



Head - Knowing God

Belief	I understand the essential beliefs of the Christian faith, and feel confident that I could share my understanding of them with a non-religious friend.	Disagree	1	2	3	4	5	Agree
Bible	I know the significant events and themes of the Bible, and feel that I can navigate its pages and interpret it with others.		1	2	3	4	5	
Methodism	I can articulate what United Methodists believe and practice.		1	2	3	4	5	
Values	I am growing in my understanding of Christian values. My faith informs my beliefs about moral issues.		1	2	3	4	5	
Discernment	I am growing in my understanding of God's will for humanity and for my life in particular.		1	2	3	4	5	

Total Head: _____



Heart - Loving God

Transformation	I know that God has the power to transform lives, and I am learning how God is actively transforming me.	Disagree	1	2	3	4	5	Agree
Self-Denial	I am learning how to set aside my own desires and to seek God's will for my life.		1	2	3	4	5	
Discipline	I practice spiritual disciplines regularly (pray, worship, study the Bible, receive Holy Communion) and experience God's grace through them.		1	2	3	4	5	
Growth	I have an awareness of my own spiritual growth, that God is working a change in me.		1	2	3	4	5	
Community	I regularly meet with a group of friends in order to grow in faith together and challenge each other to grow deeper in Christ.		1	2	3	4	5	

Total Heart: _____



Hands - Serving God

		Disagree				Agree
Ministry	I actively work to serve Christ in the world by doing a ministry inside or outside the church walls.	1	2	3	4	5
Witness	I help others to grow spiritually by sharing my faith story, offering spiritual encouragement, and leading others to a relationship with Christ.	1	2	3	4	5
Strengths	I have discovered my strengths or spiritual gifts, and actively work to develop them and use them in ministry.	1	2	3	4	5
Giving	I give of my financial resources in proportion to my income, and am working toward giving 10% or beyond.	1	2	3	4	5
Time	I invest time in building my relationship with God and others, managing my time according to God's priorities.	1	2	3	4	5

Total Hands: _____

Pathways Spiritual Self-Assessment

Our mission at Trinity is to Gather people to Christ, Grow in Christ, and Go to serve Christ in the world. Every disciple who serves Christ also grows in Christ.

Our goal is that every member of Trinity would continually grow spiritually in three areas:



Knowing God—Head

While we can never fully understand God, our questions, doubts, conversations, and study can lead us to a deeper understanding. We study together to better understand God's will for our world and our lives. Look for opportunities marked with the "Knowing" icon to journey deeper into an understanding of God.



Loving God—Heart

As in any relationship, intimacy with God does not happen by accident. We experience God's grace by intentionally putting ourselves in situations where intimacy is fostered. Look for opportunities marked with the "Loving" icon to journey deeper into intimacy with God.



Serving God—Hands

St. Teresa of Avila says, "Christ has no body but yours - no hands, no feet on earth but yours." When we serve together in God's name, we become the hands and feet of a God who is healing a broken world. Look for opportunities marked with the "Serving" icon to journey deeper into service for God.

Instructions

This self-assessment can be used in several ways. The following is our suggestion. To complete your self-assessment, respond to each of the 15 following statements. Add up your responses from each area, and record the score at the bottom of each page. The lowest total indicates the area in which you see the greatest possibility for growth. Within the lowest area, determine which individual statement you scored lowest. If you scored multiple areas or individual questions equally, simply choose one. Look up the suggestions for that statement on our website (www.trinitybirmingham.com) or on one of the corresponding bookmarks available in the Narthex.