



# Spiritual Check-up: 21 Essential Questions for Leaders

*A spiritual health self-assessment for continuous growth*

[www.onmissionadvisors.com](http://www.onmissionadvisors.com)

## Spiritual Check-up: 21 Essential Questions for Leaders

For each statement below, circle the number that best reflects your current practices or outcomes.

1	2	3	4	5
Never true	Occasionally true	Sometimes true	Often true	Always true

Date: \_\_\_\_\_

Statement	Biblical references (ESV)	Circle one number for each statement				
		Never true	Occasionally true	Sometimes true	Often true	Always true
<b>Practices</b>						
1. <b>Prayer:</b> I pray and listen to God at least once per day.	<i>1 Thessalonians 5:16-18- "Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you."</i>	1	2	3	4	5
2. <b>Scripture reading:</b> I read the Bible daily.	<i>Psalms 1:1-2- "Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the Lord, and on his law he meditates day and night."</i>	1	2	3	4	5
3. <b>Scripture application:</b> I apply the Bible to my life.	<i>James 1:22-25- "But be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. For he looks at himself and goes away and at once forgets what he was like. But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing."</i>	1	2	3	4	5
4. <b>Sabbath:</b> I rest from work at least one day each week.	<i>Exodus 20:8-10- "Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the Lord your God."</i>	1	2	3	4	5
5. <b>Worship:</b> I worship God throughout the week.	<i>Psalms 145:1-3a- "I will extol you, my God and King, and bless your name forever and ever. Every day I will bless you and praise your name forever and ever. Great is the Lord, and greatly to be praised..."</i>	1	2	3	4	5
	<i>2 Corinthians 9:6-7- "The point is this: whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully. Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver."</i>					
6. <b>Giving:</b> I give generously and discreetly.	<i>Acts 2:45- "And they were selling their possessions and belongings and distributing the proceeds to all, as any had need."</i>  <i>Matthew 6:3-4- "But when you give to the needy, do not let your left hand know what your right hand is doing, so that your giving may be in secret. And your Father who sees in secret will reward you."</i>	1	2	3	4	5



<b>Practices, continued</b>		Never true	Occasionally true	Sometimes true	Often true	Always true
7. <b>Biblical community:</b> I am actively involved in a Bible-believing community.	Acts 2:42, 46-47- "And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers. ... And day by day, attending the temple together and breaking bread in their homes, they received their food with glad and generous hearts, praising God and having favor with all the people. And the Lord added to their number day by day those who were being saved."	1	2	3	4	5
8. <b>Sharing the Scriptures:</b> I share Biblical truths with others in a way that equips them to share these truths with others.	Deuteronomy 6:18-19- "You shall therefore lay up these words of mine in your heart and in your soul, ... You shall teach them to your children, talking of them when you are sitting in your house, and when you are walking by the way, and when you lie down, and when you rise."  2 Timothy 2:1-2- "You then, my child, be strengthened by the grace that is in Christ Jesus, and what you have heard from me in the presence of many witnesses entrust to faithful men, who will be able to teach others also."	1	2	3	4	5
9. <b>Discipleship:</b> I engage in discipling others.	Acts 1:8- "But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth."  Matthew 28:19-20- "Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age."	1	2	3	4	5
10. <b>Confession:</b> I engage in confession daily, recognizing my own sin and God's grace and power to forgive my sin.	1 John 1:6-9- "If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. If we say we have not sinned, we make him a liar, and his word is not in us."	1	2	3	4	5
11. <b>Biblical accountability:</b> I am in an intentional relationship with one or more Christ followers where I share about areas of sin and struggle and am encouraged to continue growing toward Christ.	James 5:16- "Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working."  Hebrews 10:24-25a- "And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another."	1	2	3	4	5
12. <b>Transparency:</b> There are no hidden aspects of my life that would harm my relationships or Christian witness.	Proverbs 28:13- "Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy."	1	2	3	4	5

<b>Outcomes</b>		Never true	Occasionally true	Sometimes true	Often true	Always true
<b>13. Loving God:</b> My words and deeds reflect that I love God with all my heart, soul, mind, and strength.	Mark 12:30- "And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength."	1	2	3	4	5
<b>14. Loving others:</b> My words and deeds reflect that I love my neighbor as myself.	Mark 12:31- "You shall love your neighbor as yourself."	1	2	3	4	5
<b>15. Peace:</b> I experience the peace of God, even in hard seasons.	Galatians 5:22-23- "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law."  Psalm 4:7-8- "You have put more joy in my heart than they have when their grain and wine abound. In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety."	1	2	3	4	5
<b>16. Faithfulness:</b> I am a faithful steward of what God has given to me including my time, talents, relationships, position, and resources.	Matthew 25: 21 - "His master said to him, 'Well done, good and faithful servant. You have been faithful over a little; I will set you over much. Enter into the joy of your master.'"  Luke 12:48b- "... Everyone to whom much was given, of him much will be required, and from him to whom they entrusted much, they will demand the more."	1	2	3	4	5
<b>17. Servanthood:</b> I seek to serve God as Christ did, in full submission and sacrificial obedience.	Philippians 2:5-8, "Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross."	1	2	3	4	5
<b>18. Authenticity:</b> I do not try to give the impression that I am better than I truly am.	Galatians 6:3- "For if anyone thinks he is something, when he is nothing, he deceives himself."	1	2	3	4	5
<b>19. Contentment:</b> I do not covet others' possessions, relationships, health, position, or success.	Exodus 20:17- "You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or his male servant, or his female servant, or his ox, or his donkey, or anything that is your neighbor's."  Philippians 4:11b-12- "... for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need."	1	2	3	4	5
<b>20. Humility:</b> I do nothing out of selfish ambition and consider others more significant than myself.	Philippians 2:3- "Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves."	1	2	3	4	5
<b>21. Self-Control:</b> There are no areas of my life where I am living in a manner that could harm my health, relationships, or Christian witness (e.g., food, drink, work, relationships, entertainment, medication, appearance, finances, etc.).	Galatians 5:22-23 (listed above)	1	2	3	4	5

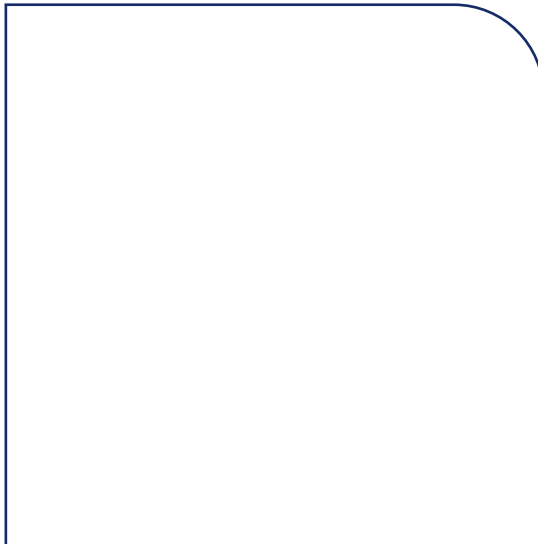
## Reflect

Reflect and pray through the results and next steps. Meditate on Scripture as you reflect and remember God's faithfulness, power, and grace.

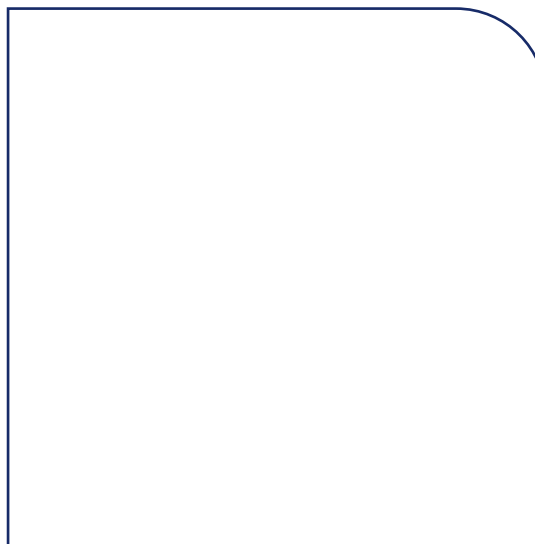
"but God shows his love for us in that while we were still sinners, Christ died for us."  
Romans 5:8, ESV

"O Lord, you have searched me and known me! You know when I sit down and when I rise up; you discern my thoughts from afar. You search out my path and my lying down and are acquainted with all my ways. Even before a word is on my tongue, behold, O Lord, you know it altogether. You hem me in, behind and before, and lay your hand upon me. Such knowledge is too wonderful for me; it is high; I cannot attain it." Psalm 139:1-6, ESV

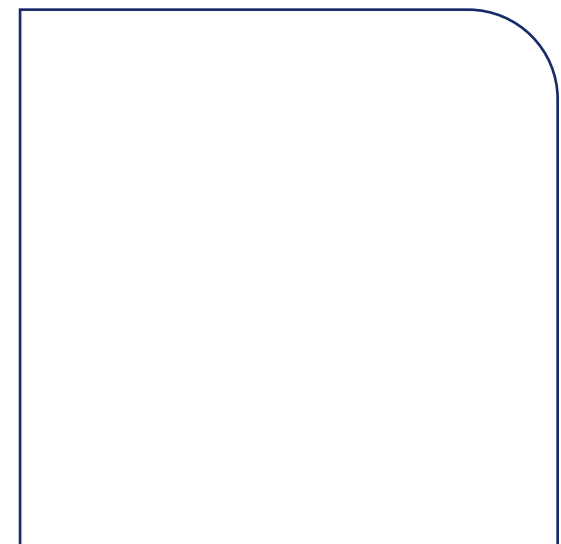
**Takeaways.** What themes or reactions arise from reviewing these statements?



**Highs.** Looking at the areas where you scored a 4 or higher, what are you celebrating and praising God for?



**Lows.** Looking at the areas where you scored a "3" or below, in what ways would you like to grow in the next 3 months?



## Action planning & Next steps

**Make a plan.** Pause to reflect and spend time praying and listening to God. Select 1-3 areas to focus on developing in the months ahead, setting realistic expectations.

- **Pray:** Ask for people to pray with and for you as you seek to draw closer to God in this process.
- **Meditate on Scripture:** Reflect on Psalm 119, Psalm 139, or other passages that come to mind as you process your relationship with the Lord.
- **Accountability:** Connect with a trusted advisor, coach, spouse, accountability partner, or friend. When you meet, share the outcomes of the assessment and key takeaways. Celebrate what is going well. Share the areas that you would like to develop over the next 3 months. Pray together. Commit to continuing to pray with and for each other and to check-in at least monthly.
- **Review:** Commit to revisiting your development plan and go through this self-assessment monthly, checking in with your trusted advisor to share your progress.
- **Encourage:** Consider how you might encourage others in these Biblical truths to promote their spiritual development.

*"But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me." 2 Corinthians 12:9, ESV*