

ASSESS
Let's Grow #2
January 15, 2012

Big idea: Spiritual growth begins with an honest assessment of where I am now.

**HOW TO CONDUCT A PERSONAL
SPIRITUAL ASSESSMENT**

1. Ask God to direct the assessment.

Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting! Psalm 139:23-24 (ESV)

2. Assess your entire personality.

- **Assess your heart.**

What do my words say about the condition of my heart?

“Either make the tree good and its fruit good, or make the tree bad and its fruit bad, for the tree is known by its fruit. You brood of vipers! How can you speak good, when you are evil? For out of the abundance of the heart the mouth speaks.

Matthew 12:33-34 (ESV)

What motivates me to do the things I do?

You ask and do not receive, because you ask with wrong motives, so that you may spend it on your pleasures.

James 4:2 (NASB)

Do I have any attitude that grieves God?

And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

Ephesians 4:30-32 (ESV)

- **Assess your mind.**

How well do I know the truth about God, Jesus, the Bible, etc.?

So Jesus said to the Jews who had believed him, "If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free."

John 8:31-32 (ESV)

What do I dream or fantasize about?

Yet in like manner these people also, relying on their dreams, defile the flesh, reject authority, and blaspheme the glorious ones. Jude 8 (ESV)

Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world—the desires of the flesh and the desires of the eyes and pride of life—is not from the Father but is from the world. 1 John 2:15-16 (ESV)

- **Assess your behavior.**

What do I habitually do?

No one who abides in him keeps on sinning; no one who keeps on sinning has either seen him or known him. Little children, let no one deceive you. Whoever practices righteousness is righteous, as he is righteous.

1 John 3:6-7 (ESV)

- **Assess your relationships.**

Is there anyone with whom I need to seek reconciliation?

If possible, so far as it depends on you, live peaceably with all. Romans 12:18 (ESV)

If people knew how I treat my spouse, would it make them want to know my God?

However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.

Ephesians 5:33 (NIV)

- **Assess your stewardship.**

What does the way I care for my body say about my relationship with God?

Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, ²⁰for you were bought with a price. So glorify God in your body. 1 Corinthians 6:19-20 (ESV)

What does my spending, saving and giving say about my priorities?

Honor the LORD with your wealth and with the firstfruits of all your produce; Proverbs 3:9 (ESV)

What does my calendar say about my priorities?

Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil. Ephesians 5:15-16 (ESV)

Who benefits most from the investment of my abilities?

As each has received a gift, use it to serve one another, as good stewards of God's varied grace: 1 Peter 4:10 (ESV)

3. Acquire feedback from a trusted friend.

Faithful are the wounds of a friend; profuse are the kisses of an enemy. Proverbs 27:6 (ESV)