



# Spiritual Wellness Questionnaire

## How Spiritually Fit Are You?

According to the Word of God, man is a three-part being: spirit, soul and body. Oftentimes, we are well aware of how fit we are physically and mentally, but neglect to remain “spiritually fit.” This questionnaire is designed to help you evaluate the solidity of your relationship with God. Please provide honest responses and speak with one of our ministry representatives to address your needs.

	Yes	No
<b><u>SALVATION</u></b>		
a. Was there ever a time in my life that I genuinely repented of my sin?	<input type="radio"/>	<input type="radio"/>
b. Do I consistently witness to (verbally proclaim) the death, burial and resurrection of Jesus Christ?	<input type="radio"/>	<input type="radio"/>
c. Have I shared the Gospel of Jesus Christ with someone during the last two weeks?	<input type="radio"/>	<input type="radio"/>
d. Have I completely surrendered my life to Christ as my personal Lord and Savior?	<input type="radio"/>	<input type="radio"/>
<b><u>THE WORD OF GOD</u></b>		
a. Do I take time daily to read the Word of God?	<input type="radio"/>	<input type="radio"/>
b. Have I put forth a conscious effort to understand and memorize Scripture?	<input type="radio"/>	<input type="radio"/>
c. Am I able to explain Biblical concepts and historical accounts to others?	<input type="radio"/>	<input type="radio"/>
d. Do I depend on the Word of God to answer my own questions about life?	<input type="radio"/>	<input type="radio"/>
<b><u>PRAYER</u></b>		
a. Do I make a conscious effort to pray every day?	<input type="radio"/>	<input type="radio"/>
b. When in prayer, do I speak and listen to hear the voice of God?	<input type="radio"/>	<input type="radio"/>
c. Am I lead of the Holy Spirit when making decisions in daily living?	<input type="radio"/>	<input type="radio"/>
d. Am I careful to thank and praise God verbally, without always asking for something?	<input type="radio"/>	<input type="radio"/>
e. Do I take time each day to pray for the needs of others?	<input type="radio"/>	<input type="radio"/>
<b><u>GODLY LIVING</u></b>		
a. Am I careful to live my life according to the Word of God?	<input type="radio"/>	<input type="radio"/>
b. Do I regularly repent and ask God to show me my faults?	<input type="radio"/>	<input type="radio"/>
c. Can I honestly say that I am NOT the same person I was one year ago?	<input type="radio"/>	<input type="radio"/>
d. Am I able to forgive easily and quickly, without holding grudges against others?	<input type="radio"/>	<input type="radio"/>
e. Do I consistently obey God’s commands AND those of human authority in my life?	<input type="radio"/>	<input type="radio"/>
f. Do I truly represent Christ in the way I live my life?	<input type="radio"/>	<input type="radio"/>
g. Do I keep my conversation and mind free of things that are not pleasing to God?	<input type="radio"/>	<input type="radio"/>
h. Do I live a clean life before God AND others, with no “hidden” sin?	<input type="radio"/>	<input type="radio"/>
<b><u>CHRISTIAN FELLOWSHIP</u></b>		
a. Do I regularly attend a Bible-believing church or Body of believers?	<input type="radio"/>	<input type="radio"/>
b. Do I have Christian friends to fellowship with?	<input type="radio"/>	<input type="radio"/>
c. Are the majority of my conversations centered around Godly things?	<input type="radio"/>	<input type="radio"/>
d. Am I a giver, willing to support those in need with prayer, time and money as needed?	<input type="radio"/>	<input type="radio"/>

**After completing the Questionnaire, count the number of “Yes” responses and record that number here: \_\_\_\_\_ of 25. This is your “Spiritual Fitness Factor”.**

- 20 – 25** You are spiritually fit! Continue striving for a closer relationship with God!
- 15 – 19** You’re almost where God wants you to be. Seek spiritual counsel to assist in your weak areas.
- 10 – 14** Your spiritual life is in trouble. Now is the time to seek God like never before.
- Less than 10** You don’t know God, and perhaps you are deceived. Be honest with yourself and make Christ your Savior TODAY.



# *Spiritual Wellness Questionnaire*

*How Spiritually Fit Are You?*

## DAILY SPIRITUAL WORKOUT

*Pray at least three times per day.*

*Read and meditate on at least one chapter of the Bible each day.*

*Surround yourself with Godly friends and acquaintances.*

*Pray in the Spirit throughout your day.*

*Learn to tame your tongue and never entertain gossip.*

*Be kind to others, despite their actions toward you.*

*Live every day to please God and help someone else.*

*Share the Gospel of Jesus Christ daily.*

*Be thankful and praise God in spite of your situation.*

*Walk by faith, and not by sight! Be positive and optimistic!*

*Fellowship regularly with other believers.*