



**PATIENT'S NAME**

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**PATIENT'S CONTACT INFORMATION**

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# A CONFIDENTIAL SPIRITUAL LIFE-CHECKUP

As your pastor and elders, we are responsible for your spiritual health in much the same way your doctor is responsible for your physical health. One of our chief responsibilities as your pastor and elders as outlined in Hebrews 13:17 is “to watch over your souls as one who must give an account to the Lord.” Just like your doctor, for us to be effective, we must be allowed the privilege of helping you. Often, unless a disease so overcomes you that our doctor or pastor is made painfully aware of it, there is no regular time when we can sit down with you and discuss the health of your spiritual life.

Therefore we are requesting an appointment with you. We are requesting that you do the following “lab work” not as a test, but as a tool for diagnosis, so that we might know your “blood count” and decide together on a proper diet and exercise program that will bring about your best spiritual health.

Since pastors (or doctors) can help only if we allow them, this is entirely voluntary, but we are suggesting that you:

1. Create your Personal File by setting aside 30 minute segments of uninterrupted time in which to thoughtfully and honestly answer these questions.
2. Make an appointment with me for a one-hour spiritual checkup,
3. Get your completed “file” to me a week in advance.
4. Prayerfully and openly meet with me, trusting God to use this experience for you.

**I. Blood Type:** Are you a Christian? (circle one) Yes / No

When did you “cross the line” of faith? (date/year): \_\_\_\_\_

What do you remember about your “crossing the line” experience? Please describe (e.g. where were you? what prompted you to make that decision?): \_\_\_\_\_

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Summarize what you believe to be the Christian message/Gospel/Claims of Jesus to which you've made a decision and committed your life to following: \_\_\_\_\_

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If you haven't yet “crossed the line of faith,” which of the following best describes your current condition (check all that apply):

I don't see the need in my life. Please briefly describe “Why” you feel this way: \_\_\_\_\_

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I am not convinced Jesus is “the only way” or necessarily the only way a new life may be experienced. Please describe the reason(s) you have for doubting Jesus as “the only way” (describe the intellectual, philosophical, emotional reasons you have): \_\_\_\_\_

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I haven't seen a life-changing difference between those who call themselves “Christian” and those who don't.

**II. Red Blood Cells** (oxygen carriers that prevent anemia)

**A. Taking Your Pulse**

**GENERAL Formation and Discipleship**

	Not	Very	True	Somewhat	True	Very	True
I feel confident of my adoption as God's son/ daughter and rarely, if ever, question his acceptance of me.....	1	2	3	4	5		
I love to worship God by myself as well as with others.....	1	2	3	4	5		
I spend regular quality time in the Word of God and in prayer.....	1	2	3	4	5		
I sense the unique ways God has gifted me individually and am actively using my spiritual gifts for his service.....	1	2	3	4	5		
I am a vital participant in a community with other believers.....	1	2	3	4	5		
It is clear that my money, gifts, time, and abilities are completely at God's disposal and not my own.....	1	2	3	4	5		
I consistently integrate my faith in the marketplace and the world.....	1	2	3	4	5		

General Total \_\_\_\_\_

**GROWING in your spiritual journey**

I have an intimate relationship with God, growing spiritually through regular quiet time in God's Word & prayer. (Spiritual Habits).....	1	2	3	4	5		
I respond to challenges with peace and faith to protect me from pain rather than anxiety and fear .....	1	2	3	4	5		
I see myself more through God's eyes than my own.....	1	2	3	4	5		
I avoid using addictive behaviors (food, television, busyness, etc.) .....	1	2	3	4	5		
I am honoring God with my finances & my personal giving (budget) to God .....	1	2	3	4	5		

Growing Total \_\_\_\_\_

**SURRENDERING your heart as worship**

I am faithfully attending church worship services on the weekends.....	1	2	3	4	5		
I have created a life mission statement and am seeking to fulfill it.....	1	2	3	4	5		
I am growing in my personal worship to God through music & praise .....	1	2	3	4	5		
I am surrendering my whole life by improving my exercise and nutrition .....	1	2	3	4	5		
I am honoring God with every dimension of my life by balancing His purposes in my life .....	1	2	3	4	5		

Surrendering Total \_\_\_\_\_

**BREAKING the power of the past**

I resolve conflict in a clear, direct, and respectful way, not what I might have learned growing up in my family, such as painful putdowns, avoidance, escalating tensions, or going to a third party rather than to the person directly (Matt. 18:15-18).....	1	2	3	4	5		
I am intentional at working through the impact of significant "earthquake" events that shaped my present, such as the death of a family member, an unexpected pregnancy, divorce, addiction, or major financial disaster (Gen. 50:20; Ps. 51).....	1	2	3	4	5		
I am able to thank God for all my past life experiences, seeing how he has used them to uniquely shape me into who I am (Gen. 50:20; Rom. 8:28 - 30).....	1	2	3	4	5		
I can see how certain "generational sins" have been passed down to me through my family history, including character flaws, lies, secrets, ways of coping with pain, and unhealthy tendencies in relating to others (Ex. 20:5; cf. Gen. 20:2; 26:7; 27:19; 37:1 - 33).....	1	2	3	4	5		
I don't need approval from others to feel good about myself (Prov. 29:25; Gal. 1:10).....	1	2	3	4	5		
I take responsibility and ownership for my past life rather than blame others (John 5:5-7).....	1	2	3	4	5		

Breaking Free Total \_\_\_\_\_

**B. Devotional Life**

1. How meaningful is Sunday morning worship to you? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
2. How meaningful is private worship to you? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
3. Do you feel you are becoming more acquainted with God? \_\_\_\_\_ In what ways? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
4. Is journaling and meditation a part of your spiritual walk? \_\_\_\_\_ Describe: \_\_\_\_\_  
\_\_\_\_\_

**C. Intellectual Life**

1. Are your doubts and questions being answered? \_\_\_\_\_ If yes, how? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
2. Do you feel you know the Bible? \_\_\_\_\_ What help do you need? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
3. Do you understand basic concepts of theology – justification, regeneration, sanctification, gifts of the Spirit, etc.? \_\_\_\_\_ What help do you need? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
4. In what areas of intellectual life (explaining your faith; theology; practical applications; Bible knowledge; body life; etc.) are you strong, and in which are you weak? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**III. White Blood Cells** (disease fighters for inner spiritual cleansing renewing)

**A. Taking Your Pulse**

**LOOKING beneath the “iceberg”**

Not Very True  
Somewhat True  
Very True

- It's easy for me to identify what I am feeling inside (Luke 19:41 – 44; John 11:33 – 35)..... 1 2 3 4 5
- I am willing to explore previously unknown or unacceptable parts of myself, allowing Christ to transform me more fully (Rom. 7:21 – 25; Col. 3:5 – 17)..... 1 2 3 4 5
- I enjoy being alone in quiet reflection with God and myself (Mark 1:35; Luke 6:12)..... 1 2 3 4 5
- I can share freely about my emotions, sexuality, joy, and pain (Ps. 22; Prov. 5:18 – 19; Luke 10:21)..... 1 2 3 4 5
- I am able to experience and deal with anger in a way that leads to growth in others and myself (Eph. 4:25 – 32)..... 1 2 3 4 5
- I am honest with myself (and a few significant others) about the feelings, beliefs, doubts, pains, and hurts beneath the surface of my life (Ps. 73; 88; Jer. 20:7 – 18).... 1 2 3 4 5
- I often admit when I'm wrong, readily asking forgiveness from others (Matt. 5:23 – 24)..... 1 2 3 4 5
- I am able to speak freely about my weaknesses, failures, and mistakes (2 Cor. 12:7 – 12).... 1 2 3 4 5
- Others would easily describe me as approachable, gentle, open, and transparent (Gal. 5:22–23; 1 Cor. 13:1 – 6)..... 1 2 3 4 5
- Those close to me would say that I am not easily offended or hurt (Matt. 5:39–42; 1 Cor. 13:5). 1 2 3 4 5
- I am consistently open to hearing and applying constructive criticism and feedback that others might have for me (Prov. 10:17; 17:10; 25:12)..... 1 2 3 4 5
- I am rarely judgmental or critical of others (Matt. 7:1 – 5)..... 1 2 3 4 5
- Others would say that I am slow to speak, quick to listen, and good at seeing things from their perspective (James 1:19 – 20)..... 1 2 3 4 5

**B.** Do you feel you are more accepting, forgiving, loving person than you have been? \_\_\_\_\_  
Expand: \_\_\_\_\_  
\_\_\_\_\_

**C.** Do you feel you are stronger against temptations (to be impatient, angry, greedy, lustful, etc.)? \_\_\_\_\_  
Expand: \_\_\_\_\_  
\_\_\_\_\_

**D.** Do you feel your self-worth is healthy? \_\_\_\_\_ Expand: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**E.** Do you see yourself becoming more pure in motive, thoughts, and lifestyle? \_\_\_\_\_ Expand: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

F. Do you find yourself usually encouraging others or competing with others? \_\_\_\_\_ Expand: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

G. Do you occasionally tear another person down in jest or in anger? \_\_\_\_\_ What triggers this? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

H. How is the Holy Spirit helping you become whole? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I. Choose four (4) of these questions and for seven minutes, journal your answers on a separate sheet of paper (or in your journal). If you start journaling and find that there is a lot to write about on one particular feeling, then simply stay with it for the entire seven minutes. The questions are: What are you angry about? What are you sad about? What are you fearful about (health, finances, family, work, future)? What are you mad about (past, present, etc.)? What are you enjoying and glad about? What (whom) do you love? What are you surprised by? What disgusts you?  
After you've journaled, please share what was it like to journal your feelings. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**IV. Platelets** (blood clotters that stanch the wounds of living in a hurting world)

**A.** Check the statements below that apply to you, and indicate *Why*:

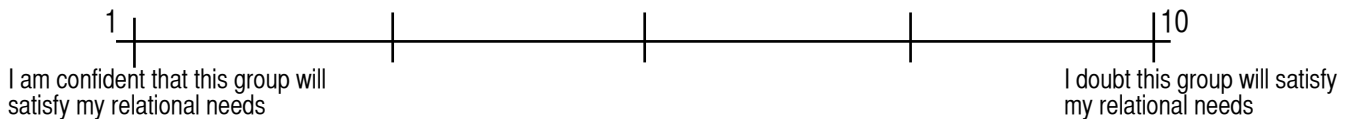
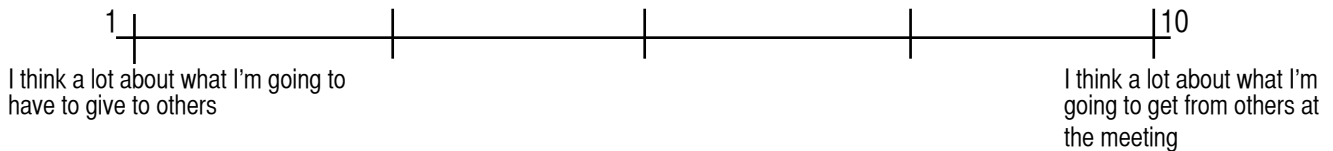
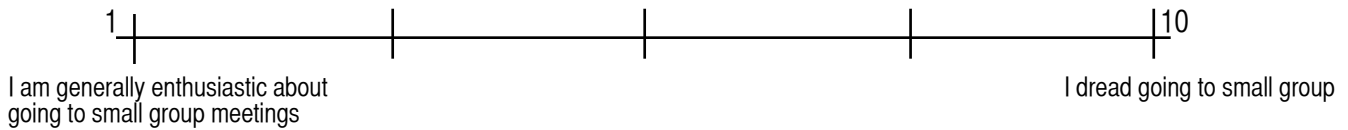
- Sometimes I seem to have enough friends, and other times I feel lonely.
- I have lots of friends, but we don't seem to get very deep.
- I have only a few friends, but our relationships are very rich.
- I have had to really work at making friendships.
- I have tried over and over again to have meaningful friendships, but it never works out.
- I have never had what you would call a "best friend."

Why? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**B.** When it comes to your relational "want to" factor, how would you describe yourself right now?

- I have lots of energy for making my relationships better.
- I want to improve my relationships, though sometimes it drains me.
- I'm not sure I'm up for any new relational challenges.
- I'm weary of trying to work on relationships.

**C.** As you walk into a typical small group meeting, you may be rehearsing what you're going to say and how others may respond. You may be wondering if the experience will be satisfying or whether the meeting will go by without you getting your needs met. On each continuum below, mark where you see yourself:



**D.** Have you found someone to help bear the burdens of life? \_\_\_\_\_ Expand: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**E.** Do you find you can share your inner joys, hopes, and dreams? \_\_\_\_\_ Expand: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

F. When someone in jest or in anger tears you down, how do you handle it? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

G. When you fail, what happens within you? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

H. When you succeed, what happens within you? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I. Spend some time reflecting on your significant relationships. On a scale of 1–5 (1 being “low” and 5 being “high”), how do you rate your present attentiveness level (investing, noticing, remembering, listening)? Rate only those relationships applicable for you.

\_\_\_\_\_ Close Friends

\_\_\_\_\_ Small Group Members

\_\_\_\_\_ Family Members

\_\_\_\_\_ Spouse

\_\_\_\_\_ Work Colleagues

\_\_\_\_\_ Classmates

What observations can you make about the way you rated yourself? Is there consistency, or are some scores significantly higher or lower than others?

Do you sense the Spirit’s prompting regarding any of these relationships?

Consider taking a risk. If it feels appropriate, ask the individuals for their assessment. How closely does it match your own?



**V. Tired Blood** (from improper pace of life)

**A.** Which word(s) best describes your right now: exhausted, tired, overwhelmed, over-scheduled, energized, excited, joyful, motivated. (*circle all the apply*)

**B.** Do you honestly believe your current pace of life is sustainable? Why or Why Not?

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**C.** Our culture tends to value fast-orientation and devalues a slower one. Do you see this tendency in your own life? What voices, within or without, seek to keep you hurried?

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**D.** When you think of Jesus, do you see him as relaxed or intense? (*circle one*)

**E.** The Sabbath is God's primary strategy for personal renewal. Are you practicing the Sabbath? What other spiritual disciplines are you using to bring personal renewal. Please list and describe them:

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**F.** If you compare your life to a fuel tank right now, how full is your tank? Mark the graph below to reflect how full your tank (spiritual [s]; emotional [e]; physical [p]) is at this time in your life:

Empty                      Low                      1/2 Full                      Full                      Overflowing

i) If your tank is low – what is depleting it? \_\_\_\_\_  
\_\_\_\_\_

ii) If your tank is full – what is keeping you fueled up? \_\_\_\_\_  
\_\_\_\_\_

iii) If your tank is half full – what needs to happen to fill it? \_\_\_\_\_  
\_\_\_\_\_

**G.** Do you feel you have a balance of worship, study, ministry, and gospel sharing to stay “spiritually sharp”?

Expand: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**VI. Blood Pressure** (hypertension and exercise)

A. How would you describe your general, overall health? (*circle one*): Excellent / Good / Poor. Please expand why you think this is true of you: \_\_\_\_\_

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B. Check all the ones which apply to you:

- Do you frequently feel "stressed out"?
- Do you have difficulty falling asleep or maintaining sleep through the night?
- Do sudden noises make you jump?
- Do you become dizzy or light-headed when standing up too quickly?
- Do you crave salt or sugar?
- Do you drink coffee?
- Have you taken any diet pills in the last 3 years?
- Do you drink any highly caffeinated beverages such as soft drinks or energy drinks?
- Do you exercise less than 3 times per week?

C. How often do you exercise? \_\_\_\_\_

D. Do you exercise less than three times each week? Y / N

E. Have you ever met with a nutritionist to create a food plan for you and/or your family? Y / N

F. Does your typical diet include more hamburger, bacon, eggs or chicken, fish, vegetables? \_\_\_\_\_

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G. How many hours per night do you generally sleep? \_\_\_\_\_

H. This question is from the *General Health Questionnaire* and is designed to see if your overall body health is balanced or not. Please check all that apply:

- Are you very easily fatigued?
- Do you have pain on the inside of your legs or heels?
- Do you have problems sleeping
- Do you avoid even routine or mild physical activity?
- Do you run out of energy during the day?
- Do you experience leg nervousness or "twitching" at night?
- Do you have difficulty falling asleep or maintaining sleep through the night?
- Have you felt depressed for 3 months or longer?

**VII. Blood Pressure** (hypertension and exercise). . .*cont'd*

**A.** Are you able to turn your finances over to God and tithe, trusting him to supply? \_\_\_\_\_ Expand: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**B.** Do you have a monthly financial budget and do you live within this budget? \_\_\_\_\_ Expand: \_\_\_\_\_  
\_\_\_\_\_

**C.** Do you have a “savings fund” to be used for emergencies or giving opportunities to invest in the Kingdom of God? \_\_\_\_\_ Expand: \_\_\_\_\_  
\_\_\_\_\_

**D.** Are you able to turn your vocation over to God to use you how and where he wants? \_\_\_\_\_ Expand: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**E.** Are you learning to let go of the desire for things? \_\_\_\_\_ Expand: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**F.** Are you able to exercise your gifts within the Body of Christ? \_\_\_\_\_  
What do you see as your gift(s)? \_\_\_\_\_  
\_\_\_\_\_

**G.** Are you able to explain to others in the community why you are a Christian? \_\_\_\_\_  
Any problems here? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**H.** How much are you concerned for those who are less fortunate, wanting to share with them the gospel and the helping hand? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**I.** How concerned are you with injustices and other social evils? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*The idea for this “Confidential Spiritual Check Up” came from Dr. Dennis Wayman. Questions have been modified using questions from Peter Scazzero’s Emotionally Healthy Spirituality; Brett Eastman’s Coaching Life Together and by Shawn Penn. Used by permission.*