



Spiritual Health Snapshot

Spiritual maturity is an impossible thing to measure. Only God knows what's really in our hearts. But we also know that certain characteristics are produced when someone is growing in relationship with Christ. This spiritual health snapshot is designed to give you a look at your own attitudes, habits, and tendencies alongside the New Testament's descriptions of spiritual maturity.

This assessment is not meant to serve as a spiritual grade. There is no pass/fail point. Much like an exam in the doctor's office, the purpose is not to make you feel accomplished or like a spiritual failure. It simply offers a clear look at signs of health and areas where growth is needed. It helps you better discern your current discipleship needs.

We hope this opens your eyes to areas where you can serve others and where you need to grow. Take time to read through the Seven Characteristics of a Mature Disciple outlined on the next page and then take the snapshot. Afterward, we encourage you to pray over the results, discuss them with others, and review the appropriate next steps offered in the back of this workbook. We also ask that you share your results with us. They remain confidential and help us to know and meet the needs of the entire church.



GO DEEPER

Find more information about this assessment, watch a welcome video from Afshin, and explore the Seven Characteristics online at providencefrisco.com/snapshot.



GROUNDING IN THE GOSPEL

A mature disciple is firmly rooted in their identity as a child of God.



COMMUNING WITH JESUS

A mature disciple communes regularly with Jesus in prayer and time in the Word.



STUDYING THE SCRIPTURES

A mature disciple seeks to apply Scripture to all of life.



CONNECTED IN COMMUNITY

A mature disciple lives their life in authentic, transparent community where they are known by and know others.



LEVERAGING GIFTS

A mature disciple actively uses their gifts to help the whole church grow.



AMBASSADOR OF CHRIST

A mature disciple embraces the call of an ambassador by actively sharing their faith in the community.



FOCUSED ON ETERNITY

A mature disciple lives with a sense of urgency, waiting for and hastening the day of the Lord.

HOW THIS WORKS

This resource contains 35 questions about your lifestyle, habits, and attitudes. Answer each question by using a scale of 1-5 to indicate how often the statement describes you.

- 5 ALWAYS**
- 4 OFTEN**
- 3 SOMETIMES**
- 2 RARELY**
- 1 NEVER**

While you should be thoughtful about your response, resist the urge to overthink your answers. Answer naturally and honestly.

When you're done, you will total up all of your scores that correspond with each color. The colors each correspond with one of the seven characteristics of a mature disciple. Your total score will offer a snapshot of your strengths and weaknesses in each category.

After you're done with the assessment, read the list of resources in the back of this booklet, which offer suggestions for next steps corresponding to your answers. We also ask that you scan the QR code in the back to confidentially submit your scores. You can also use that QR code to browse through the upcoming discipleship opportunities that best match your needs.

I can clearly articulate the gospel message when necessary.		
I have regular times in my day and week to read the Bible and pray.		
When I open the Bible, I feel prepared to study it without needing someone else to explain it to me.		
I have a close friend or friends within the church who know my personal sin struggles and ask me about them.		
I look for opportunities to use my talents and resources to benefit the church.		
I share the gospel message with family, friends, coworkers, and/or neighbors.		
I feel an urgency to help advance the gospel to the ends of the earth.		
People around me can see evidence of my faith.		
I feel a deep desire to sit with the Lord through prayer and time in his Word.		
When asked why I believe what I believe, I can give a biblical defense for my convictions.		
I am quick to serve others around me when a need arises.		
I give financially to the church, generously and sacrificially.		
I am ready at any time to share how Jesus has changed me.		
I speak openly about my faith to my family, friends, coworkers, and/or neighbors.		
When I fail, I remember the grace of God that saved me.		

I continue to think about what I've read in the Bible even after I've closed it.		
I respond to God's Word in obedience.		
While I'm not perfect, my way of life and my faith are worth imitating.		
When I see someone more gifted in a certain area than I am, I can celebrate his/her gifts without feeling discouraged about my own.		
I feel a conviction that I should be out in the world so I can be a gospel witness in more places.		
When it feels that God is silent or absent, I trust that he is still working in his own timing for his glory through my life.		
I am quick to show grace and forgiveness to those who offend or harm me.		
Spending time with Jesus makes me want to spend more time with him.		
My thoughts, beliefs, and actions are changed by what I read in the Bible.		
People feel safe sharing their sin and their suffering with me.		
I look for ways I can personally help the church grow and function more effectively.		
My heart breaks for my friends and family who do not have a relationship with Jesus.		
I make decisions about how to spend my time and money from an understanding that God has entrusted them to me.		
I'm not shocked by other people's sins because I'm aware of my own.		
When faced with challenges or discouragement, my natural instinct is to stop and pray.		

When I hear information from other sources about an issue, I filter it through what the Bible says about it.		
I am willing to speak hard truths with compassion and love to another brother or sister who needs to hear it.		
I am willing and eager to use my gifts even when I know it may go unnoticed.		
I pray regularly for unbelievers around me and the unreached around the world.		
When I am suffering, I still grieve with hope because of what Jesus has accomplished for me on the cross.		

LET'S LOOK AT THE RESULTS

Add up your scores for each color and record the total under each category.

GROUNDING IN THE GOSPEL	
COMMUNING WITH JESUS	
STUDYING THE SCRIPTURES	
CONNECTED IN COMMUNITY	
LEVERAGING GIFTS	
AMBASSADOR OF CHRIST	
FOCUSED ON ETERNITY	

WHAT'S NEXT?



SHARE YOUR RESULTS

First things first, please share your scores with us! Your results stay confidential, but they also help us know you better. If you have any questions, you can also let us know and someone will follow up with you to discuss your results.

DISCUSS YOUR RESULTS WITH OTHERS

Get feedback from others around you. Some of your scores might be surprising while others are not. We also all have blind spots. Talk them over with your family, close friends, or even your community group. Get their thoughts on how you could grow in the areas of weakness and how you can maximize your strengths.

IDEAS FOR MATURING

Need to grow in a specific area? Maturity is a lifelong journey and there are many ways to begin. On the following pages, you'll find examples of simple habits to develop that will help you get started. You can also visit providencefrisco.com/maturity to discover even more ideas and discipleship opportunities.



GROUNDING IN THE GOSPEL

Make a list of things that hinder your spiritual growth and prayerfully ask God to help remove those hindrances.



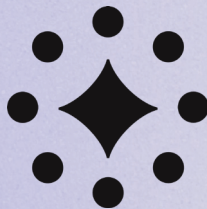
COMMUNING WITH JESUS

Choose a book of the Bible and commit to reading it from start to finish 15-20 times in the next month.



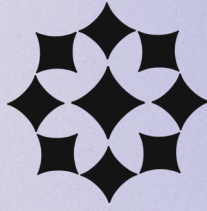
STUDYING THE SCRIPTURES

Take notes during Sunday's sermon and re-read them at least once during the week, praying over ways you can be a doer and not just a hearer.



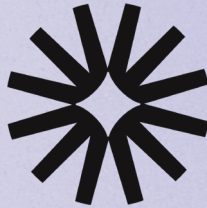
CONNECTED IN COMMUNITY

Share this assessment and your next steps with another believer, asking them to pray for you and follow up with you at a specific time and with specific questions.



LEVERAGING GIFTS

Ask another believer what gifts they see in you and if/how they see you currently using those gifts.



AMBASSADOR OF CHRIST

Make a list of people in your life who don't know Jesus. Begin praying for them by name and ask another person to pray with you.



FOCUSED ON ETERNITY

Share the screen time reports on your phone with another believer and make a plan to replace a portion of the time spent on your phone with prayer, Bible intake or memorization, or another spiritual discipline.



**WATCH OVERVIEW VIDEOS FROM AFSHIN,
AND FIND MORE SUGGESTIONS AND DISCIPLESHIP
OPPORTUNITIES USING THIS QR CODE OR BY VISITING
[PROVIDENCEFRISCO.COM/MATURITY](https://providencefrisco.com/maturity).**





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