



Spiritual Maturity Growth Assessment

While each track and group offer different content and community, spiritual maturity is the shared goal. This assessment helps you reflect on your personal growth, regardless of which group(s) you are in.

Complete this assessment twice yearly to track your spiritual development—regardless of which track(s) you choose. You're encouraged to keep a personal copy and submit one to your group facilitator for follow-up and overall tracking.

Date: _____

Name: _____

Current Discipleship Track(s):

☐ Biblical Foundations ☐ Spiritual Formation ☐ Quality Care

Current Discipleship Group(s):

(Select all that apply)

- ☐ Antioch Life Groups (ALG)
☐ Sunday School (Study Group)
☐ Wednesdays in the Word (Study Group)
☐ Fast & Fellowship (Care Group)
☐ Other: _____

Rate each area from 1 to 5:

1 = Just Beginning | 2 = Developing | 3 = Growing | 4 = Maturing | 5 = Mentoring Others

HEAD – Knowledge & Understanding

God: Existence and Character

I understand who God is, His nature, and His relationship with humanity

Current Level:

- ☐ 1 – Just Beginning ☐ 2 – Developing ☐ 3 – Growing ☐ 4 – Maturing
☐ 5 – Mentoring Others

Bible: Structure, Storyline, and Doctrines

I understand how the Bible is organized, its main story, and key teachings

Current Level:

- ☐ 1 – Just Beginning ☐ 2 – Developing ☐ 3 – Growing ☐ 4 – Maturing
☐ 5 – Mentoring Others

Salvation: Gospel Message and Personal Testimony

I can explain the gospel clearly and share my personal faith story

Current Level:

- ☐ 1 – Just Beginning ☐ 2 – Developing ☐ 3 – Growing ☐ 4 – Maturing
☐ 5 – Mentoring Others

HEART – Values & Commitments

Believing (John 3:16)

My faith in Christ is central to how I see life and make decisions

Current Level:

- ☐ 1 – Just Beginning ☐ 2 – Developing ☐ 3 – Growing ☐ 4 – Maturing
☐ 5 – Mentoring Others

Being (2 Corinthians 5:17)

I am living as a new creation in Christ, growing in Christlikeness

Current Level:

- ☐ 1 – Just Beginning ☐ 2 – Developing ☐ 3 – Growing ☐ 4 – Maturing
☐ 5 – Mentoring Others

Belonging (Ephesians 2:19–22)

I see myself as part of God's family and the church community

Current Level:

- ☐ 1 – Just Beginning ☐ 2 – Developing ☐ 3 – Growing ☐ 4 – Maturing
☐ 5 – Mentoring Others

Becoming (Ephesians 4:11–16)

I am actively growing and helping others grow in spiritual maturity

Current Level:

- ☐ 1 – Just Beginning ☐ 2 – Developing ☐ 3 – Growing ☐ 4 – Maturing
☐ 5 – Mentoring Others

CORPORATE HANDS – Community Behaviors

Worship

I regularly participate in corporate worship and personal worship

Current Level:

- ☐ 1 – Just Beginning ☐ 2 – Developing ☐ 3 – Growing ☐ 4 – Maturing
☐ 5 – Mentoring Others

Fellowship

I actively build relationships and share life with other believers

Current Level:

- ☐ 1 – Just Beginning ☐ 2 – Developing ☐ 3 – Growing ☐ 4 – Maturing
☐ 5 – Mentoring Others

Christian Education

I regularly engage in learning and growing in my faith

Current Level:

- ☐ 1 – Just Beginning ☐ 2 – Developing ☐ 3 – Growing ☐ 4 – Maturing
☐ 5 – Mentoring Others

Ministry

I use my gifts to serve God and others within the church

Current Level:

- ☐ 1 – Just Beginning ☐ 2 – Developing ☐ 3 – Growing ☐ 4 – Maturing
☐ 5 – Mentoring Others

Evangelism

I share my faith and invite others to know Christ

Current Level:

- ☐ 1 – Just Beginning ☐ 2 – Developing ☐ 3 – Growing ☐ 4 – Maturing
☐ 5 – Mentoring Others

Prayer

I pray regularly for myself, others, and God's kingdom

Current Level:

- ☐ 1 – Just Beginning ☐ 2 – Developing ☐ 3 – Growing ☐ 4 – Maturing
☐ 5 – Mentoring Others

INDIVIDUAL HANDS – Personal Practices

Discern and Respond to God's Voice (John 10:27; Romans 12:1–2)

I regularly discern God's voice and obey His direction in my life.

Current Level:

- ☐ 1 – Just Beginning ☐ 2 – Developing ☐ 3 – Growing ☐ 4 – Maturing
☐ 5 – Mentoring Others

Engage in Spiritual Rhythms (1 Timothy 4:7)

I practice consistent spiritual disciplines (prayer, Scripture, fasting, etc.)

Current Level:

- ☐ 1 – Just Beginning ☐ 2 – Developing ☐ 3 – Growing ☐ 4 – Maturing
☐ 5 – Mentoring Others

Align with God's Purpose (1 Corinthians 10:31)

I actively orient my life around God's calling and seek His glory in all that I do.

Current Level:

- ☐ 1 – Just Beginning ☐ 2 – Developing ☐ 3 – Growing ☐ 4 – Maturing
☐ 5 – Mentoring Others

Persevere through Trials with Hope (James 1:2–4; Romans 5:3–5; Hebrews 12:1–2)

I endure challenges with faith and hope, allowing God to grow me through testing.

Current Level:

- ☐ 1 – Just Beginning ☐ 2 – Developing ☐ 3 – Growing ☐ 4 – Maturing
☐ 5 – Mentoring Others

Share Your Faith with Others (1 Peter 3:15)

I regularly have spiritual conversations and share the gospel

Current Level:

- ☐ 1 – Just Beginning ☐ 2 – Developing ☐ 3 – Growing ☐ 4 – Maturing
☐ 5 – Mentoring Others

Care for and Disciple Others (Matthew 22:36–40; 28:18–20)

I provide care for others and help them grow spiritually

Current Level:

- ☐ 1 – Just Beginning ☐ 2 – Developing ☐ 3 – Growing ☐ 4 – Maturing
☐ 5 – Mentoring Others

Reflections

1. As you look over your responses, what stands out most to you about your spiritual journey right now?

(This helps you notice themes, gaps, or progress across the categories)

2. In this season, what 2–3 areas do you sense God inviting you to focus on most intentionally?

(These could be areas of weakness, curiosity, or calling)

3. How is your current discipleship group or track supporting your growth?

(Think about teaching, community, accountability, tools, or care)

4. What next steps will you take to grow in the areas you identified?

(Consider habits, tools, conversations, or deeper engagement)

5. What additional support or resources would help you grow?

(Consider spiritual guidance, accountability, or materials)

Follow-Up Options

- ☐ I would like to schedule a personal spiritual development meeting with Pastor Hawkins
- ☐ I would like to schedule a personal spiritual development meeting with my group facilitator
- ☐ I am interested in exploring additional discipleship opportunities
- ☐ I would like to discuss how I can become a group facilitator