

APPENDIX 2: THE SPIRITUAL LIFE PROFILE

At Pastor Randy Frazee's request, the reader may NOT photocopy the spiritual life profile found on these pages. This profile is intended for the reader's personal use only.

The most recent version of the Christian Life Profile (on which this spiritual life profile is based) can be obtained by contacting Pantego Bible Church, 8001 Anderson Blvd., Fort Worth, Texas 76120; by phone at 1-866-pantego [toll-free] or 817-274-1315; via e-mail at CLP@pantego.org; or on the Internet at www.pantego.org/mall/details.cfm?id=50.

THE SPIRITUAL WHEEL

Broad Category	Subcategory	20 Core Competencies
LOVE GOD	(Beliefs & Practices)	<ol style="list-style-type: none"> 1. Personal God 2. Compassion 3. Stewardship 4. Worship 5. Prayer 6. Single-mindedness 7. Faith Community 8. Giving Away My Time 9. Giving Away My Money 10. Giving Away My Life
LOVE NEIGHBOR	(Virtues)	<ol style="list-style-type: none"> 1. Love 2. Joy 3. Peace 4. Patience 5. Kindness/Goodness 6. Faithfulness 7. Gentleness 8. Self-control 9. Hope 10. Humility

PERSONAL ASSESSMENT

	Does not apply at all		Applies somewhat		Applies completely
1. I believe that God has a purpose for my life.	0	1	2	3	4 5
2. God calls me to be involved in the lives of the poor and suffering.	0	1	2	3	4 5
3. I believe that everything I am—or own—comes from God and belongs to God.	0	1	2	3	4 5
4. I thank God daily for who he is and for what he is doing in my life.	0	1	2	3	4 5
5. I seek God's will through prayer.	0	1	2	3	4 5
6. I desire God to be first in my life.	0	1	2	3	4 5
7. I have close relationships with others in my faith community who have influence in my life's direction.	0	1	2	3	4 5
8. I invest my time in others by praying for them.	0	1	2	3	4 5
9. I give away 10 percent or more of my income to God's work.	0	1	2	3	4 5
10. I am living out God's purposes for my life.	0	1	2	3	4 5
11. God's grace enables me to forgive people who have hurt me.	0	1	2	3	4 5
12. I have inner contentment even when things go wrong.	0	1	2	3	4 5
13. I know God forgives me.	0	1	2	3	4 5
14. I do not get angry with God when I have to endure suffering.	0	1	2	3	4 5
15. I would never keep money that didn't belong to me.	0	1	2	3	4 5
16. I take unpopular stands when my faith dictates.	0	1	2	3	4 5
17. I consider my own shortcomings when faced with the failures of others.	0	1	2	3	4 5
18. I am not addicted to any substances—whether food, caffeine, tobacco, alcohol, or chemical.	0	1	2	3	4 5

	Does not apply at all		Applies somewhat		Applies completely
19. I think a great deal about heaven and what God is preparing for me as a person of faith.	0	1	2	3	4 5
20. As a child of God, I do not think too highly or lowly of myself.	0	1	2	3	4 5
21. I believe that pain and suffering can often bring me closer to God.	0	1	2	3	4 5
22. I believe I am responsible before God to show compassion to the sick and imprisoned.	0	1	2	3	4 5
23. I believe that people of faith should live a sacrificial life, not be driven by pursuit of material things.	0	1	2	3	4 5
24. I attend religious services and worship with other believers each week.	0	1	2	3	4 5
25. I regularly admit to God the things I do wrong.	0	1	2	3	4 5
26. I see every aspect of my life and work as service to God.	0	1	2	3	4 5
27. I participate in a small faith group that really knows me and supports me.	0	1	2	3	4 5
28. I spend a good deal of time helping others who have physical, emotional, or other kinds of needs.	0	1	2	3	4 5
29. I regularly give money to serve and help others.	0	1	2	3	4 5
30. I give up what I want to meet the needs of others.	0	1	2	3	4 5
31. I rejoice when good things happen to other people.	0	1	2	3	4 5
32. Circumstances do not dictate my mood.	0	1	2	3	4 5
33. I am not angry with God, myself, or others.	0	1	2	3	4 5
34. I am known to maintain honesty and integrity when under pressure.	0	1	2	3	4 5
35. I am known as a person who speaks words of kindness to those in need of encouragement.	0	1	2	3	4 5

	Does not apply at all		Applies somewhat		Applies completely
36. I discipline my thoughts based on my faith.	0	1	2	3	4 5
37. I am known as a person who is sensitive to the needs of others.	0	1	2	3	4 5
38. I do not burst out toward others in anger.	0	1	2	3	4 5
39. I am confident that God is working everything out for my good regardless of the circumstances today.	0	1	2	3	4 5
40. I am not known as a person who brags.	0	1	2	3	4 5
41. I believe that God is actively involved in my life.	0	1	2	3	4 5
42. I believe that I should stand up for those who cannot stand up for themselves.	0	1	2	3	4 5
43. I believe that I should give at least 10 percent of my income to God's work.	0	1	2	3	4 5
44. I give God credit for all that I am and all that I possess.	0	1	2	3	4 5
45. Prayer is a central part of my daily life.	0	1	2	3	4 5
46. I spend time each day reading God's Word and praying.	0	1	2	3	4 5
47. I allow others in my faith community to hold me accountable for my actions.	0	1	2	3	4 5
48. I give away my time to serve and help others in my community.	0	1	2	3	4 5
49. My first priority in spending is to support God's work.	0	1	2	3	4 5
50. I give away things I possess, when I am so led by God.	0	1	2	3	4 5
51. I demonstrate love equally toward people of all races.	0	1	2	3	4 5
52. I am excited about the sense of purpose I have for my life.	0	1	2	3	4 5
53. I forgive people who deeply hurt me.	0	1	2	3	4 5

	Does not apply at all		Applies somewhat		Applies completely	
54. I always put matters into God's hands when I am under pressure.	0	1	2	3	4	5
55. I give to others, expecting nothing in return.	0	1	2	3	4	5
56. I follow God even when it involves suffering.	0	1	2	3	4	5
57. I am known for not raising my voice.	0	1	2	3	4	5
58. I do not have sexual relationships that are contrary to the teaching of my faith community.	0	1	2	3	4	5
59. My hope in God increases through my daily pursuit to follow his teachings.	0	1	2	3	4	5
60. I am willing to make any of my faults known to people in my faith community who care for me.	0	1	2	3	4	5
61. I believe God enables me to do things I could not or would not otherwise do.	0	1	2	3	4	5
62. I believe that I should not purchase everything I can afford, in order that at least some of my discretionary money can be available to help those in need.	0	1	2	3	4	5
63. I believe God will bless people of faith now and in the life to come for their good deeds.	0	1	2	3	4	5
64. I am not ashamed for others to know that I worship God.	0	1	2	3	4	5
65. I seek to grow closer to God by listening to him either in prayer or by reading his Word.	0	1	2	3	4	5
66. I value a simple lifestyle over one cluttered with activities and material possessions.	0	1	2	3	4	5
67. I daily pray for and support other people of my faith community.	0	1	2	3	4	5
68. I regularly volunteer in my community.	0	1	2	3	4	5
69. My spending habits do not keep me from giving what I feel I should give to God.	0	1	2	3	4	5
70. I serve God through my daily work.	0	1	2	3	4	5
71. I frequently give up what I want for the sake of others.	0	1	2	3	4	5

	Does not apply at all		Applies somewhat		Applies completely	
72. I can be content with the money and possessions I now have.	0	1	2	3	4	5
73. I have an inner peace from God.	0	1	2	3	4	5
74. I keep my composure even when people or circumstances irritate me.	0	1	2	3	4	5
75. I help others who are in trouble or who cannot help themselves.	0	1	2	3	4	5
76. I follow through on commitments I have made to God.	0	1	2	3	4	5
77. I allow people to make mistakes.	0	1	2	3	4	5
78. I control my tongue.	0	1	2	3	4	5
79. My hope for the future is not found in my health or wealth—because both are so uncertain—but in God.	0	1	2	3	4	5
80. I am not upset when my achievements are not recognized.	0	1	2	3	4	5

SCORING TABLE FOR THE SPIRITUAL LIFE PROFILE

Go back through your personal assessment; take your score for each question and transfer it to this table. For example, if you answered question #1 (I believe that God has a purpose for my life) by saying that this statement “applies somewhat” (a score of 3), then place the score of 3 by number 1 below. Repeat this process for each question on the personal assessment. When you have placed your scores in each of the blanks, add the scores for each line and place this sum on the 0–20 point scale of that line. When you are done, add your score for each section and place it in the box below each section.

A Discipleship Tool to Assess Christian Beliefs, Practices, and Virtues

1. ____	21. ____	41. ____	61. ____	Personal God	0...5...10...15...20
2. ____	22. ____	42. ____	62. ____	Compassion	0...5...10...15...20
3. ____	23. ____	43. ____	63. ____	Stewardship	0...5...10...15...20
4. ____	24. ____	44. ____	64. ____	Worship	0...5...10...15...20
5. ____	25. ____	45. ____	65. ____	Prayer	0...5...10...15...20
6. ____	26. ____	46. ____	66. ____	Single-mindedness	0...5...10...15...20
7. ____	27. ____	47. ____	67. ____	Faith Community	0...5...10...15...20
8. ____	28. ____	48. ____	68. ____	Giving Away My Time	0...5...10...15...20
9. ____	29. ____	49. ____	69. ____	Giving Away My Money	0...5...10...15...20
10. ____	30. ____	50. ____	70. ____	Giving Away My Life	0...5...10...15...20

Total Score in Beliefs and Practices 0...40...80...120...160...200

11. ____	31. ____	51. ____	71. ____	Love	0...5...10...15...20
12. ____	32. ____	52. ____	72. ____	Joy	0...5...10...15...20
13. ____	33. ____	53. ____	73. ____	Peace	0...5...10...15...20
14. ____	34. ____	54. ____	74. ____	Patience	0...5...10...15...20
15. ____	35. ____	55. ____	75. ____	Kindness/Goodness	0...5...10...15...20
16. ____	36. ____	56. ____	76. ____	Faithfulness	0...5...10...15...20
17. ____	37. ____	57. ____	77. ____	Gentleness	0...5...10...15...20
18. ____	38. ____	58. ____	78. ____	Self-control	0...5...10...15...20
19. ____	39. ____	59. ____	79. ____	Hope	0...5...10...15...20
20. ____	40. ____	60. ____	80. ____	Humility	0...5...10...15...20

Total Score in Virtues 0...40...80...120...160...200