

God's Pathways in the Spirit (GPS)



Search

This short assessment is designed to help identify where you are in your faith journey so you can get intentional and make choices to guide your growth. Prayerfully and honestly look at these 15 statements asking yourself if the statement is more or less true about you. Mark your answer for each statement. Once you complete the assessment, use the scoring guidelines at the end to help you determine which areas of your faith are well developed and which areas you can target for further growth.

(1 = Less true about me to 5 = More true about me)



HEAD

- a. I understand the basic beliefs of the Christian faith and could explain them to someone who isn't familiar with them. 1__ 2__ 3__ 4__ 5__
- b. I have a good understanding of the Bible and its main characters and stories. I know how to read it and apply its teachings to my life and personal situations. 1__ 2__ 3__ 4__ 5__
- c. I am familiar with basic Christian ethics and morals and regularly use them to guide me in various life situations. 1__ 2__ 3__ 4__ 5__
- d. I can explain what it means to be a "Methodist." 1__ 2__ 3__ 4__ 5__
- e. I have a good understanding of God's will for the world and can discern God's will for me personally. 1__ 2__ 3__ 4__ 5__



HEART

- a. I know God can transform lives. I am receptive to the ways my own life can be transformed by God. 1__ 2__ 3__ 4__ 5__
- b. I am able to put God's will before my own desires. 1__ 2__ 3__ 4__ 5__
- c. I engage in a variety of spiritual practices, such as prayer and regular reading of Scripture, in order to grow my faith. 1__ 2__ 3__ 4__ 5__
- d. I am increasingly aware of "the fruits of the Spirit" in my life: love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control. 1__ 2__ 3__ 4__ 5__

- e. I have a group of people I connect with regularly who support and challenge each other in order to grow deeper in faith. 1__ 2__ 3__ 4__ 5__



HANDS

- a. Developing my relationship with God and others is important to me. 1__ 2__ 3__ 4__ 5__
- b. I recognize my own spiritual gifts and use them to serve God in a variety of ways. 1__ 2__ 3__ 4__ 5__
- c. I give financial support to the church in proportion to my income, with 10 percent as my goal. 1__ 2__ 3__ 4__ 5__
- d. I spend time serving God by helping others inside and outside the church. 1__ 2__ 3__ 4__ 5__
- e. I am actively nurturing the spiritual lives of others by sharing my faith story, encouraging their spiritual growth and introducing them to a life with Christ at its center. 1__ 2__ 3__ 4__ 5__

How Did You Score?

Place your self-assessment number for each statement below and add across to give you an overall score for each area.

HEAD: a__ b__ c__ d__ e__ Total__

HEART: a__ b__ c__ d__ e__ Total__

HANDS: a__ b__ c__ d__ e__ Total__

If you scored:
0 - 10 = Mile Marker 1: Emerging Faith
11 - 20 = Mile Marker 2: Developing & Growing Faith
21+ = Mile Marker 3: Mature & Deepening Faith

As you think about the faith area(s) you want to develop, it will be helpful to focus on one or two goals at a time. Go back and look at your score for each individual statement and use this scale as a general guide to your growth.

Take the Next Step.

[GET DIRECTIONS](#)

We have two guides that will help you journey on God's Pathways in the Spirit:

Use the **ROADMAP TO SPIRITUAL GROWTH** to find suggested activities for each level of faith in each of the three areas of faith development: HEAD, HEART and HANDS.

Use the **GUIDE TO CLASSES, GROUPS & ACTIVITIES** to find a place where you can connect with others on the journey.



Developing the HEAD: *Increasing our knowledge and understanding of God.*

Though we can never fully know God, reading and studying together deepens our faith by giving us the knowledge and language that help us understand our experiences and God's will for our lives. Activities, classes, groups and volunteer opportunities marked with the HEAD symbol will help you grow in this area of your faith.



Developing the HEART: *Improving our spiritual connection and our relationship with God.*

When we unite our hearts with God, we begin to change in positive ways from the inside out. As our brokenness heals, we begin to open ourselves to connect more deeply with God and with others. Activities, classes, groups and volunteer opportunities marked with the HEART symbol will help you grow in this area of your faith.



Developing the HANDS: *Serving God daily in our world by putting our hands into action.*

When our faith moves us to action, we begin to live out God's dream for the world. We are challenged to do good work that brings justice, kindness and mercy to those who suffer. Activities, classes, groups and volunteer opportunities marked with the HANDS symbol will help you grow in this area of your faith.

What is intentional spiritual growth?

At Tempe First UMC we believe it's joining with others in our church family to faithfully follow Jesus. Our vision is simple: to unite our lives with God's dream for the world. Simple, maybe. But how do we do this?

God's Pathways in the Spirit is one route to intentional spiritual growth. It's a road that challenges us to learn and grow. It's a road that leads toward a mature faith. It's a road that opens our lives to be shaped by God's word and will. Let's use this GPS to chart an exciting journey where we'll unite head, heart and hands to be joyful disciples of Jesus for the transformation of the world.

Tempe First United Methodist Church

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Our Mission



Share the Joy.
Share the Journey.

Through the love of Jesus we serve our diverse community on its journey of faith and transformation.

God's Pathways in the Spirit (GPS)

Spiritual Self-Assessment

Where is God Leading You?



A Tempe First UMC, 215 E. University Dr. Tempe, AZ 85281

B My Spiritual Journey to Discipleship

GET DIRECTIONS

This self-assessment survey is for your personal use only...not to make judgment but to guide your growth.