

## *Spiritual Formation Assessment - Spouse*

The purpose of the spiritual formation assessment is to help you establish or reinforce the vital disciplines and boundaries that will promote your personal growth in Christ, protect your character, guard your relationships, and maintain your effectiveness in ministry. For the assessment to be of value, it is essential that you respond with integrity and transparency.

Name \_\_\_\_\_

Date \_\_\_\_\_

### *I Spiritual Autobiography*

In a typewritten document, please tell the story of your own personal spiritual journey. The suggestions and questions below are meant to provide direction but should not be seen as the limits of your story. Feel free to include any material that is relevant to your spiritual development.

- Discuss your earliest memories of faith and awareness of God. Did you come from a Christian home? Who first made you aware of God? When and how did you first come to be a Christian?
- What significant influences have shaped your spiritual development? Who served as spiritual mentors and role models? What life events impacted and shaped your faith?
- How has the church impacted your relationship with God? Have you experienced other religious traditions, or have you always been a part of the Church of the Nazarene? How did you come to be a part of the Church of the Nazarene?
- How has your faith changed and grown? In what ways have you struggled? What were the critical moments in your life that significantly impacted your spiritual development?
- What spiritual practices currently shape your life of faith? In what ways do you practice spiritual discipline and accountability? Other than the Bible, what do you read for spiritual nurture? If married, do you and your spouse have shared spiritual practices?
- What is God doing in you right now? How is He changing you?

### *II. Practice of Spiritual Disciplines*

For each statement, check the box that best describes your *current* practice.

I set aside time for personal prayer and meditation:

☐ *less than weekly*

☐ *at least weekly*

☐ *2-3 times per week*

☐ *daily*

I pray with other Christians:

☐ *less than weekly*

☐ *at least  
weekly*

☐ *2-3 times per  
week*

☐ *daily*

I read the Bible devotionally:

☐ *less than weekly*

☐ *at least  
weekly*

☐ *2-3 times per  
week*

☐ *daily*

I read other spiritual or devotional writings:

☐ *less than weekly*

☐ *at least*

☐ *2-3 times per week*

☐ *daily*

I study the Scriptures:

☐ *less than weekly*

☐ *at least*

☐ *2-3 times per week*

☐ *daily*

I practice a time of solitude and silence:

☐ *less than weekly*

☐ *at least*

☐ *2-3 times per week*

☐ *daily*

I practice fasting or other acts to simplify my life and renew devotion:

☐ *never or rarely*

☐ *at least monthly*

☐ *at least weekly*

I practice "Sabbath" as a time of rest and renewal:

☐ *never or rarely*

☐ *at least monthly*

☐ *at least weekly*

I participate in a worship service in a local church:

☐ *at least monthly*

☐ *at least*

☐ *more than once a week*

I keep a personal journal of my prayers and spiritual insights:

☐ *never or rarely*

☐ *at least monthly*

☐ *at least weekly*

I engage in some form of ministry or service:

☐ *never or rarely*

☐ *at least monthly*

☐ *at least weekly*

I meet with a spiritual mentor:

☐ *never or rarely*  
*monthly*

☐ *at least*

☐ *at least weekly*

I take part in a small group that allows me to share and holds me accountable:

☐ *never or rarely*

☐ *at least monthly*

☐ *at least weekly*

I contribute from my financial resources through:

☐ *tithing*

☐ *offerings*

☐ *tithes and offerings*

☐ *none*

List any other disciplines that are a part of your spiritual growth practices:

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### *III. Safeguards and Accountability*

A. What guidelines have you set in place to safeguard your integrity in the following areas:

I. Sexual Conduct -

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2. Time Management -

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3. Financial Responsibility -

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B. If married, do you talk to your spouse regularly and openly about your spiritual life, including your struggles and temptations? Do you keep your spouse informed about your schedule and appointments?

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C. Do you have an accountability partner or group? How often do you meet?

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D. What is your plan for balancing work, personal development, and family time?

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E. What practices have you established to maintain your physical, mental, and emotional well-being?

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