

21-Point Spiritual Health Inspection:

DIRECTIONS: Asking God first for His assessment, in addition to your personal assessment, rate the following areas of your spiritual life using the following scale:

0 - non-existent, 3 - poor, 5 - okay, 7 - good, 10 - great

1. _____ **Financially** (generosity, debt, margin)
2. _____ **Family** (extended, parents, kids, marriage)
3. _____ **Marriage or Singleness**
4. _____ **Friendships**
5. _____ **Physical health/care**
6. _____ **Work**
7. _____ **Play**
8. _____ **Rest** (Honoring the Sabbath, remembering to breath, margin)
9. _____ **Bible intake**
10. _____ **Praying** (ongoing conversations with God)
11. _____ **Church commitment** (regular corporate gathering of the saints)
12. _____ **Church family** (connectedness & discipleship relationships)
13. _____ **Eternal focus/perspective**
14. _____ **Temptation** (self-control, accountability, support, honesty)
15. _____ **Conflicts** (seeking resolution, forgiveness, honesty)
16. _____ **Love** (mercy, compassion, care)
17. _____ **Thankfulness** (appreciation, gratitude)
18. _____ **Serving** (sacrificial / humility)
19. _____ **Soul / spirit**
20. _____ **Mental health** (thought life, taking thoughts captive)
21. _____ **Emotional health** (feelings - anger, sadness, joy, etc.)

Count Your Successes: Top 3

1. _____
2. _____
3. _____

Know Your Struggles: Bottom 3

1. _____
2. _____
3. _____

Personal Application: What does God want me to do with this?

1. _____

2. _____

3. _____
