

Personal Spiritual Assessment

Discerning Next Steps in Your Discipleship Journey

Spiritually healthy followers of Christ will express a love for God and His people as they pour out His love on the world. Evidence of this love is reflected in how the Christian worships daily and weekly, studies and applies scripture, seeks out Christ-centered relationships, serves the church family, loves their neighbor and makes a difference in the world.

Having reviewed the basics of how to thrive in Christ at Covenant, it's time to enter more fully into the life He wants for you. We encourage you to:

- Use this self-assessment.
- Find a spiritual friend or friends in a small group.
- With your friend or group, engage with discipleship resources that address your current need.

Follow the process below and place a symbol in each box within the Expression column.

* = already strong

+ = Need growth (this would be helpful for me)

= Area of discomfort, hesitancy (maybe a little fearful to try)

! = Eager to learn more (this is what I want to do)

| Calling | Expression | Notes |
|---|--|--|
| Love Jesus <i>Learning to love God with all your being.</i> | Worship God | Expressing God's worth to you and seeking a deeper connection with Him through worship and key spiritually sustaining practices. |
| | Study and Engage Scripture | Learning how to and practicing the art of studying the Bible in ways that impact the heart as well as inform the head. |
| Love His People <i>Learning to love others as yourself.</i> | Pursue Christ-Centered Relationships | Life change happens best in the context of Christ-centered relationships. Find resources for growth in community. |
| | Use Gifts to Serve the Covenant Family | We are blessed so that we might be a blessing to others in Jesus' name. Learn how to use the time, talent and treasure you have to serve Christ's Body. |
| Pour Out His Love on the World (in word and deed) | Love Your Neighbor | Find equipping and encouragement for loving your literal neighbors. |
| | Make a Difference | Find equipping and encouragement for making a difference in the world by engaging a need that is on your heart or in your face (just won't leave you alone)! |

Process

- Find 15 minutes when you can prayerfully bring this to the Lord.
 - Ask Him to guide your responses. Where do you already have strength? What might be helpful in your growth? Which options make you uncomfortable? What does your heart want?
 - Ask Him to guide you in taking your next step, not only with what it will be, but who it will be with.
- Ask your spiritual friend(s) or trusted counselor(s) to read your replies and offer their feedback.
 - What seems accurate to them?
 - Do they see a reply in a topic that does not make sense to them?
- Do they have a similar interest? Is the Lord inviting you to walk together for a season?

Visit the Discipleship Resources page [on our website](https://www.covenantpc.org/discipleship-thrive-resources) [https://www.covenantpc.org/discipleship-thrive-resources] and follow the instructions to navigate to an area with suggested materials that may connect with what you need. Speak with your spiritual friend or group and join in prayer, asking the Holy Spirit to guide your decision and bless your journey.

If the path forward remains unclear, feel free to contact Brently [bjordan@covenantpc.org] or Rob [reyman@covenantpc.org] to discuss options.

Thank you for intentionally seeking to be formed into the image of your Savior!