
A SPIRITUAL HEALTH INVENTORY

There are five sections in this inventory, each of which has fifteen questions. Rank your responses using the following scale:

- 0 = Never
- 1 = Infrequently
- 2 = Sometimes
- 3 = Often
- 4 = Very often

Section A: Your Relationship with God

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|---|---|---|---|---|---|
| 0 | 1 | 2 | 3 | 4 | I consciously try to follow Jesus. |
| 0 | 1 | 2 | 3 | 4 | I repent after I sin. |
| 0 | 1 | 2 | 3 | 4 | I cultivate poverty of spirit before God. |
| 0 | 1 | 2 | 3 | 4 | I find ways to love God. |
| 0 | 1 | 2 | 3 | 4 | I trust God. |
| 0 | 1 | 2 | 3 | 4 | I thirst for God. |
| 0 | 1 | 2 | 3 | 4 | I express gratitude to God. |
| 0 | 1 | 2 | 3 | 4 | I've had experiences of feeling close to God. |
| 0 | 1 | 2 | 3 | 4 | I do something every day to nurture my relationship with God. |
| 0 | 1 | 2 | 3 | 4 | Spiritual practices are becoming increasingly important to me. |
| 0 | 1 | 2 | 3 | 4 | I read the Bible and let it guide me. |
| 0 | 1 | 2 | 3 | 4 | I read other literature (devotional material, novels, history, news, poetry, theology, etc.) to better understand the interaction of faith and culture. |
| 0 | 1 | 2 | 3 | 4 | I pray regularly. |
| 0 | 1 | 2 | 3 | 4 | I observe Sabbath rest every week (it does not have to be on Sunday). |
| 0 | 1 | 2 | 3 | 4 | I have a sense of how God works in my life. |

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_____ **Total for this section (add the subtotals together)**

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Section B: Your Relationship with Your Self

- 0 1 2 3 4 I pay attention to my deepest longings and joys.
- 0 1 2 3 4 I believe that my life has a purpose or a mission.
- 0 1 2 3 4 I have a fairly good idea what this purpose or mission is.
- 0 1 2 3 4 I let this purpose or mission guide the decisions I make.
- 0 1 2 3 4 My daily life is a source of satisfaction to me.
- 0 1 2 3 4 I have hope for the future.
- 0 1 2 3 4 I forgive myself.
- 0 1 2 3 4 Deep inside, I feel loved.
- 0 1 2 3 4 I know that some things are mysterious, beyond my ability to understand.
- 0 1 2 3 4 I have a spiritual "sixth sense" that I've learned to use.
- 0 1 2 3 4 I see problems as opportunities for growth.
- 0 1 2 3 4 I know my limitations.
- 0 1 2 3 4 I accept my limitations.
- 0 1 2 3 4 I have effective ways to cope with stress.
- 0 1 2 3 4 I honor my body as a dwelling place of the Holy Spirit.

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Subtotals

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Section C: Your Relationship with Others

- 0 1 2 3 4 I participate regularly in the life of a local congregation.
- 0 1 2 3 4 I participate in at least one small group of Christians beyond my household.
- 0 1 2 3 4 I have at least several Christian friends who hold me accountable.
- 0 1 2 3 4 I try to forgive others when they wrong me.
- 0 1 2 3 4 I find ways to offer mercy to other people.
- 0 1 2 3 4 I find ways to express compassion for people who suffer.
- 0 1 2 3 4 I tell the truth.
- 0 1 2 3 4 I pray for other people.
- 0 1 2 3 4 I'm aware of God's presence in my interactions with other people.
- 0 1 2 3 4 I generously share things with other people.
- 0 1 2 3 4 I find ways to love others, even if they hate me.
- 0 1 2 3 4 I allow my concern for others to grow.
- 0 1 2 3 4 I practice hospitality.
- 0 1 2 3 4 I follow Christ in discipleship even if other people attack me.
- 0 1 2 3 4 I share my passion for God with people who are not active Christians.

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Subtotals

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Section D: Your Relationship with Systems and Structures

- 0 1 2 3 4 I try to recognize what God might be doing in my household or family.
- 0 1 2 3 4 I try to recognize what God might be doing in the life of my congregation.
- 0 1 2 3 4 I try to recognize God’s activity in the work I do during the day.
- 0 1 2 3 4 I try to recognize what God might be doing in my local community.
- 0 1 2 3 4 I try to recognize what God might be doing in the relationships between my ethnic group and other ethnic groups.
- 0 1 2 3 4 I try to recognize what God might be doing in the nation I live in.
- 0 1 2 3 4 I try to recognize what God might be doing in international politics.
- 0 1 2 3 4 I recognize that evil is sometimes systemic.
- 0 1 2 3 4 I find ways to offer justice to others.
- 0 1 2 3 4 I give generously to God via charitable organizations.
- 0 1 2 3 4 I respond to materialism with simple living.
- 0 1 2 3 4 I invest my resources in socially responsible ways.
- 0 1 2 3 4 I understand how my economic choices can affect others in the world.
- 0 1 2 3 4 In conflict, I seek peaceful solutions rather than violent solutions.
- 0 1 2 3 4 I’m in regular contact with someone who is not Christian (such as a Jew, Muslim, Buddhist, Hindu, atheist or agnostic).

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Section E: Your Relationship with Creation

- 0 1 2 3 4 I understand that my body, mind, and spirit are part of God’s good creation.
- 0 1 2 3 4 I see God’s goodness in other parts of creation.
- 0 1 2 3 4 I appreciate the beauty of creation.
- 0 1 2 3 4 I see God’s glory reflected in creation.
- 0 1 2 3 4 I have ways of caring for God’s creation.
- 0 1 2 3 4 I know basic scientific information about the natural world.
- 0 1 2 3 4 I recognize that other parts of the ecosystem give glory to God.
- 0 1 2 3 4 I take action to reduce my negative impact on our environment.
- 0 1 2 3 4 I help to nurture the life of at least one plant or living creature.
- 0 1 2 3 4 I know by name some of the plants and animals in my own neighborhood.
- 0 1 2 3 4 I understand what role God has for me in the larger scheme of creation.
- 0 1 2 3 4 I have favorite places in creation I belong to and that make me feel whole.
- 0 1 2 3 4 I recognize signs of environmental harm when I see them.
- 0 1 2 3 4 I expect God to achieve the final redemption of creation.
- 0 1 2 3 4 I share my passion for creation with others.

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Subtotals

Total for this section (add the subtotals together)

Grand Total of All 5 Sections

Many people will have totals significantly below the maximum of 300. Since this inventory is not copyrighted, you have permission to use or modify it as you wish. But I would like to know about the improvements you make so I can also learn from them. Please contact me at dan@danschrock.org.