

Spiritual Formation Assessment

1. Spiritual Autobiography

Write a personal narrative of your spiritual journey by responding to the following questions in a typewritten document. These questions are designed to guide your writing, but should not preclude you from including other relevant material. A spiritual autobiography should demonstrate careful reflection on your own faith development process.

Write about your earliest memories on your faith journey. Did you come from a Christian home? What contributions and/or hindrances did your family members make on your spiritual development? Who first helped shaped your view of God?

Write about other significant influences, e.g., church people, church life itself. Have you experienced a variety of religious traditions or have you always been in the Church of the Nazarene? Who have been the important spiritual role models in your life as you have matured? What authors have influenced you the most and what do you read for spiritual nurture?

How has your faith changed/grown? With what issues or in what areas have you struggled? Discuss ways in which the church has been helpful and/or hurtful to you in your Christian journey. What have been important experiences and/or crises?

How have you learned to incorporate discipline and accountability into your life (e.g., in your finances, your education, your professional work, your physical health)? What spiritual practices shape your spiritual life and how do you connect with others in these disciplines? If married, how would you characterize the spiritual relationship (including the shared practices) you have with your spouse?

What areas of your life do you sense God leading you to work on this next year? What resources would be helpful?

2. Spiritual Formation Ministry Philosophy Statement

Write a brief essay (2-3 typewritten pages) in response to the following question: *Spiritual formation is the process by which a person is 'conformed into the image of Christ.'* As a pastor or staff member of a congregation, how would you develop this process in the lives of your people?

3. Checklist of Spiritual Disciplines and Practices (submit a photocopy of completed pp. 15-16 on the Test Day)

This checklist is designed to help you assess your current level of practice of several spiritual disciplines that historically have been considered by the Church to be vital for a maturing, growing believer. Although all of these practices have been profitable for spiritual growth and development, no individual Christian has practiced all of them at a high level of frequency at any given point in his or her life. As unique members of the Body of Christ, we have different levels of experience in the faith, different personalities and preferences, varying degrees of training and guidance in spiritual things, and different callings as to how we are to live out our devotion to Christ. The following list of items, then, is not meant to indicate the profile of the "ideal" Christian or to communicate to you what is expected of you if you were "really spiritual." Rather, it is an opportunity for you to identify those aspects of your spiritual lifestyle that are regular disciplines and those areas that are not currently a part of your spiritual practice. This

will allow you, in dialogue with the Center for Spiritual Formation Staff, to build on your strengths and well as enhance those areas that may be weaknesses.

Check the boxes that most accurately represent your current practice. Your honesty is important for two reasons: (1) as a Christian servant seeking credentialed ministerial status, it is important for you to be as equipped spiritually as you can be; this assessment will help you identify some potential areas in which you can "put on the armor of God" more fully, and (2) as a Christian servant who is going to be part of a team effort with accountability, it is important for you to be able to receive input and direction from others who can assist you with your spiritual development; this assessment will help others resource you for growth.

Your Name:

For each statement, check the one (1) box that best describes your current practice:

I practice some form of personal prayer or meditation

9 less than weekly *9 at least weekly* *9 2-3 times per week* *9 daily*

I pray with other Christians

9 less than weekly *9 at least weekly* *9 2-3 times per week* *9 daily*

I read my Bible devotionally

9 less than weekly *9 at least weekly* *9 2-3 times per week* *9 daily*

I read spiritual writings (other than the Bible)

9 less than weekly *9 at least weekly* *9 2-3 times per week* *9 daily*

I study the Scriptures

9 less than weekly *9 at least weekly* *9 2-3 times per week* *9 daily*

I spend time by myself in quiet solitude or silence

9 less than weekly *9 at least weekly* *9 2-3 times per week* *9 daily*

I fast or engage in other deliberate acts to simplify my life from over-dependence on material things

9 never or rarely *9 at least monthly* *9 at least weekly*

I keep a personal journal of my thoughts, feelings, and prayers

9 never or rarely *9 at least monthly* *9 at least weekly*

I contribute from my financial resources through

9 tithing *9 offerings* *9 tithes and offerings* *9 no regular giving*

I participate in the ministry of my local church

9 occasionally *9 at least monthly* *9 at least weekly*

I engage in some form of ministry or service to the poor & needy in my world

9 never or rarely *9 at least monthly* *9 at least weekly*

I participate in a worship service in a local church

9 never or rarely *9 at least monthly* *9 at least weekly*

I practice "sabbath" as a period set aside for rest and renewal

9 *never or rarely* 9 *at least monthly* 9 *at least weekly*

I receive spiritual direction from a spiritual guide or mentor

9 *never or rarely* 9 *at least monthly* 9 *at least weekly*

I participate in a small group where I can share, seek guidance, and be held accountable for growth

9 *never or rarely* 9 *at least monthly* 9 *at least weekly*

I enjoy social interaction (fellowship and celebration) with brothers and sisters in Christ

9 *never or rarely* 9 *at least monthly* 9 *at least weekly*

I engage in a personal care practice that builds my physical, mental, and/or emotional life

9 *never or rarely* 9 *at least monthly* 9 *at least weekly*

List any other disciplines or practices that you regularly practice:

4. References

Provide the names and contact information of three (3) individuals who know you well enough to comment on your spiritual life as it is expressed in your personal lifestyle, family life, community involvement, work setting, and/or church ministry. Each will be contacted by members of the Center for Spiritual Formation staff for a reference:

#1: Name _____ Address _____
Phone _____ Email _____

#2: Name _____ Address _____
Phone _____ Email _____

#3: Name _____ Address _____
Phone _____ Email _____