

**Spiritual Vitality Survey**  
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Each of us has a unique ministry and mission. Our ability to achieve that mission and glorify God in our ministry is directly related to our vitality—body, mind, and spirit. Below you will find questions to help assess your spiritual vitality. Please circle one of the values that represent the way you would rate yourself on a scale from 1 to 5, with 1 being low and 5 being high. If you are ready to go deeper, ask a trusted person who knows you well to complete Part 1 with you in mind and return it to you.

This spiritual vitality survey is for your eyes only. There is no “pass” or “fail”. It is a simple attempt to help you reflect on where you are, where you want to be, and suggest possible pathways to greater growth and vitality. Please remember, “There is therefore no condemnation for those who are in Christ Jesus.” Romans 8:1 (NRSV)

**PART 1**

**Spiritual Diet:** Just as our bodies need food, oxygen, and water, our souls need the spiritual bread of scripture, the oxygen of prayer, and the living water of the Holy Spirit. How is your diet?

1	2	3	4	5
Desperate for help	Need help	Doing OK	Feeling fit	In the Spirit

**Spiritual Exercise:** Just as our bodies need exercise, we need spiritual exercise: time spent reading scripture, meditating on what we read, praying alone, and praying with our families and other Christians. Fasting, silence, and participation in the Lord’s Supper are also essential spiritual exercises for *the inward journey*. In the life of Jesus and the Wesley brothers, the outward journey is equally important, make time to visit prisoners, widows and orphans. Feeding the hungry and clothing the naked is important. Doing the work of an evangelist and discipling those newer in the faith is important. How is your current level of intentional spiritual exercise?

1	2	3	4	5
Desperate for help	Need help	Doing OK	Feeling fit	In the Spirit

**Spiritual Rest:** What happens if we do not get adequate sleep and rest or if we never take a vacation? We become tired, dull, and irritable—unable to care for ourselves and useless to others. The same is true with our souls; if we do not make time for spiritual rest, silence, contemplation, and occasional spiritual retreats, we find ourselves spiritually weary, heavy, dull—unable to care for ourselves and useless to others. Are you spiritually rested and available?

1	2	3	4	5
Desperate for help	Need help	Doing OK	Feeling fit	In the Spirit

**Spiritual Relationships:** We were created in God’s image for relationship with God and others. The worst thing we can do to a human being is to put them in solitary confinement.

Do you have a soul friend or spiritual guide or mentor—someone who can help you grow in grace?

1                      2                      3                      4                      5  
Desperate for help    Need help    Doing OK    Feeling fit    In the Spirit

**Time:** Jesus had much to say about the use of time, talents, and money. If someone looked at your appointment calendar for one week, would the way you invest your time reveal that you are a Christian? Do you know how to work, rest, pray, and play? God rested on the Sabbath. Do you? Circle the number that reflects your spiritual time management.

1                      2                      3                      4                      5  
Desperate for help    Need help    Doing OK    Feeling fit    In the Spirit

**Talents:** Jesus' teaching is clear: every one of us has at least one talent or special ability. God expects us to use our talents to build up the body of Christ, the church, and to make a positive difference in the world.

1                      2                      3                      4                      5  
Desperate for help    Need help    Doing OK    Feeling fit    In the Spirit

**Treasure:** Jesus said, "Where your treasure is, there will your heart be also." Do your bank and credit card statements reflect the importance of God in your life? How much are you investing in evangelism, missions, and caring for the poor, imprisoned, or oppressed?

1                      2                      3                      4                      5  
Desperate for help    Need help    Doing OK    Feeling fit    In the Spirit

**Reset:** Each of us need to periodically review our current reality in order to adjust, refocus or reset our course. In the Old Testament, the people were expected to return to Jerusalem three times a year to celebrate certain festivals and events that shaped their identity as one nation under God. The Wesley brothers established an annual service for the early Methodists to review their life in God and pray the Covenant Prayer to renew and reset their commitment to live as fully devoted followers of Jesus Christ. Do you want or need a spiritual reset? Are there spiritual practices that have given you spiritual life in the past that have been "lost" or "replaced" by lesser things?

1                      2                      3                      4                      5  
Desperate for help    Need help    Doing OK    Feeling fit    In the Spirit

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## PART 2: Reflect on the Result

Total all the numbers you circled. If the total is between:

**0-10:**      Emergency spiritual life support needed! Consult with your pastor or spiritual mentor for help and guidance now; don't wait until Sunday.

- 11-19:** Ask God to guide you to a Christian with spiritual strength and maturity to be your mentor. All of us need help to be faithful and growing disciples. You won't make it on your own. Seek prayer support and guidance from one or two Christians you respect. You can wait until Sunday, but not more than a week.
- 20-24:** You are doing OK. Is that good enough? Are you the spiritual leader that you want to be—in your home as well as in your ministry? Remember, you are not in this world for yourself—you are here to raise a new generation of disciples.
- 25-29:** Well done, good and faithful servant! Open your heart and life to the Holy Spirit's presence and power. Pray for wisdom (see James 1:5). Nothing less than the wisdom and will of God will satisfy your soul.
- 30-40:** Give thanks to God for your life. Enjoy it and give it away! Pray that God will give you wisdom to be a spiritual leader, teacher, and mentor. If you are married, ask your spouse to help you discern new ways to provide the spiritual support and encouragement for your family. Explore new ways the two of you can pass on the love and joy of the Christian life to your children and grandchildren.

### **PART 3: Concluding Thoughts**

My friend, John Mogabgab, reminded me that spiritual vitality begins at home. It is directly related to the spiritual practice and unity in our immediate family. Learning more about yourself, your spiritual gifts and the spiritual practices that feed your soul will benefit every part of your life, your family, and your ministry. Having a prayer partner, a small group focused on spiritual maturity, or a spiritual director is always helpful. The key is to know yourself and pursue that path that God has for you. Remember, God desires a relationship with you, even more than you desire a relationship with God. Jesus sent the Holy Spirit to help, teach and guide you. You are not alone. In addition, remember these seven words: Intentionality, Regularity, Repetition, Struggle, Accountability, Prayer Team, and Discipleship.

1. *Intentionality:* We have to make a deliberate choice to become spiritual growth. It is not something that happens without time, intention and action. Reading and thinking about changing your diet and exercise is not the same as actually doing it.

For your personal use only, record your thoughts, reflections, feelings: \_\_\_\_\_

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2. *Regularity:* Personally, the only time we make significant spiritual progress is when we have a regular time with God every day. Like air, water, and physical food—time regular with God is essential. However, spiritual practices change as we change and grow. Have you outgrown your prayer practice, your Bible study method, your process of meditation and reflection? Do you need to find a different spiritual director or small group?

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3. *Repetition:* Repetition is distinct from regularity in that it helps move the heart-level learning of regularity into the hardwired reflexes of our moment-by-moment life. Spend

three minutes with God when you get up? Repeat that three minutes on the hour, every hour and see your spiritual vitality beings to grow.

For your personal use only, record your thoughts, reflections, feelings: \_\_\_\_\_

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4. *Struggle*: Struggle is at the heart of physical fitness. Muscles have to break down in order to build up. Likewise, working through the dry times, the uninspiring prayer interludes, and the dull Bible readings typically leads to a breakthrough. Some aspects of spiritual vitality only come through the commitment to the struggle.

For your personal use only, record your thoughts, reflections, feelings: \_\_\_\_\_

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5. *Accountability*: Accountability is crucial to spiritual fitness. Seek a spiritual director or join a small group focused on spiritual formation. Some dimensions of spiritual grow only come through relationship with other spiritual leaders.

For your personal use only, record your thoughts, reflections, feelings: \_\_\_\_\_

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6. *Prayer Team*: Every spiritual leader, lay or clergy, needs a prayer team of three to five people who sincerely desire God’s best for your life and ministry. These people do not want your job or position, but they have the spiritual desire for you to offer your best work in ministry and they will pray for God to bless and multiply your “loaves and fishes” (your preparation, gifts, and graces).

For your personal use only, record your thoughts, reflections, feelings: \_\_\_\_\_

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7. *Disciple a another Christian*: There are things we never know until we teach it to another person. The great commission (make disciples, Matt. 28:16-20) and the great commandment (love God and neighbor, Matt. 22:36-42) cannot be fulfilled apart from action. Until we do this, we will never really know it.

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