

Spiritual Growth Checkup

A Self-Assessment for Christians Who Want to Grow Deeper



This resource is not a test of your salvation, your worth, or God's love for you. It is simply a tool to help you pause, reflect, and honestly consider where you are in your walk with Christ.

Spiritual growth does not happen by accident. Like a singer learning a part, growth requires attention, practice, correction, and consistency. Use this checkup to identify where you are strong, where you may have stalled, and what next step God may be calling you to take.

Rate each statement from 1–5:

- 1 = Rarely true
- 2 = Occasionally true
- 3 = Sometimes true
- 4 = Usually true
- 5 = Consistently true

Growth Area 1: My Relationship With God's Word

God has given us His Word so we can know Him, trust Him, and follow Him. This growth point will help you reflect on whether Scripture is becoming a regular and shaping part of your life, not just something you hear at church or read occasionally.

- ____ I spend time reading Scripture regularly.
- ____ I study Scripture beyond simply reading it.
- ____ I ask questions when I do not understand a passage.
- ____ I seek biblical answers when I face questions or problems.
- ____ I can explain some of what I believe and why.

Growth Area 1 Total: _____ / 25

Growth Area 2: My Relationship With Jesus

Spiritual growth is not only about gaining information. The goal is a deeper, healthier relationship with Jesus. This growth point will help you consider whether your daily life is being shaped by love, trust, prayer, obedience, and dependence on Him.

____ My relationship with Jesus is a priority in my daily life.

____ I spend time talking with God through prayer.

____ I seek God's direction in my decisions.

____ I am growing in obedience to what I learn from Scripture.

____ I can identify ways God has changed me over time.

Growth Area 2 Total: _____ / 25

Growth Area 3: My Commitment to Growth

Growth usually does not happen by accident. Like a singer learning a part, a believer grows through steady attention, practice, correction, and faithfulness. This growth point will help you measure how intentional you are about becoming stronger in your walk with God.

____ I intentionally make time for spiritual growth.

____ I am willing to learn truths that challenge me.

____ I seek biblical truth even when it corrects me.

____ I participate in church or Christian community.

____ I invest time in learning more about God and His Word.

Growth Area 3 Total: _____ / 25

Growth Area 4: My Faith in Community and Witness

God strengthens His people not only for private growth but for public faithfulness. As we grow closer to Christ and His Word, that growth should begin to show in the way we love, serve, encourage, and represent Him to others.

____ I look for ways to encourage others in their faith.

___ I try to represent Christ well in my words and actions.

___ I use my gifts to serve others.

___ I am willing to share biblical truth with humility and love.

___ I want my life to point others toward Jesus.

Growth Area 4 Total: _____ / 25

Total Score:

Growth Area 1 Total: _____	Growth Area 2 Total: _____	Growth Area 3 Total: _____	Growth Area 4 Total: _____
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Total Growth Score _____ / 100

After you add your total score, look back at your four scores. Your lowest area may show the Growth Area where your next faithful step needs to begin.

Score Results

Your score is not a measure of God's love for you. It is not a grade on your salvation or your worth. It is simply a snapshot of your current habits, priorities, and spiritual direction. Use it honestly, but do not use it harshly. Do not use this score to compare yourself with someone else. Use it to honestly consider your own next step with Christ.

80–100: Growing Intentionally

You are actively pursuing spiritual growth and making your relationship with Christ a priority. Keep building healthy habits and continue deepening your understanding of God's Word.

Recommended next step: Use Theological Thursdays to strengthen your foundation and sharpen your understanding.

60–79: Ready for the Next Step

You have a desire to grow, but there may be areas where consistency, understanding, or intentionality could improve.

Recommended next step: Choose one habit to strengthen over the next 30 days.

40–59: Growth Needs Attention

Your relationship with Christ may be more reactive than intentional right now. You likely know growth is important, but consistency may be difficult.

Recommended next step: Focus on daily Bible reading and prayer before adding anything else.

20–39: Time to Rebuild

You may feel distant from God, disconnected from His Word, or unsure where to begin. You do not need to fix everything at once. Begin with one small, faithful step and consider asking a pastor, mentor, or trusted Christian friend to walk with you.

Recommended next step: Start small. Read one passage each day and ask, “What does this teach me about God?”

Which Area Needs the Most Attention?

Check the area(s) where you most need growth right now:

<input type="checkbox"/> Time in God’s Word	<input type="checkbox"/> Obedience
<input type="checkbox"/> Prayer	<input type="checkbox"/> Trusting God
<input type="checkbox"/> Understanding Scripture	<input type="checkbox"/> Serving others
<input type="checkbox"/> Consistency	<input type="checkbox"/> Witness
<input type="checkbox"/> Church involvement	<input type="checkbox"/> Other: _____

Reflection Questions

1. Where am I strongest right now? _____
2. Where am I weakest right now? _____
3. What is one habit I need to strengthen? _____
4. What is one step I can take this month? _____
5. What do I hope my relationship with Jesus looks like one year from now? _____

My Growth Commitment

Reflection should lead to a next step. After you review your score, choose one or two commitments that will help you grow over the next 30 days. Start small, stay steady, and remember that consistent steps often produce lasting change.

For the next 30 days, I commit to:

Reading Scripture _____ days per week

Praying _____ minutes per day

Completing Theological Thursday studies

Keeping a notebook of what I learn

Attending church or Bible study regularly

Encouraging or serving someone intentionally

Other: _____

My next faithful step is:

Signature: _____

Date: _____

As you continue growing, Theological Thursdays are designed to help you strengthen your understanding of God's Word one truth at a time. Use this checkup as a starting point, then keep taking the next step.

Retake This Checkup

Save this completed checkup and retake it in six months. The goal is not perfection. The goal is growth.

A sincere believer can become a stronger believer when they learn God's Word and keep taking the next faithful step.