

WORKSHEET ON SPIRITUAL VITALITY

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This worksheet is designed to help you improve your strategy for maintaining a vital, growing relationship with the Lord. Prayerfully consider and answer each question. Write your responses on a separate sheet.

Positive Factors

1. Internal Factors. List some of your strengths and personal characteristics that enhance your ability to walk effectively with the Lord. See Romans 12.3.
In what ways can you use one or two of these more effectively?
2. External Factors. List the factors in your situation that help you.
In what ways can you use one or two of these more effectively?
3. Spiritual Resources. What spiritual resources are you now using to help you?
Which resources would you like to begin using more?
4. Application. Write one or two goals on how you will use these positive factors to help you maintain spiritual vitality. Specifically state what you plan to do and when.

Hindering Factors

1. Internal Factors. List weaknesses or other personal characteristics that hinder your spiritual vitality.
2. External Factors. List factors in your situation that hinder your spiritual vitality.
3. Application. Choose one or two factors, and describe what you can begin doing today to overcome them. What will you do, and when will you begin?

Your Prayer Life

Kinds of prayer include praise, thanksgiving, casting your burdens on Him, confession, petition (for self), intercession (for others), and sharing your joys with Him. Consider your prayer life using the following questions.

1. Private Prayer. What three words best describe your private prayer life?
In what kinds of prayer are you strong?
In what kinds of prayer are you weak?
How would you describe your personal balance between formal and informal prayer? Formal prayer means taking time just to pray. Informal prayer means conversing with the Lord as you engage in other activities.
2. Prayer With Family or Partner. What three words would you use to describe this?

What kinds of prayer do you concentrate on most with them?

What would you like to do differently in this area? Ask them what they would like to do differently with you.

3. Prayer With Other People. Other than family, with whom do you pray with regularly or occasionally?

Would you like to begin praying regularly or more often with someone? Who?

4. Application. Write one or two goals on what you will begin doing differently in your prayer life. What do you plan to do, and when?

Time in The Word

Ways of relating to the Word include hearing, reading, studying, memorizing, meditating, singing, and sharing with others.

1. Personal Time in the Word. What three words would you use to describe your personal time in the Word?

In what ways of relating to the Word do you consider yourself strong?

In what ways do you consider yourself weak?

In what ways of relating to the Word would you like to grow?

2. Time With Family or Friends. What three words would you use to describe your time in the Word with them?

What ways of relating to the Word do you do most with them?

What ways do you do least with them?

What would you like to do differently? Ask them what they would like to do differently.

3. Application. Write one or two goals on what you will begin doing differently in how you relate to the Word personally, or with others. What will you do and when?

Other Issues

You may want to identify and work on other issues in your spiritual vitality. If so, here are some steps to take.

1. Identify Issues. List any other issues that you would like to work on in the immediate future.

These might include sharing your faith, obedience, ministering to others, developing a relationship of mutual accountability, growing in the fruit of the Spirit.

2. Assessment. What are you doing now in this area?

Ask a loved one or friend how they see you in this area.

What would you like to do differently?

What resources can you apply to grow in it?

3. Application. Write one goal describing what you will begin doing differently in this area.

Concluding Thoughts

Growth often requires involvement with others in the body of Christ (Ephesians 4:11-16, Hebrews 10:24,25). Share your goals with a loved one and/or close friend, and invite them to share with you. Become accountable to them for your growth. Ask them to pray for you in each area, and set times to share how you're doing. Ask for feedback as you go along. Also, you will probably be less discouraged if you pick only one or two issues to work on. Ask the Lord to show you the areas He would like you to work on.