

RESULTS SCORECARD

of Spiritual Health Assessment

For each group of questions on the assessment:

- Add your responses to get the total for that group.
- Transfer your totals to the right column below.
- Plot your answers and connect the dots to create a graph on the next page, following the sample above the graph.
- Read the descriptions on the following pages to learn more about your level of emotional health in each area.

SAMPLE

Marks of Emotionally Healthy Discipleship

Mark 1. Be Before You Do

Mark 2. Follow the Crucified, Not the Americanized, Jesus

Mark 3. Receive God's Gift of Limits

Mark 4. Discover the Treasures Buried in Grief and Loss

Mark 5. Make Love the Measure of Spiritual Maturity

Mark 6. Break the Power of the Past

Mark 7. Lead out of Weakness and Vulnerability

Totals

20 / 24

9 / 20

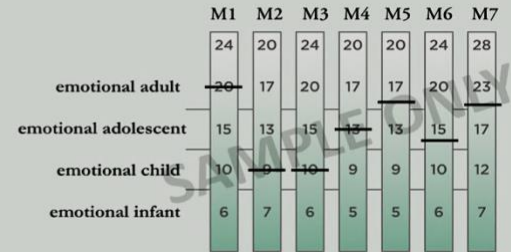
10 / 24

13 / 20

16 / 20

14 / 24

21 / 28



PART 1: Marks of Emotionally Healthy Discipleship

- Section 1. Be Before You Do _____ / 24
- Section 2. Follow the Crucified, Not the Americanized, Jesus _____ / 20
- Section 3. Receive God's Gift of Limits _____ / 24
- Section 4. Discover the Treasures Buried in Grief and Loss _____ / 20
- Section 5. Make Love the Measure of Spiritual Maturity _____ / 20
- Section 6. Break the Power of the Past _____ / 24
- Section 7. Lead out of Weakness and Vulnerability _____ / 28

Being an emotionally healthy disciple is not an all-or-nothing condition; it operates on a continuum that ranges from mild to severe, and may change from one season of life and ministry to the next. As you read through the descriptions below, what stands out to you? Wherever you find yourself, the good news is that you can make progress and become an increasingly more mature disciple. So even if your current state of discipleship is sobering, don't be discouraged. You can learn and grow through failures and mistakes, and it is possible for anyone to make progress. That being said, ***if you scored low overall, or very low on one particular section of this inventory, you may need deliverance at some level and therefore find a Spiritual Health Prayer session at www.freepeople.church/deliverance***

PART 2: Marks of Healthy Disciplines & Habits

- Section 1. Personal Disciplines _____ / 20
- Section 2. Family Leadership _____ / 20
- Section 3. Character _____ / 16
- Section 4. Calling & Gifts _____ / 20

Whereas lower scores in Part 1 could indicate a need for deliverance or inner healing of some sort, lower scores in any section of Part 2 likely indicate greater devotion in spiritual disciplines. As Jesus said to Peter in Matthew 26:40, "the spirit is willing but the flesh is weak", meaning you likely have the desire to obey Christ, but are just lacking in follow through. Most likely, breakthrough and growth will come by assessing your habits, schedule and lifestyle, and making necessary adjustments by cutting back on entertainment, hobbies, social media, etc. and making personal

bible study, prayer, leadership in your family and other spiritual disciplines part of your everyday life. Take some time to prayerfully journal and answer the following questions to help you discern how to grow in these areas:

- What habits or hobbies are stealing my affections for Christ or taking up too much time?
- Is there anything I need to give up in order to spend more time with the Lord or following his calling in a greater way?
- What spiritual disciplines do I need to be more consistent in? What's holding me back from doing that in a greater way?

ASSESSING YOUR SCORE

In each given section, the following score ranges indicate your level of Spiritual maturity in that area. Keep in mind this is a self-assessment and based on how honestly you answered the questions. Also, this is a guideline, and only Jesus himself knows the fullness of your heart and where you're at. So take these results with that in mind as well.

SECTIONS with 28 POSSIBLE SCORE:

- 1-8 = Spiritual INFANT (immature)
- 9-14 = Spiritual CHILD (somewhat immature)
- 15-21 = Spiritual ADOLESCENT (somewhat mature)
- 22-28 = Spiritual ADULT (Mature)

SECTIONS with 24 POSSIBLE SCORE:

- 1-6 = Spiritual INFANT (immature)
- 7-12 = Spiritual CHILD (somewhat immature)
- 13-18 = Spiritual ADOLESCENT (somewhat mature)
- 19-24 = Spiritual ADULT (Mature)

SECTIONS with 20 POSSIBLE SCORE:

- 1-5 = Spiritual INFANT (immature)
- 6-11 = Spiritual CHILD (somewhat immature)
- 12-16 = Spiritual ADOLESCENT (somewhat mature)
- 16-20 = Spiritual ADULT (Mature)

SECTIONS with 16 POSSIBLE SCORE:

- 1-4 = Spiritual INFANT (immature)
- 4-8 = Spiritual CHILD (somewhat immature)
- 9-12 = Spiritual ADOLESCENT (somewhat mature)
- 13-16 = Spiritual ADULT (Mature)

Spiritual INFANT:

I look for other people to take care of me emotionally and spiritually. I often have difficulty in describing and experiencing my feelings in healthy ways and rarely enter the emotional world of others. I am consistently driven by a need for instant gratification, often using others as objects to meet my needs. People sometimes perceive me as inconsiderate and insensitive. I am uncomfortable with silence or being alone. When trials, hardships, or difficulties come, I want to quit God and the Christian life. I sometimes experience God at church and when I am with other Christians, but rarely when I am at work or home. I have some unhealthy or even sinful habits, and feel bad about it but not sure how to overcome them. I don't think much yet about how to help others in their relationship with God.

Spiritual CHILD:

When life is going my way, I am content. However, as soon as disappointment or stress enter the picture, I quickly unravel inside. I often take things personally, interpreting disagreements or criticism as a personal offense. When I don't get my way, I

often complain, withdraw, manipulate, drag my feet, become sarcastic, or take revenge. I often end up living off the spirituality of other people because I am so overloaded and distracted. My prayer life is primarily talking to God, telling him what to do and how to fix my problems. Prayer is more a duty than a delight. I practice spiritual disciplines a few times a week if I have time. My spiritual life is more about helping myself, but I haven't yet helped make disciples or others in their walk in a significant way, and struggle with the desire to do so.

Spiritual ADOLESCENT:

I don't like it when others question me. I often make quick judgments and interpretations of people's behavior. I withhold forgiveness from those who sin against me, avoiding or cutting them off when they do something to hurt me. I subconsciously keep records on the love I give out. I have trouble really listening to another person's pain, disappointments, or needs without becoming preoccupied with myself. I sometimes find myself too busy to spend adequate time nourishing my spiritual life. I attend church and serve others but enjoy few delights in Christ. My Christian life is still primarily about doing, not being with him. Prayer continues to be mostly me talking with little silence, solitude, or listening to God. I may have a few unhealthy habits, but am making progress. I practice spiritual disciplines most days, have a sense of my calling and am pursuing it, but have ways I still need to grow in bringing the Kingdom

Spiritual ADULT:

I respect and love others without having to change them or becoming judgmental. I value people for who they are, not for what they can give me or how they behave. I take responsibility for my own thoughts, feelings, goals, and actions. I can state my own beliefs and values to those who disagree with me—without becoming adversarial. I am able to accurately self-assess my limits, strengths, and weaknesses. I am deeply convinced that I am absolutely loved by Christ and do not look to others to tell me I'm okay. I am able to integrate *doing* for God and *being* with him (Mary and Martha). My Christian life has moved beyond simply serving Christ to loving him and enjoying communion with him. I have no unhealthy habits and practice spiritual disciplines every day. I have a strong sense of calling and am using my gifts, talents and resources to grow the Kingdom of God on a weekly basis.

Permission is granted for any person to make copies of this inventory as long as it is not changed or sold for a profit, and this credit is included. Taken from Peter Scazzero, Emotionally Healthy Discipleship, Zondervan 2021. For more information and further resources, contact emotionallyhealthy.org.