

How am I?

Inventory of Spiritual/Emotional Maturity

Remember God (I AM) knows exactly how you are. He knows everything about you and therefore nothing that you answer here will be a surprise to Him, or change His opinion of you.

Please answer these questions as honestly as possible. Using the score method as indicated. Simply circle the number on the scale the best describes your response to each statement.

	Not very true	Sometimes true	Mostly true	Very true
PART A				
General Formation and Discipleship				
I feel confident of my adoption as God's son/daughter and rarely, if ever, question his acceptance of me.	1	2	3	4
I love to worship God by myself as well as with others.	1	2	3	4
I spend regular quality time in the Word of God and in prayer.	1	2	3	4
I sense the unique ways God has gifted me individually and I am actively using my spiritual gifts for his service.	1	2	3	4
I am a vital participant in a community with other believers.	1	2	3	4
It is clear that my money, gifts, time, and abilities are completely God's disposal and not my own.	1	2	3	4
I consistently integrate my faith in the marketplace and the world.	1	2	3	4

GENERAL FORMATION AND DISCIPLESHIP TOTAL

PART B**Emotional Components of Discipleship****Principle:** Look beneath the surface

It's easy for me to identify what I am feeling inside (Luke 19:41-44; John 11:33-35).

Not very true	Sometimes true	Mostly true	Very true
1	2	3	4

I am willing to explore previously unknown or unacceptable parts of myself, allowing Christ to transform me more fully (Romans 7:21-25; Colossians 3:5-17).

1	2	3	4
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I enjoy being alone in quiet reflection with God and myself (Mark 1:35; Luke 6:12).

1	2	3	4
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I can share freely about my emotions, sexuality, joy, and pain (Psalm 22; Proverbs 5:18-19; Luke 10:21).

1	2	3	4
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I am able to experience and deal with anger in a way that leads to growth in others and myself (Ephesians 4:25-32).

1	2	3	4
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I am honest with myself (and a few significant others) about the feelings, beliefs, doubts, pains, and hurts beneath the surface of my life (Psalm 73; 88; Jeremiah 20:7-18).

1	2	3	4
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LOOK BENEATH THE SURFACE TOTAL**Principle:** Break the power of the Past

I resolve conflict in a clear, direct, and respectful way, not what I might have learned growing up in my family, such as painful putdowns, avoidance, escalating tensions, or going to a third party rather than to the person directly (Matthew 18:15-18).

1	2	3	4
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I don't need approval from others to feel good about myself (Proverbs 29:25; Galatians 1:10).

1	2	3	4
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	Not very true	Sometimes true	Mostly true	Very true
I am intentional at working through the impact of significant "earthquake" events that shaped my present, such as the death of a family member, an unexpected pregnancy, divorce, addiction, or major financial disaster (Genesis 50:20; Psalm 51)	1	2	3	4
I am able to thank God for all my past experiences, seeing how he has used them to uniquely shaped me into who I am (Genesis 50:20; Romans 8:28-30).	1	2	3	4
I can see how certain "generational sins" have been passed down to me through my family history, including character flaws, lies, secrets, ways of coping with pain, and unhealthy tendencies in relating to others (Exodus 20:5; cf. Genesis 20:2; 26:7; 27:19; 37:1-33).	1	2	3	4
I take responsibility and ownership from my life, including things I have done in the past, rather than blame others (John 5:5-7).	1	2	3	4

BREAK THE POWER OF THE PAST **TOTAL**

Principle: Live in Brokenness and Vulnerability

I often admit when I'm wrong, readily asking forgiveness from others (Matthew 5:23-24).	1	2	3	4
I am able to speak freely about my weaknesses, failures, and mistakes (2 Corinthians 12:7-12).	1	2	3	4

	Not very true	Sometimes true	Mostly true	Very true
Others would easily describe me as approachable, gentle, open, and transparent (Galatians 5:22-23; 1 Corinthians 13:1-6).	1	2	3	4
Those close to me would say that I am not easily offended or hurt (Matthew 5:39-42, 1 Corinthians 13:5).	1	2	3	4
I am consistently open to hearing and applying constructive criticism and feedback that others might have for me (Proverbs 10:17; 17:10; 25:12).	1	2	3	4
I am really judgemental or critical of others (Matthew 7:1-5).	1	2	3	4
Others would say that I am slow to speak, quick to listen, and good at seeing things from their perspective (James 1:19-20).	1	2	3	4

LIVE IN BROKENNESS AND VULNERABILITY TOTAL

Principle: Receive the Gift of Limits

I've never been accused of "trying to do it all" or of biting off more than I could chew (Matthew 4:1-11).	1	2	3	4
I am regularly able to say "no" to request an opportunities rather than risk overextending myself (Matthew 6:30-32).	1	2	3	4
Those close to me would say that I am good at balancing family, rest, work, and play in a biblical way (Exodus 20:8).	1	2	3	4

	Not very true	Sometimes true	Mostly true	Very true
I recognise the different situations where my unique, God-given personality can be either a help or hindrance in responding appropriately (Psalm hundred and 39; Romans 12:3; 1 Peter 4:10).	1	2	3	4

It's easy for me to distinguish between when to help carry someone else's burden (Galatians 6:2) and when to let it go so they can carry their own burden (Galatians 6:5).	1	2	3	4
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I have a good sense of my emotional, relational, physical, and spiritual capacities, intentionally pulling back to rest and fill my "fuel tanks" again (Mark 1:21-39).	1	2	3	4
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RECEIVE THE GIFT OF LIMITS **TOTAL**

Principle: Embrace Grieving and Loss

I openly admit my losses and disappointments (Psalm 3; 5).	1	2	3	4
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When I go through a disappointment or a loss, I reflect on how I'm feeling rather than pretend that nothing is wrong (2 Samuel 1:4, 17-27; Psalm 51:1-17).	1	2	3	4
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I take time to grieve my losses as David (Psalm 69) and Jesus did (Matthew 26:39; John 11:35; 12:27).	1	2	3	4
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People who are in great pain and sorrow tend to seek me out because it's clear to them that I am in touch with the losses and sorrows in my own life (2 Corinthians 1:3-7)	1	2	3	4
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	Not very true	Sometimes true	Mostly true	Very true
I am able to cry and experience depression or sadness, explore the reasons behind it, and allow God to working me through it (Psalm 42; Matthew 26:36-46).	1	2	3	4

EMBRACE GRIEVING AND LOSS TOTAL

Principle: Make Incarnation * Your Model for Loving Well

* The principle of Incarnation is best expressed by the following three dynamics witnessed in the life of Jesus: Entering another's world, holding on to yourself, and living a sacrificial life.

I am regularly able to enter into other people's world and feelings, connecting deeply with them and taking time to imagine what it feels like to live in their shoes (John 1:1-14; 2 Corinthians 8:9; Philippians 2:3-5).	1	2	3	4
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People close to me would describe me as a responsive listener (Proverbs 10:19; 29:11; James 1:19).	1	2	3	4
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When I confront someone who has hurt all wrong to me, I speak more in the first person ("I" and "me") about how I am feeling rather than speak in blaming tones ("you" or "they") about what was done (Proverbs 25:11; Ephesians 4:29-32).	1	2	3	4
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I have little interest in judging other people or quickly giving opinions about them (Matthew 7:1-5)	1	2	3	4
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People would describe me as someone who makes "loving well" my number one aim (John 13:34-35; 1 Corinthians 13).	1	2	3	4
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INCARNATION YOUR MODEL FOR LOVING WELL TOTAL

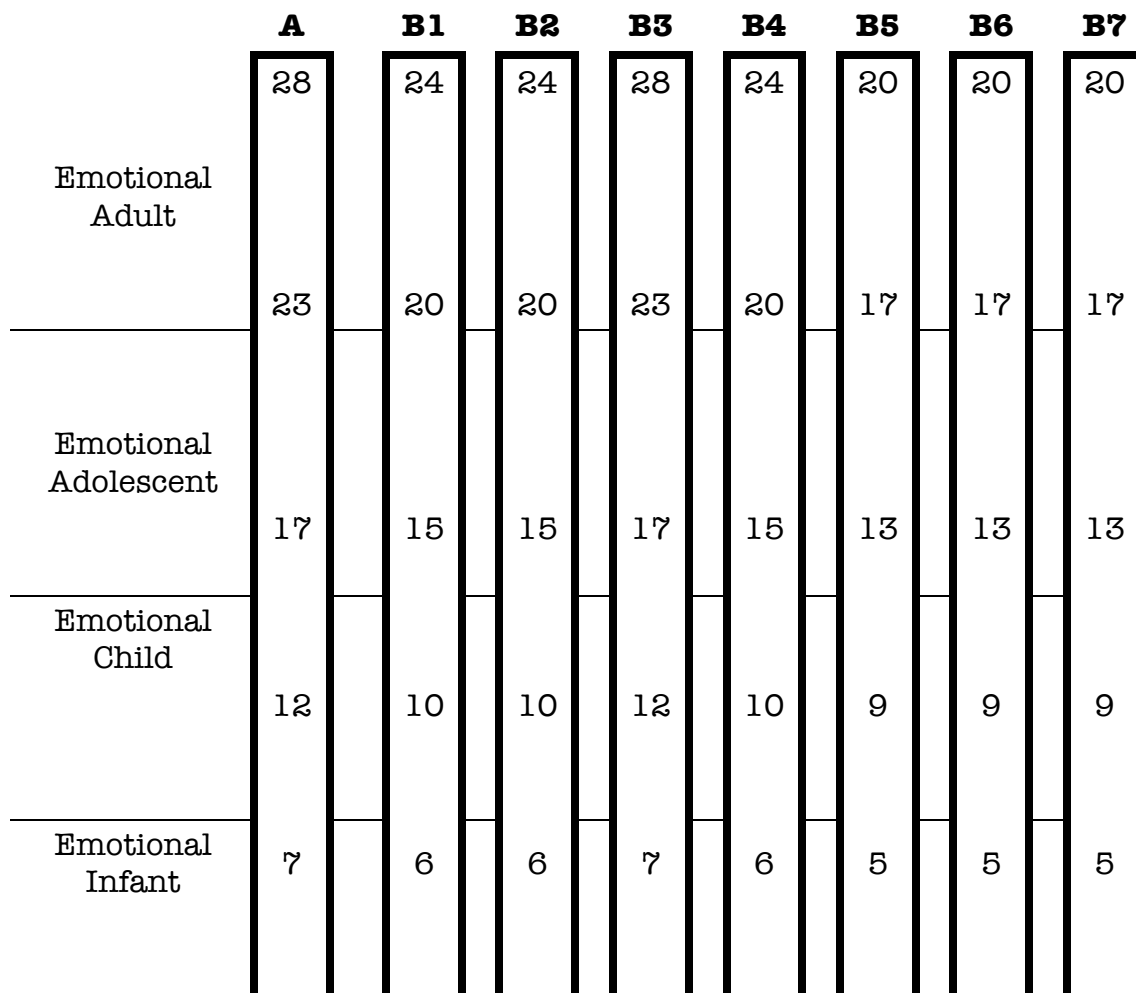
	Not very true	Sometimes true	Mostly true	Very true
Principle: Slow down to live with integrity				
I spend sufficient time alone <i>with</i> God to sustain my service <i>for</i> God.	1	2	3	4
I regularly take a 24-hour period each week for rest – to stop, to relax, to delight and to contemplate God.	1	2	3	4
Those closest to me would say that my marriage and children (or loved ones dependent on me) take priority over work and others.	1	2	3	4
I am not afraid to ask difficult, uncomfortable questions, to myself or to others when needed.	1	2	3	4
I do not divide my life into faith and non-faith categories.	1	2	3	4

SLOW DOWN TO LIVE WITH INTEGRITY **TOTAL**

SUMMARY OF ASSESSMENT

GENERAL FORMATION AND DISCIPLESHIP TOTAL	A
LOOK BENEATH THE SURFACE TOTAL	B1
BREAK THE POWER OF THE PAST TOTAL	B2
LIVE IN BROKENNESS AND VULNERABILITY TOTAL	B3
RECEIVE THE GIFT OF LIMITS TOTAL	B4
EMBRACE GRIEVING AND LOSS TOTAL	B5
INCARNATION YOUR MODEL FOR LOVING WELL TOTAL	B6
SLOW DOWN TO LIVE WITH INTEGRITY TOTAL	B7

Using the totals above, plot on the relevant part of the chart below.
 Draw a line (----) on the relevant bar.



WHAT DOES IT ALL MEAN?

Interpretation guide: Levels of emotional maturity

Emotional 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 meetings and when I am with other Christians, but rarely when I am at work or home or on my own.

Emotional Child

When life is going my way, I am content. However, as soon as disappointment or stress into the picture, I quickly unravel inside. I often take things personally, interpreting disagreements or criticisms as a personal offence. When I don't get my way, I often complain, throw an emotional tantrum, 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 a duty, not a delight.

Emotional Adolescent

I don't like it when others question me. I often make quick judgements and interpretations of people's behaviour. I withhold forgiveness to 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 meetings 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.

Emotional Adult

I respect and love others without having to change them or becoming judgemental. I value people for who they are, not 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, as a result, do not look to others to tell me I am okay. I am able to integrate *doing* for God and *being* with him (See Mary and Martha, Luke 10:38-42). My Christian life has moved beyond simply serving Christ to loving him and enjoying communion with him.