

UPDATED EDITION

THE CHRISTIAN LIFE PROFILE

ASSESSMENT WORKBOOK

DEVELOPING YOUR PERSONAL PLAN TO
THINK, ACT, AND BE LIKE JESUS

PREVIOUSLY PUBLISHED AS
*THE CHRISTIAN LIFE PROFILE ASSESSMENT TOOL
WORKBOOK*

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Getting Started

Begin with Prayer

Life change is an impossible task without God working in our lives. Thankfully, for our sakes, the Bible presents life transformation as a foregone conclusion in the scope of God's desire for us. Each of us needs to realize the importance of allowing God to be the initiator of our spiritual transformation. We need to begin this assessment process by presenting ourselves as humbly dependent on him. Ask God to help you see your life clearly as you respond to each statement. Recognize that it is the Holy Spirit within the Christian who enables him or her to grow spiritually.

Assessing Your Life

The following 120 statements relate to the key beliefs, practices, and virtues of the developing disciple. Read each statement, then assess your own personal Christian experience on a scale from 0 (Does not apply at all) to 5 (Applies completely).

Here are a couple of tips that will help you better assess yourself and therefore create more effective results.

1. When you come to a statement you don't understand, mark yourself low.
2. When you come to a statement on belief, don't score yourself on whether you believe it is the right answer but rather on whether it is a way of life for you. (For example, "I believe God is actively involved in my life." You may believe this is the right answer, but you don't sense he's actually involved in your life today. If this is the case, score yourself low.)

Instructions

1. The first step is to go to the "One Another" assessments section (page 35). You'll want to pass these pages out as soon as possible so you can complete the total assessment in a timely manner. Read and follow the instructions found on page 36.
2. Take the assessment starting on the next page. Circle your responses to the 120 statements in the corresponding numbered space to the right.
3. When you have completed the assessment, you will be guided through the measurement process to determine your results on page 32.
4. When you have completed the measurement step of the program, you will tabulate the responses of your "One Another" assessments (page 43). Reread the instructions on page 36 for assistance in completing this step.
5. You are now ready to develop a personal plan for spiritual growth (pages 46 – 49).

Ready to grow? Let's go!

Personal Assessment

	Does not apply at all	1	2	3	4	5	Applies somewhat	Applies completely
104. I value a simple lifestyle over one cluttered with activities and material possessions.	0	1	2	3	4	5		
105. I serve God through my daily work.	0	1	2	3	4	5		
106. I daily pray for and support other Christians.	0	1	2	3	4	5		
107. Others recognize and affirm my spiritual gift(s) and support my use of them.	0	1	2	3	4	5		
108. I regularly volunteer at my church.	0	1	2	3	4	5		
109. My spending habits do not keep me from giving what I feel I should give to God.	0	1	2	3	4	5		
110. I pray for non-Christians to accept Jesus Christ as their Lord and Savior.	0	1	2	3	4	5		
111. I frequently give up what I want for the sake of others.	0	1	2	3	4	5		
112. I can be content with the money and possessions I now have.	0	1	2	3	4	5		
113. I have an inner peace from God.	0	1	2	3	4	5		
114. I control my tongue.	0	1	2	3	4	5		
115. My hope for the future is not found in my health or wealth because both are so uncertain, but in God.	0	1	2	3	4	5		
116. I keep my composure even when people or circumstances irritate me.	0	1	2	3	4	5		
117. I help those who are in trouble or who cannot help themselves.	0	1	2	3	4	5		
118. I follow through on commitments I have made to God.	0	1	2	3	4	5		
119. I allow people to make mistakes.	0	1	2	3	4	5		
120. I am not upset when my achievements are not recognized.	0	1	2	3	4	5		