

Contents

Introduction.....	3
The Discipleship Profile Architecture.....	4
Personal Assessment.....	5
Measuring The Results.....	14
“One Another” Assessments.....	17
Scoring The Feedback.....	25
Personal Plan For Spiritual Growth.....	27
Description of the 30 Core Competencies.....	32



Concentrate on the *four* dots in the middle of the picture for 35 seconds. Then look at a white surface and keep looking until the white circle disappears.

Introduction

Life is a journey!

Do people see a profile of Jesus Christ when they stare at your life? The Apostle Paul wrote in Galatians 4:19. “My dear children, for whom I am again in the pains of childbirth until Christ is formed in you.” This is the primary mission of the church — to see a person establish an eternal relationship with the incarnate Christ which grows and develops at the initiation of God’s Spirit in such a way that Christ is seen “in them.” The Christian Life Profile has been created to help us in this process.

But what specifically does a follower of Christ look like? What are the characteristics or marks that form a profile of Christ in us? The Discipleship Profile is adopted from the words of Jesus in Luke 10:27 where he suggests to us that the essential focus of the spiritual life boils down to loving God as the first priority and loving our neighbor as ourselves. Using these two categories established by Jesus, this tool (with the Bible as the sole text) identifies a profile of the Christian life which is divided into a set of ten core beliefs, ten core practices, and ten core virtues: The Thirty Core Competencies. The questions that you will be answering seek to assess where you are against this profile. Keep in mind that this tool does not measure your level of spiritual maturity as compared to someone else’s. For example, if you scored a three in prayer and another person scored a five and yet another person scored a one, it doesn’t mean one has grown more or less in this practice than the others. This is a self-assessment against the model Christ set forth. It is designed to help you discover the areas where you are the strongest as well as help you identify the largest personal gap you have in your Christian life. The goal is for you to target a specific area you would like to develop in your spiritual journey. As George Gallup, Jr. said of this tool. “It is not so much a tool for spiritual measurement as it is a tool to create spiritual movement.”

The Discipleship Profile is best used in the context of a Community Group or Life Transformation Group. The members of the group provide support, encouragement, accountability and prayer for each other as they individually and corporately seek to grow in Christ’s likeness. The Discipleship Profile even suggests that you allow three other individuals to answer a set of questions about you to help you in your assessment.

Approach this process with great anticipation and openness to the wonderful life God has in store for you as you seek to grow in the grace and the knowledge of our Lord Jesus Christ.

The Discipleship Profile Architecture

Broad Category	Sub-Category	30 Core Competencies
LOVE GOD	Beliefs	<ol style="list-style-type: none"> 1. Trinity 2. Salvation by Grace 3. Authority of Bible 4. Personal God 5. Sacraments 6. Church 7. Humanity 8. Compassion 9. Eternity 10. Stewardship
	Practices	<ol style="list-style-type: none"> 1. Worship 2. Prayer 3. Bible Study 4. Single-mindedness 5. Biblical Community 6. Spiritual Gifts 7. Giving Away My Time 8. Giving Away My Money 9. Giving Away My Faith 10. Giving Away My Life
LOVE NEIGHBOR	Virtues	<ol style="list-style-type: none"> 1. Love 2. Joy 3. Peace 4. Patience 5. Kindness/Goodness 6. Faithfulness 7. Gentleness 8. Self-Control 9. Hope 10. Humility

*PERSONAL
ASSESSMENT*

Getting Started!

START WITH PRAYER

Life change is an impossible task without God working in our lives. Fortunately, for our sakes, the scripture presents life transformation as a foregone conclusion in (i.e. 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 humbly dependent upon 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 that enables us to grow spiritually.

ASSESSING YOUR LIFE

The following 120 statements relate to the core beliefs, practices, and virtues of a growing follower of Christ. Read each of the statements, then assess your own personal Christian experience on a scale from 0 (Does not apply at all) to 5 (Applies completely). Here is something that will make your results more effective for you — when you come to a statement that you do not understand, mark yourself low.

INSTRUCTIONS

1. The first step is to go to the “One Another” assessments section (page 17). You will want to pass these out as soon as possible so you can complete the total assessment in a timely manner. Read and follow the instructions found on page 18.
2. Detach the Scoring Table on the following page.
3. Take the assessment. Write your responses to the 120 questions on the corresponding numbered space on the Scoring Table.
4. When you have completed the assessment you will be guided through the measurement process to determine your results.
5. When you have completed the measurement step of the program, you will tabulate the responses of your “One Another” assessments (pg. 26) Reread the instructions on page 15 for assistance in completing this step.
6. You are now ready to develop a personal plan for spiritual growth (pg. 28).

Ready to Grow? Let's Go!

Personal Assessment

	Does not Apply at all		Applies somewhat		Applies completely	
1. I believe that the God of the Bible is the only true God.	0	1	2	3	4	5
2. I believe that I will inherit eternal life because of what Jesus has done for me.	0	1	2	3	4	5
3. I believe the Bible is absolutely true in matters of faith and morals.	0	1	2	3	4	5
4. I believe that God has a purpose for my life.	0	1	2	3	4	5
5. I believe communion has value for my spiritual walk.	0	1	2	3	4	5
6. I believe God gives spiritual gifts to every Christian for service to the church and the community.	0	1	2	3	4	5
7. I believe that each person possesses a sinful nature and is in need of God's forgiveness.	0	1	2	3	4	5
8. God calls me to be involved in the lives of the poor and suffering.	0	1	2	3	4	5
9. I believe it is important to share the Gospel with my neighbor because Christ has commanded me to do so.	0	1	2	3	4	5
10. I believe that everything I am, or own, comes from God and belongs to God.	0	1	2	3	4	5
11. I thank God daily for who he is and what he is doing in my life.	0	1	2	3	4	5
12. I seek God's will through prayer.	0	1	2	3	4	5
13. I read the Bible daily.	0	1	2	3	4	5
14. I desire Jesus Christ to be first in my life.	0	1	2	3	4	5
15. I have close relationships with other Christians who have influence in my life's direction.	0	1	2	3	4	5
16. I know my spiritual gifts.	0	1	2	3	4	5
17. I invest my time in others by praying for them.	0	1	2	3	4	5
18. I give away 10% or more of my income to God's work.	0	1	2	3	4	5
19. I frequently share my faith with non-Christians.	0	1	2	3	4	5

Personal Assessment

	Does not Apply at all		Applies somewhat		Applies completely
20. I am living out God's purposes or my life.	0	1	2	3	4 5
21. God's grace enables me to forgive people who have hurt me.	0	1	2	3	4 5
22. I have inner contentment even when things go wrong.	0	1	2	3	4 5
23. I know God has forgiven me because of what Jesus has done.	0	1	2	3	4 5
24. I do not get angry with God when I have to endure suffering.	0	1	2	3	4 5
25. I would never keep money that didn't belong to me.	0	1	2	3	4 5
26. I take unpopular stands when my faith dictates.	0	1	2	3	4 5
27. I consider my own shortcomings when faced with the failures of others.	0	1	2	3	4 5
28. I am not addicted to any substances - whether food, caffeine, tobacco, alcohol, or chemical.	0	1	2	3	4 5
29. I think a great deal about heaven and what God is preparing for me as a Christian.	0	1	2	3	4 5
30. As a child of God. I do not think too highly or lowly of myself.	0	1	2	3	4 5
31. I believe that the God of the Bible is one in essence, but distinct in person — Father, Son and Holy Spirit.	0	1	2	3	4 5
32. I believe that nothing I do or have done can earn my salvation.	0	1	2	3	4 5
33. I believe the words of the Bible are words from God.	0	1	2	3	4 5
34. I believe that pain and suffering can often bring me closer to God.	0	1	2	3	4 5
35. I believe baptism is a picture of the death, burial, and resurrection of Jesus.	0	1	2	3	4 5
36. I believe that I cannot grow as a Christian unless I am an active member of a local church.	0	1	2	3	4 5
37. I believe we are created in the image of God and therefore have equal value, regardless of race, religion, or gender.	0	1	2	3	4 5

	Does not Apply at all		Applies somewhat		Applies completely	
	0	1	2	3	4	5
38. I believe I am responsible before God to show compassion to the sick and imprisoned.	0	1	2	3	4	5
39. I believe that people who reject Jesus Christ as Savior will not inherit eternal life.	0	1	2	3	4	5
40. I believe that a Christian should live a sacrificial life, not driven by pursuit of material things.	0	1	2	3	4	5
41. I attend church services and worship with other believers each week.	0	1	2	3	4	5
42. I regularly confess my sins to God.	0	1	2	3	4	5
43. I regularly study the Bible to find direction for my life.	0	1	2	3	4	5
44. I see every aspect of my life and work as service to God.	0	1	2	3	4	5
45. I participate in a small group of Christians who really know me and support me.	0	1	2	3	4	5
46. I regularly use my spiritual gift(s) in ministry to accomplish God's purposes.	0	1	2	3	4	5
47. I spend a good deal of time helping others with physical, emotional, or other kinds of needs.	0	1	2	3	4	5
48. I regularly give money to serve and help others.	0	1	2	3	4	5
49. I try to live so that others will see Christ in my life.	0	1	2	3	4	5
50. I am being led by someone more mature in the faith	0	1	2	3	4	5
51. I rejoice when good things happen to other people.	0	1	2	3	4	5
52. Circumstances do not dictate my mood.	0	1	2	3	4	5
53. I am not angry with God, myself, or others.	0	1	2	3	4	5
54. I am known to maintain honesty and integrity when under pressure.	0	1	2	3	4	5
55. I am known as a person who speaks words of kindness to those in need of encouragement.	0	1	2	3	4	5

Personal Assessment

	Does not Apply at all		Applies somewhat		Applies completely	
56. I discipline my thoughts based upon my faith in Jesus Christ.	0	1	2	3	4	5
57. I am known as a person who is sensitive to others' needs.	0	1	2	3	4	5
58. I do not burst out toward others in anger.	0	1	2	3	4	5
59. I am confident that God is working everything out for my good regardless of the circumstances today.	0	1	2	3	4	5
60. I am not known as a person who brags.	0	1	2	3	4	5
61. I believe that Jesus is God in the flesh — who died and rose bodily from the dead.	0	1	2	3	4	5
62. I believe that salvation comes only through Jesus Christ.	0	1	2	3	4	5
63. I believe the Bible has decisive authority over what I say and do.	0	1	2	3	4	5
64. I believe that God is actively involved in my life.	0	1	2	3	4	5
65. I believe it is an act of obedience to be baptized as a believer.	0	1	2	3	4	5
66. I believe the community of true believers is Christ's body on earth.	0	1	2	3	4	5
67. I believe all people are loved by God; therefore, I, too, should love them.	0	1	2	3	4	5
68. I believe that I should stand up for those who cannot stand up for themselves.	0	1	2	3	4	5
69. I believe that every person will face the judgment of God.	0	1	2	3	4	5
70. I believe that Christians should give at least 10% of their income to God's work.	0	1	2	3	4	5
71. I give God credit for all that I am and all that I possess.	0	1	2	3	4	5
72. Prayer is a central part of my daily life.	0	1	2	3	4	5
73. I seek to be obedient to God by applying the truth of the Bible to my life.	0	1	2	3	4	5

	Does not Apply at all		Applies somewhat		Applies completely	
74. I spend time each day reading God's Word and praying.	0	1	2	3	4	5
75. I allow other Christians to hold me accountable for my actions.	0	1	2	3	4	5
76. I value the spiritual gifts of others to accomplish God's purposes.	0	1	2	3	4	5
77. I give away my time to serve and help others in my community.	0	1	2	3	4	5
78. My first priority in spending is to support God's work.	0	1	2	3	4	5
79. I know how to share my faith with non-Christians.	0	1	2	3	4	5
80. I am leading someone younger in the faith than me.	0	1	2	3	4	5
81. I demonstrate love equally toward people of all races.	0	1	2	3	4	5
82. I am excited about the sense of purpose I have for my life.	0	1	2	3	4	5
83. I forgive people who deeply hurt me.	0	1	2	3	4	5
84. I always put matters into God's hands when I am under pressure.	0	1	2	3	4	5
85. I give to others expecting nothing in return.	0	1	2	3	4	5
86. I follow God even when it involves suffering.	0	1	2	3	4	5
87. I am known for not raising my voice.	0	1	2	3	4	5
88. I do not have sexual relationships that are contrary to biblical teaching.	0	1	2	3	4	5
89. My hope in God increases through my daily pursuit to live like Christ.	0	1	2	3	4	5
90. I am willing to make any of my faults known to Christians who care for me.	0	1	2	3	4	5
91. I believe that the Holy Spirit is God and dwells in Christians to empower them to live the Christian life.	0	1	2	3	4	5
92. I believe that people are saved because of what Jesus Christ did, not what they do.	0	1	2	3	4	5

Personal Assessment

	Does not Apply at all		Applies somewhat		Applies completely	
93. I believe the Bible is relevant to address the needs of contemporary culture.	0	1	2	3	4	5
94. I believe God enables me to do things I could not or would not otherwise do.	0	1	2	3	4	5
95. I believe communion should be experienced on a regular basis.	0	1	2	3	4	5
96. I believe the purpose of the church is to share the Gospel and nurture Christians to maturity in Christ.	0	1	2	3	4	5
97. I believe God desires all people to have a relationship with	0	1	2	3	4	5
98. Christians should not purchase everything they can afford, in order that their discretionary money can be available to help those in need.	0	1	2	3	4	5
99. I believe all people who place their trust in Jesus Christ will spend eternity in heaven.	0	1	2	3	4	5
100. I believe God will bless Christians now and in the life to come for their good works.	0	1	2	3	4	5
101. I am not ashamed for others to know that I worship God.	0	1	2	3	4	5
102. I seek to grow closer to God by listening to him in prayer.	0	1	2	3	4	5
103. I have a good understanding of the contents of the Bible.	0	1	2	3	4	5
104. I value a simple life-style over one cluttered with activities and material possessions.	0	1	2	3	4	5
105. I daily pray for and support other Christians.	0	1	2	3	4	5
106. Others recognize and affirm my spiritual gift(s) and support my use of them.	0	1	2	3	4	5
107. I regularly volunteer at my church.	0	1	2	3	4	5
108. My spending habits do not keep me from giving what I feel I should give to God.	0	1	2	3	4	5

	Does not Apply at all		Applies somewhat		Applies completely	
109. I pray for non-Christians to accept Jesus Christ as their Lord and Savior.	0	1	2	3	4	5
110. I serve God through my daily work.	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 keep my composure even when people or circumstances irritate me.	0	1	2	3	4	5
115. I help others who are in trouble or who cannot help themselves.	0	1	2	3	4	5
116. I follow through on commitments I have made to God.	0	1	2	3	4	5
117. I allow people to make mistakes.	0	1	2	3	4	5
118. I control my tongue.	0	1	2	3	4	5
119. 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
120. I am not upset when my achievements are not recognized.	0	1	2	3	4	5

Congratulations!

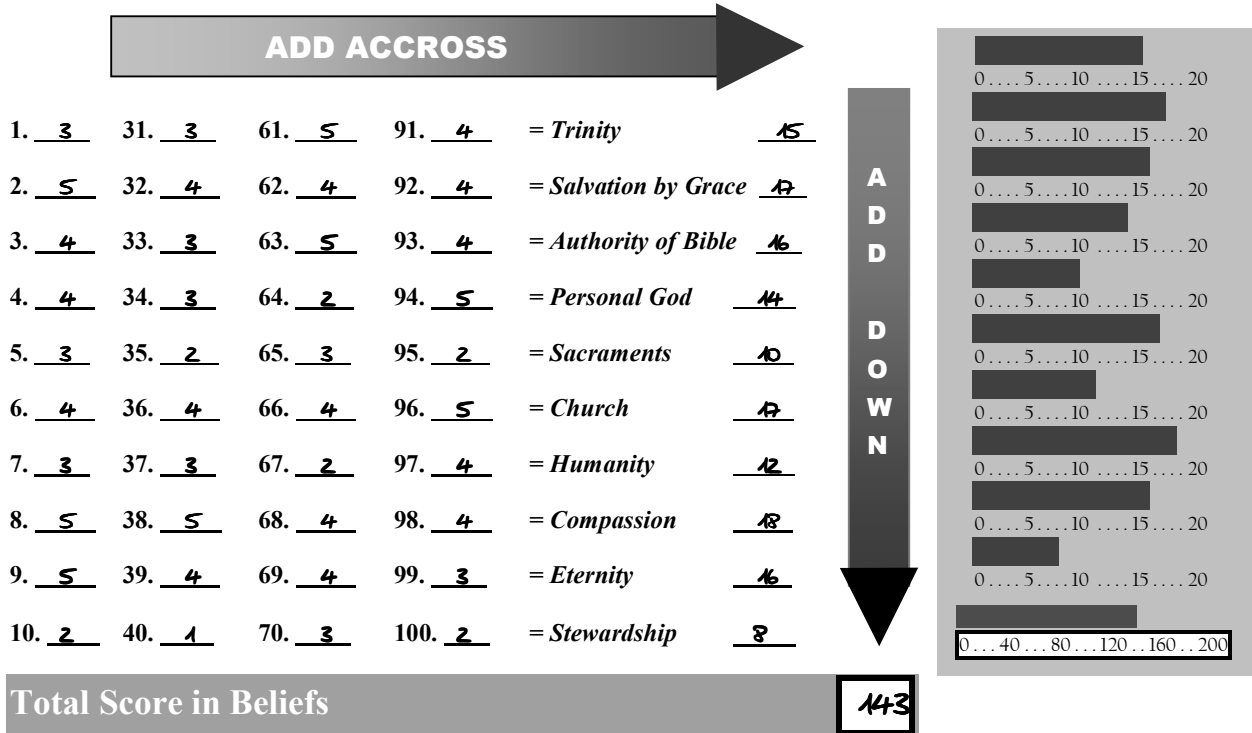
You've taken a very important first step in identifying where you are right now in your Christian Life! While the material is fresh in your mind and heart, you should try to capture a number of the details as it relates to your experience in taking the assessment. This is simply to help you understand your thoughts, feelings, and perhaps what God is saying to you through this personal reflection. Take just a moment and in the space below, write down any memories that came to you, any areas or statements that seemed particularly sensitive or painful, and lastly capture any thoughts or emotions you feel called to take action on now. When you finish, go to the next section where you will begin to measure your answers.

*MEASURING
THE RESULTS*

Measuring the Results

Instructions:

Beginning at the top of the scoring table, add the rows of answers horizontally across the page (as indicated by the arrows below) writing your answer in the space to the right of the core competency associated with that row. Then, beginning at the zero (0) on the bar graph next to your total for each row, darken the line moving to the right until you reach your score for that core competency. Repeat this process for each of the 30 rows of answers.



Once you've completed the horizontal scoring, begin adding the individual core competency totals vertically, placing the sum in the box beneath the last competency (143 in the example above). Do this for your scores in beliefs, practices and virtues.

*ONE ANOTHER
ASSESSMENTS*

“One Another” Assessment

Instructions

The “One Another” Assessments are a vital part of a balanced personal assessment. The “One Another” Assessments are based exclusively on the *Virtue* core competencies. The *Belief* and *Practice* categories would be difficult for another person to accurately assess.

It is recommended that you carefully choose the people to provide your assessments. Choose people that know you well, and whose opinion you trust and respect.

The goal is to discover the truth about your Christian life. You can’t grow, if you don’t know. You may select a variety of life role associates to complete your assessments (i.e. a family member, someone from church, a co-worker, or a friend). Take the feedback provided as opportunities to personally grow and become even closer with the people you’ve chosen to comment on your Christian walk.

Remove the “One Another” Assessments from the book and ask the people you’ve selected to complete and return the assessments by a specific date. Ask them to record their scores on the assessment and encourage them to be as completely honest and candid as possible.

Do not look at these assessments until after you have completed your self-assessment and tabulated the results on page 16.

When you receive the “One Another” Assessments back, transpose the answers from the individual assessments on to the One Another Assessment Measurement Table on page 26. Score the results in the same way as you did with your personal assessment, first adding across horizontally to determine a core competency score, then adding the totals vertically to determine a total score. Also, plot the score on the bar graphs for each of the categories.

After you have finished tabulating the results of your “One Another” Assessments, you are now ready to develop a personal plan for spiritual growth (pg. 28).

“One Another” Assessment

Completed by: _____ Date: _____

Instructions

Based upon your own impressions and observations of this individual’s life, respond to each of the statements that follow. Your responses will provide valuable feedback regarding the qualities or characteristics that you have or have not seen portrayed in the life of the individual who asked for your assessment. On a scale from 0 (Does not apply at all) to 5 (Applies completely), how accurate would you say the following statements would be of the person who asked for your assessment?

	Does not Apply at all		Applies somewhat		Applies completely	
1. God’s grace enables him to forgive people who have hurt me.	0	1	2	3	4	5
2. He/she has inner contentment even when things go wrong.	0	1	2	3	4	5
3. He knows he has forgiveness because of what Jesus has done.	0	1	2	3	4	5
4. He/she does not get angry with God when he/she has to endure suffering.	0	1	2	3	4	5
5. He/she would never keep money that didn’t belong to him/her.	0	1	2	3	4	5
6. He/she take unpopular stands when his/her faith dictates.	0	1	2	3	4	5
7. He/she considers his/her own shortcomings when faced with the failures of others.	0	1	2	3	4	5
8. He/she is not addicted to any substances - whether food, caffeine, tobacco, alcohol, or chemical.	0	1	2	3	4	5
9. He/she thinks a great deal about heaven and what God is preparing for him/her as a Christian.	0	1	2	3	4	5
10. As a child of God. He/she does not think too highly or lowly of himself/herself.	0	1	2	3	4	5
11. He/she rejoices when good things happen to other people.	0	1	2	3	4	5
12. Circumstances do not dictate his/her mood.	0	1	2	3	4	5
13. He/she is not angry with God, himself/herself, or others.	0	1	2	3	4	5
14. He/she is known to maintain honesty & integrity when under pressure.	0	1	2	3	4	5
15. He/she is known as a person who speaks words of kindness to those in need of encouragement.	0	1	2	3	4	5
16. He/she disciplines his/her thoughts based upon his/her faith in Jesus Christ.	0	1	2	3	4	5
17. He/she is known as a person who is sensitive to other’s needs.	0	1	2	3	4	5
18. He/she does not burst out toward others in anger.	0	1	2	3	4	5

“One Another” Assessment

	Does not Apply at all		Applies somewhat		Applies completely	
19. He/she is confident that God is working everything out for his/her good regardless of the circumstances today.	0	1	2	3	4	5
20. He/she is not known as a person who brags.	0	1	2	3	4	5
21. He/she demonstrates love equally toward people of all races.	0	1	2	3	4	5
22. He/she is excited about the sense of purpose he has for his life.	0	1	2	3	4	5
23. He/she forgives people who deeply hurt him/her.	0	1	2	3	4	5
24. He/she always puts matters into God’s hands when he/she is under pressure.	0	1	2	3	4	5
25. He/she gives to others expecting nothing in return.	0	1	2	3	4	5
26. He/she follows God even when it involves suffering.	0	1	2	3	4	5
27. He/she is known for not raising his/her voice.	0	1	2	3	4	5
28. He/she does not have sexual relationships that are contrary to biblical teaching.	0	1	2	3	4	5
29. His/her hope in God increases through his/her daily pursuit to live like Christ.	0	1	2	3	4	5
30. He/she is willing to make any of his/her faults known to Christians who care for him/her.	0	1	2	3	4	5
31. He/she frequently gives up what he/she wants for the sake of others.	0	1	2	3	4	5
32. He/she can be content with the money and possessions he now has.	0	1	2	3	4	5
33. He/she has an inner peace from God.	0	1	2	3	4	5
34. He/she keeps his/her composure even when people or circumstances irritate him/her.	0	1	2	3	4	5
35. He/she helps those who are in trouble or who can’t help themselves.	0	1	2	3	4	5
36. He/she follows through on commitments he/she has made to God.	0	1	2	3	4	5
37. He/she allows people to make mistakes.	0	1	2	3	4	5
38. He/she controls his/her tongue.	0	1	2	3	4	5
39. His/her hope for the future is not found in his/her health or wealth, because both are so uncertain, but in God.	0	1	2	3	4	5
40. He/she is not upset when his/her achievements are not recognized.	0	1	2	3	4	5

“One Another” Assessment

Completed by: _____ Date: _____

Instructions

Based upon your own impressions and observations of this individual's life, respond to each of the statements that follow. Your responses will provide valuable feedback regarding the qualities or characteristics that you have or have not seen portrayed in the life of the individual who asked for your assessment. On a scale from 0 (Does not apply at all) to 5 (Applies completely), how accurate would you say the following statements would be of the person who asked for your assessment?

	Does not Apply at all		Applies somewhat		Applies completely	
1. God's grace enables him to forgive people who have hurt me.	0	1	2	3	4	5
2. He/she has inner contentment even when things go wrong.	0	1	2	3	4	5
3. He knows he has forgiveness because of what Jesus has done.	0	1	2	3	4	5
4. He/she does not get angry with God when he/she has to endure suffering.	0	1	2	3	4	5
5. He/she would never keep money that didn't belong to him/her.	0	1	2	3	4	5
6. He/she take unpopular stands when his/her faith dictates.	0	1	2	3	4	5
7. He/she considers his/her own shortcomings when faced with the failures of others.	0	1	2	3	4	5
8. He/she is not addicted to any substances - whether food, caffeine, tobacco, alcohol, or chemical.	0	1	2	3	4	5
9. He/she thinks a great deal about heaven and what God is preparing for him/her as a Christian.	0	1	2	3	4	5
10. As a child of God. He/she does not think too highly or lowly of himself/herself.	0	1	2	3	4	5
11. He/she rejoices when good things happen to other people.	0	1	2	3	4	5
12. Circumstances do not dictate his/her mood.	0	1	2	3	4	5
13. He/she is not angry with God, himself/herself, or others.	0	1	2	3	4	5
14. He/she is known to maintain honesty & integrity when under pressure.	0	1	2	3	4	5
15. He/she is known as a person who speaks words of kindness to those in need of encouragement.	0	1	2	3	4	5
16. He/she disciplines his/her thoughts based upon his/her faith in Jesus Christ.	0	1	2	3	4	5
17. He/she is known as a person who is sensitive to other's needs.	0	1	2	3	4	5
18. He/she does not burst out toward others in anger.	0	1	2	3	4	5

“One Another” Assessment

	Does not Apply at all		Applies somewhat		Applies completely	
19. He/she is confident that God is working everything out for his/her good regardless of the circumstances today.	0	1	2	3	4	5
20. He/she is not known as a person who brags.	0	1	2	3	4	5
21. He/she demonstrates love equally toward people of all races.	0	1	2	3	4	5
22. He/she is excited about the sense of purpose he has for his life.	0	1	2	3	4	5
23. He/she forgives people who deeply hurt him/her.	0	1	2	3	4	5
24. He/she always puts matters into God’s hands when he/she is under pressure.	0	1	2	3	4	5
25. He/she gives to others expecting nothing in return.	0	1	2	3	4	5
26. He/she follows God even when it involves suffering.	0	1	2	3	4	5
27. He/she is known for not raising his/her voice.	0	1	2	3	4	5
28. He/she does not have sexual relationships that are contrary to biblical teaching.	0	1	2	3	4	5
29. His/her hope in God increases through his/her daily pursuit to live like Christ.	0	1	2	3	4	5
30. He/she is willing to make any of his/her faults known to Christians who care for him/her.	0	1	2	3	4	5
31. He/she frequently gives up what he/she wants for the sake of others.	0	1	2	3	4	5
32. He/she can be content with the money and possessions he now has.	0	1	2	3	4	5
33. He/she has an inner peace from God.	0	1	2	3	4	5
34. He/she keeps his/her composure even when people or circumstances irritate him/her.	0	1	2	3	4	5
35. He/she helps those who are in trouble or who can’t help themselves.	0	1	2	3	4	5
36. He/she follows through on commitments he/she has made to God.	0	1	2	3	4	5
37. He/she allows people to make mistakes.	0	1	2	3	4	5
38. He/she controls his/her tongue.	0	1	2	3	4	5
39. His/her hope for the future is not found in his/her health or wealth, because both are so uncertain, but in God.	0	1	2	3	4	5
40. He/she is not upset when his/her achievements are not recognized.	0	1	2	3	4	5

“One Another” Assessment

Completed by: _____ Date: _____

Instructions

Based upon your own impressions and observations of this individual's life, respond to each of the statements that follow. Your responses will provide valuable feedback regarding the qualities or characteristics that you have or have not seen portrayed in the life of the individual who asked for your assessment. On a scale from 0 (Does not apply at all) to 5 (Applies completely), how accurate would you say the following statements would be of the person who asked for your assessment?

	Does not Apply at all		Applies somewhat		Applies completely	
1. God's grace enables him to forgive people who have hurt me.	0	1	2	3	4	5
2. He/she has inner contentment even when things go wrong.	0	1	2	3	4	5
3. He knows he has forgiveness because of what Jesus has done.	0	1	2	3	4	5
4. He/she does not get angry with God when he/she has to endure suffering.	0	1	2	3	4	5
5. He/she would never keep money that didn't belong to him/her.	0	1	2	3	4	5
6. He/she take unpopular stands when his/her faith dictates.	0	1	2	3	4	5
7. He/she considers his/her own shortcomings when faced with the failures of others.	0	1	2	3	4	5
8. He/she is not addicted to any substances - whether food, caffeine, tobacco, alcohol, or chemical.	0	1	2	3	4	5
9. He/she thinks a great deal about heaven and what God is preparing for him/her as a Christian.	0	1	2	3	4	5
10. As a child of God. He/she does not think too highly or lowly of himself/herself.	0	1	2	3	4	5
11. He/she rejoices when good things happen to other people.	0	1	2	3	4	5
12. Circumstances do not dictate his/her mood.	0	1	2	3	4	5
13. He/she is not angry with God, himself/herself, or others.	0	1	2	3	4	5
14. He/she is known to maintain honesty & integrity when under pressure.	0	1	2	3	4	5
15. He/she is known as a person who speaks words of kindness to those in need of encouragement.	0	1	2	3	4	5
16. He/she disciplines his/her thoughts based upon his/her faith in Jesus Christ.	0	1	2	3	4	5
17. He/she is known as a person who is sensitive to other's needs.	0	1	2	3	4	5
18. He/she does not burst out toward others in anger.	0	1	2	3	4	5

“One Another” Assessment

	Does not Apply at all		Applies somewhat		Applies completely	
19. He/she is confident that God is working everything out for his/her good regardless of the circumstances today.	0	1	2	3	4	5
20. He/she is not known as a person who brags.	0	1	2	3	4	5
21. He/she demonstrates love equally toward people of all races.	0	1	2	3	4	5
22. He/she is excited about the sense of purpose he has for his life.	0	1	2	3	4	5
23. He/she forgives people who deeply hurt him/her.	0	1	2	3	4	5
24. He/she always puts matters into God’s hands when he/she is under pressure.	0	1	2	3	4	5
25. He/she gives to others expecting nothing in return.	0	1	2	3	4	5
26. He/she follows God even when it involves suffering.	0	1	2	3	4	5
27. He/she is known for not raising his/her voice.	0	1	2	3	4	5
28. He/she does not have sexual relationships that are contrary to biblical teaching.	0	1	2	3	4	5
29. His/her hope in God increases through his/her daily pursuit to live like Christ.	0	1	2	3	4	5
30. He/she is willing to make any of his/her faults known to Christians who care for him/her.	0	1	2	3	4	5
31. He/she frequently gives up what he/she wants for the sake of others.	0	1	2	3	4	5
32. He/she can be content with the money and possessions he now has.	0	1	2	3	4	5
33. He/she has an inner peace from God.	0	1	2	3	4	5
34. He/she keeps his/her composure even when people or circumstances irritate him/her.	0	1	2	3	4	5
35. He/she helps those who are in trouble or who can’t help themselves.	0	1	2	3	4	5
36. He/she follows through on commitments he/she has made to God.	0	1	2	3	4	5
37. He/she allows people to make mistakes.	0	1	2	3	4	5
38. He/she controls his/her tongue.	0	1	2	3	4	5
39. His/her hope for the future is not found in his/her health or wealth, because both are so uncertain, but in God.	0	1	2	3	4	5
40. He/she is not upset when his/her achievements are not recognized.	0	1	2	3	4	5

*SCORING THE
FEEDBACK*

Scoring the Feedback

- | | | | | | |
|----------|----------|----------|----------|----------------------------|------|
| 1. ____ | 11. ____ | 21. ____ | 31. ____ | = <i>Love</i> | ____ |
| 2. ____ | 12. ____ | 22. ____ | 32. ____ | = <i>Joy</i> | ____ |
| 3. ____ | 13. ____ | 23. ____ | 33. ____ | = <i>Peace</i> | ____ |
| 4. ____ | 14. ____ | 24. ____ | 34. ____ | = <i>Patience</i> | ____ |
| 5. ____ | 15. ____ | 25. ____ | 35. ____ | = <i>Kindness/Goodness</i> | ____ |
| 6. ____ | 16. ____ | 26. ____ | 36. ____ | = <i>Faithfulness</i> | ____ |
| 7. ____ | 17. ____ | 27. ____ | 37. ____ | = <i>Gentleness</i> | ____ |
| 8. ____ | 18. ____ | 28. ____ | 38. ____ | = <i>Self-Control</i> | ____ |
| 9. ____ | 19. ____ | 29. ____ | 39. ____ | = <i>Hope</i> | ____ |
| 10. ____ | 20. ____ | 30. ____ | 40. ____ | = <i>Humility</i> | ____ |

Total Score in Virtues for 1st “One Another”

- | | | | | | |
|----------|----------|----------|----------|----------------------------|------|
| 1. ____ | 11. ____ | 21. ____ | 31. ____ | = <i>Love</i> | ____ |
| 2. ____ | 12. ____ | 22. ____ | 32. ____ | = <i>Joy</i> | ____ |
| 3. ____ | 13. ____ | 23. ____ | 33. ____ | = <i>Peace</i> | ____ |
| 4. ____ | 14. ____ | 24. ____ | 34. ____ | = <i>Patience</i> | ____ |
| 5. ____ | 15. ____ | 25. ____ | 35. ____ | = <i>Kindness/Goodness</i> | ____ |
| 6. ____ | 16. ____ | 26. ____ | 36. ____ | = <i>Faithfulness</i> | ____ |
| 7. ____ | 17. ____ | 27. ____ | 37. ____ | = <i>Gentleness</i> | ____ |
| 8. ____ | 18. ____ | 28. ____ | 38. ____ | = <i>Self-Control</i> | ____ |
| 9. ____ | 19. ____ | 29. ____ | 39. ____ | = <i>Hope</i> | ____ |
| 10. ____ | 20. ____ | 30. ____ | 40. ____ | = <i>Humility</i> | ____ |

Total Score in Virtues for 2nd “One Another”

- | | | | | | |
|----------|----------|----------|----------|----------------------------|------|
| 1. ____ | 11. ____ | 21. ____ | 31. ____ | = <i>Love</i> | ____ |
| 2. ____ | 12. ____ | 22. ____ | 32. ____ | = <i>Joy</i> | ____ |
| 3. ____ | 13. ____ | 23. ____ | 33. ____ | = <i>Peace</i> | ____ |
| 4. ____ | 14. ____ | 24. ____ | 34. ____ | = <i>Patience</i> | ____ |
| 5. ____ | 15. ____ | 25. ____ | 35. ____ | = <i>Kindness/Goodness</i> | ____ |
| 6. ____ | 16. ____ | 26. ____ | 36. ____ | = <i>Faithfulness</i> | ____ |
| 7. ____ | 17. ____ | 27. ____ | 37. ____ | = <i>Gentleness</i> | ____ |
| 8. ____ | 18. ____ | 28. ____ | 38. ____ | = <i>Self-Control</i> | ____ |
| 9. ____ | 19. ____ | 29. ____ | 39. ____ | = <i>Hope</i> | ____ |
| 10. ____ | 20. ____ | 30. ____ | 40. ____ | = <i>Humility</i> | ____ |

Total Score in Virtues for 3rd “One Another”

- | | | | | | | | | |
|---|-----|---|-----|----|-----|----|-----|----|
| 0 | ... | 5 | ... | 10 | ... | 15 | ... | 20 |
| 0 | ... | 5 | ... | 10 | ... | 15 | ... | 20 |
| 0 | ... | 5 | ... | 10 | ... | 15 | ... | 20 |
| 0 | ... | 5 | ... | 10 | ... | 15 | ... | 20 |
| 0 | ... | 5 | ... | 10 | ... | 15 | ... | 20 |
| 0 | ... | 5 | ... | 10 | ... | 15 | ... | 20 |
| 0 | ... | 5 | ... | 10 | ... | 15 | ... | 20 |
| 0 | ... | 5 | ... | 10 | ... | 15 | ... | 20 |
| 0 | ... | 5 | ... | 10 | ... | 15 | ... | 20 |
| 0 | ... | 5 | ... | 10 | ... | 15 | ... | 20 |

0 ... 40 ... 80 ... 120 ... 160 ... 200

- | | | | | | | | | |
|---|-----|---|-----|----|-----|----|-----|----|
| 0 | ... | 5 | ... | 10 | ... | 15 | ... | 20 |
| 0 | ... | 5 | ... | 10 | ... | 15 | ... | 20 |
| 0 | ... | 5 | ... | 10 | ... | 15 | ... | 20 |
| 0 | ... | 5 | ... | 10 | ... | 15 | ... | 20 |
| 0 | ... | 5 | ... | 10 | ... | 15 | ... | 20 |
| 0 | ... | 5 | ... | 10 | ... | 15 | ... | 20 |
| 0 | ... | 5 | ... | 10 | ... | 15 | ... | 20 |
| 0 | ... | 5 | ... | 10 | ... | 15 | ... | 20 |
| 0 | ... | 5 | ... | 10 | ... | 15 | ... | 20 |
| 0 | ... | 5 | ... | 10 | ... | 15 | ... | 20 |

0 ... 40 ... 80 ... 120 ... 160 ... 200

- | | | | | | | | | |
|---|-----|---|-----|----|-----|----|-----|----|
| 0 | ... | 5 | ... | 10 | ... | 15 | ... | 20 |
| 0 | ... | 5 | ... | 10 | ... | 15 | ... | 20 |
| 0 | ... | 5 | ... | 10 | ... | 15 | ... | 20 |
| 0 | ... | 5 | ... | 10 | ... | 15 | ... | 20 |
| 0 | ... | 5 | ... | 10 | ... | 15 | ... | 20 |
| 0 | ... | 5 | ... | 10 | ... | 15 | ... | 20 |
| 0 | ... | 5 | ... | 10 | ... | 15 | ... | 20 |
| 0 | ... | 5 | ... | 10 | ... | 15 | ... | 20 |
| 0 | ... | 5 | ... | 10 | ... | 15 | ... | 20 |
| 0 | ... | 5 | ... | 10 | ... | 15 | ... | 20 |

0 ... 40 ... 80 ... 120 ... 160 ... 200

*PERSONAL
PLAN FOR
SPIRITUAL
GROWTH*

Personal Plan for Spiritual Growth

Instructions

Now that you have completed your personal assessment, as well as solicited the feedback of three other individuals, you are ready to develop a targeted plan for spiritual growth.

Remember, God desires to work a healthy balance into our lives: so we want to discover the areas in our Christian experience where we are deficient. So many Christians continue to build on their strengths and never address areas of weakness. The objective is to discover where in your life God wants to initiate change, and then develop a goal for personal growth along with a specific, measurable plan to realize this goal.

Celebrating Your Strengths

1. Looking at your Personal Assessment (pg. 16), what are your three strongest competencies in each area? After each one, summarize your thoughts on why this is an area of strength for you.

Belief Area: _____

Practice Area: _____

Virtue Area: _____

2. Looking at your “One Another” Assessments (pg. 26), in what three areas did they score you highest? After each one, summarize your thoughts on why this is an area of strength for you.

Virtue Area: _____

Virtue Area: _____

Virtue Area: _____

3. Compare your personal assessment of your strengths with the “One Another’s.” Are they the same? Are they different? Record your thoughts below.

Targeting Your Growth Area

1. Looking at your Personal Assessment (pg. 16), what are your lowest scores in each area? After each one, summarize your thoughts on why this is an area of weakness for you. If there was one question on which you scored particularly low in that area as compared to the other four areas, write down that number as a point of reference. This might help you target a more specific area to work on.

Belief Area: _____

Practice Area: _____

Virtue Area: _____

2. Looking at your “One Another” Assessments (pg. 26), in what three areas did your assessors score you the lowest? A good idea is to probe with them, in person, why they gave you low ratings in this area. After each one, summarize their thoughts on why this is an area of weakness for you. If there was one question in which they scored you particularly low as compared to the other four areas, write down that number as a reference point.

Virtue Area: _____

Virtue Area: _____

Virtue Area: _____

3. Compare your lowest area of your Personal Assessment with the “One Another’s.” Are they the same? Are they different? Record your thoughts below.

4. In the space provided below, identify one belief, one practice and one virtue you would like to grow in. Explain why you believe you struggle in this area.

Belief: _____

Practice: _____

Virtue: _____

My Personal Plan for Growth

Now it is time to identify which area(s) you desire, with God’s help, to grow in. Looking at the three areas you identified above, do you want to set a goal and plan for just one area, two areas, or all three? It is not recommended to have more than three.

Goal # 1: Over the next 12 months. I desire to grow in the area of:

The specific measurable steps I will take to accomplish this goal are:

1. _____

2. _____

Personal Plan for Spiritual Growth (cont.)

(Specific measurable steps for Goal #1-cont.)

3. _____
4. _____
5. _____
6. _____

(Note: The above steps can include reading a book, taking a class, speaking to a mentor who is strong in this area, practicing a discipline, memorizing Bible verses that support this area.

The three people I am asking to encourage me, pray for me and hold me accountable in this area are:

Name: _____ Signature of Person: _____

Name: _____ Signature of Person: _____

Name: _____ Signature of Person: _____

Goal # 2: Over the next 12 months. I desire to grow in the area of:

The specific measurable steps I will take to accomplish this goal are:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

(Note: The above steps can include reading a book, taking a class, speaking to a mentor who is strong in this area, practicing a discipline, memorizing Bible verses that support this area.

The three people I am asking to encourage me, pray for me and hold me accountable in this area are:

Name: _____ Signature of Person: _____

Name: _____ Signature of Person: _____

Name: _____ Signature of Person: _____

Goal # 3: Over the next 12 months. I desire to grow in the area of:

The specific measurable steps I will take to accomplish this goal are:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

(Note: The above steps can include reading a book, taking a class, speaking to a mentor who is strong in this area, practicing a discipline, memorizing Bible verses that support this area.

The three people I am asking to encourage me, pray for me and hold me accountable in this area are:

Name: _____ Signature of Person: _____

Name: _____ Signature of Person: _____

Name: _____ Signature of Person: _____

Keep these goals before you and pray daily for God to work in your life in this area. Transfer this goal onto a 3x5 card or small piece of paper that you have laminated. Keep it in your wallet, purse or Bible, or incorporate these goals into a list of other goals you have set.

Once you have completed the steps identified in your goal, or no later than one year from the first time you took the profile, take the Christian Life Profile again and see what progress you have made. Go through the entire assessment process repeatedly, and continue to set new goals in seeking a deeper and more meaningful Christian walk. God wants you to keep growing in the grace and knowledge of our Lord Jesus Christ. Life is a journey!

*CORE
COMPETENCY
DESCRIPTIONS*
