

# SPIRITUAL FITNESS TEST



*"Examine yourselves, to see whether you are in the faith; test yourselves. Do you not realize that Christ Jesus is in you..." 2 Corinthians 13:5*

*"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. The second is this: love your neighbor as yourself. There is no commandment greater than these." Mark 12:30-31*

## DEVOTION TO THE WORD:

**SELDOM    SOMETIMES    FREQUENTLY**

*"This is love for God to obey his commandments and his commands are not burdensome" 1 John 5:3*

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|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1. I read my Bible ____ days a week                  |                       |                       |                       |                       |                       |
| 2. I usually spend ____ minutes when I read my Bible |                       |                       |                       |                       |                       |
| 3. I regularly follow a reading plan                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 4. I try to apply what I read                        | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 5. I share what I am learning with others            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

## DEVOTION TO PRAYER:

*"Pray continually, give thanks in all circumstances, for this is God's will for you in Christ Jesus" 1 Thessalonians 5:17*

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|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1. I set aside time daily to pray                      | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2. I usually set aside ____ min. when I pray each day  |                       |                       |                       |                       |                       |
| 3. I praise, thank, confess and petition when I pray   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 4. I pray through a prayer list regularly              | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 5. I have weekly family devotionals with my family     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 6. I recently experienced a specific answer to prayer. |                       |                       |                       |                       |                       |

If yes, please explain:

## DEVOTION TO THE BODY OF CHRIST:

*"Seek first his kingdom and his righteousness and all these things will be given to you as well" Matthew 6:33*

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|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1. I attend Sunday services on a weekly basis             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2. I attend faith groups on a weekly basis                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 3. I attend midweeks                                      | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 4. I am punctual to the meetings of the body              | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 5. I serve the body of Christ by using my gifts           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 6. I give a tithe on a weekly or monthly basis            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 7. I feel good giving sacrificially to the body of Christ | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

**DEVOTION TO ONE ANOTHER RELATIONSHIPS:**

**SELDOM    SOMETIMES    FREQUENTLY**

*"Love one another. As I have loved you, so you must love one another. By this all men will know that you are my disciples if you love one another." John 13:34-35*

1. I initiate opportunities to grow and seek counsel	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I have a mentor I meet with at least twice a month	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I confess my sins to others (James 5:13-16)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I quickly seek reconciliation when I have a conflict with one of my brothers or sisters	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I am at peace with everyone at this time		Yes		No	

**LOVING YOUR NEIGHBOR AS YOURSELF:**

*Filled with compassion, Jesus reached out his hand and touched the man. "I am willing" he said, "Be clean!" Instantly the leprosy left him and was cured. Mark 1:40*

1. I feel compassion for the lost	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I pray daily to meet people that want to know God	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I share my faith consistently throughout my week	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I share my testimony with co-workers and/or neighbors during the week	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I am involved in Bible studies with others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I practice hospitality weekly or monthly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I try to help the poor in the church	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I try to help the poor in the community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**PLAN OF ACTION**

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**HOW DOES YOUR PLAN OF ACTION GO ALONG WITH YOUR PERSONAL DREAMS AND VISION?**

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