

4. I am intentionally developing relationships with non-Christians with the hope of sharing Christ with them.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

5. I regularly share my faith with people who are not Christians.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

   TOTAL ______

Missions

1. I believe God has instructed the church to bear witness to, minister to, and serve others within their community, state, nation, and world.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

2. I believe God has instructed me to witness to, minister to, and serve others within our church and community.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

3. I support mission endeavors by investing my time, talents, spiritual gifts, and financial resources.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

4. I regularly pray for missionaries and Parkside’s mission endeavors.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

5. I have participated in or will participate in a mission project or mission trip this year.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

   TOTAL ______
CHARACTER TRAITS

(Attributes that reflect God's character and should be exhibited in the life of a Christian. These are things we need to be.)

Rate each of the following statements from 1-5.
Total the numbers you circle in each section and tally them in the blank under that section.
Love

1. As a Christian, I believe that God loves me unconditionally.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

2. I am experiencing and living the love God has for me in Christ.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

3. I love God with all my heart, soul, mind, and strength.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

4. I am demonstrating sacrificial love toward those around me through my attitudes, words, and actions.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

5. I love the people in my life unconditionally, not based on my feelings, their performance, or what they can do for me.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

   TOTAL ______

Joy

1. I believe that God gives true joy to Christians.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

2. I live as if God rejoices over and delights in me because I am His child.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

3. Rejoicing in the Lord is a regular part of my personal experience.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

4. Others around me see a deep-rooted joy that transcends my circumstances.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

5. I rejoice with others when I hear how God is blessing them.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

   TOTAL ______
Peace

1. I believe that God wants His children to experience peace.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

2. I am content because I know that I have been forgiven and am reconciled to God.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

3. I live out my life at peace with God because of what Jesus has done for me.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

4. In good times and bad, others see peacefulness and contentment in me.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

5. I am known as someone who is quick to reconcile with others and promote reconciliation.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

   TOTAL ______

Patience

1. I believe that God is patient with me and desires that I be patient with others.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

2. I experience God’s patience in my life; He does not give up on me because of my sinfulness or weaknesses.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

3. I do not get angry with God when I endure suffering.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

4. I do not lose patience when my plans do not work out.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

5. I am able to bear other people’s shortcomings and weaknesses.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

   TOTAL ______
**Kindness**

1. I believe that God demonstrates kindness toward His people.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

2. I am experiencing God's kindness toward me through His grace, mercy, and compassion.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

3. I am known as a person who speaks a word of kindness to others.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

4. I help those who are in trouble or in need.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

5. I give to others expecting nothing in return.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

**TOTAL ______**

**Integrity**

1. I believe that God is good, holy, and pure.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

2. I am experiencing God's trustworthiness and faithfulness.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

3. I am a person of integrity in my public and private life.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

4. I practice biblical principles, even when it is unpopular.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

5. I am an honest person; I do not lie, cheat, or steal.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

**TOTAL ______**
Faithfulness

1. I believe that God is trustworthy, reliable, and will do all that He promises.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

2. I am experiencing God's faithfulness and it brings me peace and security.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

3. I am faithful to God, even when it is unpopular or difficult.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

4. People find me reliable and dependable.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

5. I follow through on my commitments and promises to others.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

   TOTAL ______

Gentleness

1. I believe that gentleness is a part of God's character.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

2. I am experiencing God's gentleness because He treats me with kindness and not harshness.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

3. I am known to be sensitive to others.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

4. I consider my own shortcomings when I see the failures of others.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

5. I treat all people with respect.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

   TOTAL ______
Self-Control

1. I believe that God perfectly chooses what to do. His choices are deliberate and good—not rash or whimsical.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

2. The Holy Spirit is helping me to experience control over my thoughts and behavior.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

3. I exercise restraint over impulses, emotions, and desires that are not godly.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

4. I do not engage in addictive or self-destructive behavior.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

5. I demonstrate self-control in the use of my tongue.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

   TOTAL ______

Humility

1. I believe Jesus is the perfect example of humility.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

2. I have a humble heart in my dealings with others.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

3. As a child of God, I do not think too highly or too lowly of myself.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

4. I am not known as a person who is arrogant.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

5. I am willing to let others see my faults and shortcomings.
   Strongly Disagree < 1 2 3 4 5 > Strongly Agree

   TOTAL ______
Scores

Write down your total score from each area.

**Essential Beliefs:**

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**Vital Practices:**

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<td>______ Evangelism</td>
</tr>
<tr>
<td></td>
<td>______ Fellowship</td>
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<tr>
<td></td>
<td>______ Missions</td>
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</tbody>
</table>

**Character Traits:**

<table>
<thead>
<tr>
<th>Score</th>
<th>Trait</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>______ Love</td>
</tr>
<tr>
<td></td>
<td>______ Integrity</td>
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<tr>
<td></td>
<td>______ Joy</td>
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<tr>
<td></td>
<td>______ Faithfulness</td>
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<td>______ Peace</td>
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<td></td>
<td>______ Gentleness</td>
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<td>______ Patience</td>
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<td>______ Self Control</td>
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<td>______ Kindness</td>
</tr>
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<td></td>
<td>______ Humility</td>
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</tbody>
</table>
A Word About Your Scores
In case you have not figured it out by now, each of the 150 statements over the 10 Essential Beliefs, 10 Vital Practices, and 10 Character Traits in which you rated yourself had a desired number goal of 5. That is the best possible score for each of the statements based on what we believe the Bible teaches. If you have questions about any of the statements, a list of key verses dealing with each of them is available.

Your Personal Plan for Spiritual Growth
Now that you have completed this assessment, you are prepared to develop a personal plan for spiritual growth. Review each Essential Belief, Vital Practice, and Character Trait, noting the areas of your highest and lowest score totals. Remember that the objective is to discover where God wants to initiate growth in your life. It is then your responsibility to take seriously and plan for growth in the specific areas that have been identified. While Parkside can obviously help you in many areas, the church cannot meet all your spiritual needs; you must take personal responsibility for your own growth.

Identifying Your Areas of Strength
In reviewing your Personal Assessment, what are your two or three highest totals in each of these areas?

Essential Beliefs: ________________________________________________________________
Vital Practices: __________________________________________________________________
Character Traits: __________________________________________________________________

Identifying Your Areas for Growth
In reviewing your Personal Assessment, what are your two or three lowest totals in each of these areas?

Essential Beliefs: ________________________________________________________________
Vital Practices: __________________________________________________________________
Character Traits: __________________________________________________________________

Based on your lowest totals, identify one in each of the three areas in which you would like to study and experience personal growth.

Essential Beliefs: ________________________________________________________________
Vital Practices: __________________________________________________________________
Character Traits: __________________________________________________________________

Now, looking at the three growth areas you just identified, set some personal goals and then plan for the area you would like to focus on first.
Goals
Over the next 12 months, my personal spiritual goal is to grow in the area of:

________________________________________________________________________________

The specific measurable steps I will take to accomplish this goal are:

1. ____________________________________________________________________________

2. ____________________________________________________________________________

3. ____________________________________________________________________________

Examples
• I will become active in a Sunday School class.
• I will seek out one or more persons who exemplify Christian maturity in the belief, practice, or trait that I have identified to mentor me. Some potential mentors for me are:

________________________________________________________________________________

• I will begin practicing these spiritual disciplines in my daily life: _________________________

                                                                                         _________________________

• I will read and study the following books of the Bible: _________________________________

                                                                                         _________________________

• I will study the following doctrines: _________________________________________________________________________________

                                                                                         _________________________

• I will work on developing the following ministry skills: _________________________________

                                                                                         _________________________

Keep these goals before you and pray daily for God to work in your life in these areas. Once you have completed the steps identified in your goal, or no later than one year from the time you took the assessment, take the assessment again and see what progress you have made. Continue to set new personal spiritual goals in seeking a deeper and more meaningful Christian walk.

Do not become discouraged if you do not achieve your goals as quickly as you would like. Remember that discipleship is a lifelong process. And as long as you are making progress and still seeking God, He is still working in your life.