



Name: _____

We'd like to give you the opportunity to think about your own faith journey over the last year. Spiritual growth can't really be measured and you may not even notice it yourself, so don't panic if you don't feel you've grown at all. It might help to talk to a parent/ carer, Christian friend or a leader about where you see yourself at the moment, where they see you, and where you want to be. Get them to pray for you! Why not fill it in again in a year's time and see how you've grown?

Before you start...

...read 2 Peter 1.3-8 and Ephesians 2.8-10. Remember that God 'has given us everything we need for a godly life' and yet, we are called to 'make every effort'. So, accept the challenge of a lifetime of discipleship, but also trust in God's grace, not your own efforts.

After you finish...

...read Philippians 1.6. God will finish the discipleship work he's started in you one day!

Where do you see yourself, in terms of your head, heart and hands?

Tick the box that best applies to each question:

Head

How did your understanding of who God is and what He is like change over the past year?

I know more	<input type="checkbox"/>
I stayed the same	<input type="checkbox"/>
I am more confused	<input type="checkbox"/>

How did your understanding of what Jesus has done for you change over the past year?

I know more	<input type="checkbox"/>
I stayed the same	<input type="checkbox"/>
I am more confused	<input type="checkbox"/>

How did your understanding of what it means to live as a Christian change over the past year?

I know more	<input type="checkbox"/>
I stayed the same	<input type="checkbox"/>
I am more confused	<input type="checkbox"/>

Heart

How did your personal time with God (praying, reading the Bible, reading Christian books, listening to worship music, etc.) change over the past year?

Increased	<input type="checkbox"/>
Stayed the same	<input type="checkbox"/>
Decreased	<input type="checkbox"/>

How satisfied are you with your growth as a Christian this year?

More than I expected	<input type="checkbox"/>
I think it was just right	<input type="checkbox"/>
I wish I grew more	<input type="checkbox"/>

How did your love for others change over the past year?

I loved others more	
I stayed the same	
I loved others less	

How often do you do each of these activities for ‘God-time’ on your own?

Activity	Daily	Weekly	Monthly	Rarely	Never
Read the Bible					
Pray and meditate on God					
Confess and repent					
Listen to Christian music					
Journal (diary with Christian focus)					
Read a Christian book					
Read/do a Christian devotional					

How often do you take Sabbath rest to trust in God and focus on Him?

Daily	Weekly	Monthly	Rarely	Never

How often do you talk at home about spiritual things?

Daily	Weekly	Monthly	Rarely	Never

How often do you talk with friends outside church about spiritual things?

Daily	Weekly	Monthly	Rarely	Never

Hands

How often do you talk with people you don’t know about spiritual things?

Daily	Weekly	Monthly	Rarely	Never

How did your sacrificial serving of God and others change over the past year (using your gifts and talents, money or time)?

I served more	
I stayed the same	
I served less	

How did the Fruit of the Spirit (Galatians 5.22-23: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control) grow in you over the last year as God’s Spirit lives in you?

I grew in the Fruit a lot	
I grew in the Fruit a little	
I stayed the same	
I declined in the Fruit a little	
I declined in the Fruit a lot	

How did your saying ‘no’ to temptation change over the last year?

I resisted temptation more	
I stayed the same	
I gave in to temptation more	

What’s helped?

What or who had the greatest influence on your spiritual growth this year?

What was the most significant moment or period of spiritual growth in the past year?

Anything you want to mention that you weren’t asked?



My plan to grow as a disciple this year

(Why not keep this page in your Bible?)

Read Matthew 22.36-40. We rarely improve in an important area of life without intention and effort. The Holy Spirit is at work in the lives of believers to bring renewal (Titus 3:5), but at the same time, we tend not to drift into growth, we drift into falling back. Knowing that reality, let's take a few moments to look at our relationship with Jesus in three different areas: our heads, our hearts, and our hands.

For each section, think about the questions, then determine your plan for how you might intentionally grow in the coming year. There will be several suggestions for each section. It's better to commit to fewer things and then to follow through, rather than commit to too many.

Remember each day that you and I are saved by grace, not by works. Some of us, some days will feel like we haven't achieved much or have grown at all. Still, we may have been faithful with what little we have been given that day (Matthew 25.21).

What is your biggest hope or spiritual goal for this coming year?

Head

Do I understand the gospel¹?

Do I believe the gospel?

How am I currently growing in my understanding of God and His Word?

What habits do I want to commit to this coming year to grow in loving God with all of my mind? You can tick some of the suggestions below or write your own:

	Daily Bible reading
	Regularly attend midweek youth
	Regularly attend midweek Bible study
	Regularly attend Sunday youth
	Regularly attend church
	Memorize Bible verses
	Read a Christian book
	Read a devotional book or plan each day

¹ That is to say, the good news. You might want to think about explaining to someone what a Christian is, why Jesus died or why Jesus rose again.

Heart

What's most important to me?

Am I convicted of sin and not just feeling bad about consequences?

Am I open to the things of Jesus?

How would I describe my joy in the things of God?

What habits do I want to commit to this coming year to grow in loving God with all of my heart and my neighbours as myself? (Tick some of the suggestions or write in your own ideas):

	Listen to (and sing) worship music
	Journal about your day from a Christian point of view
	Go to Christian Union at school/college
	Pray and meditate on God each day
	Confess my sins and repent each day
	Take weekly sabbath rest to focus on God
	Go without your phone, gaming or social media regularly
	Give a proportion of the money you get away
	Go to a church service
	Go to midweek church youth group more regularly
	Go to Sunday church youth group more regularly
	Go to youth Bible study more regularly
	Share the good news of Jesus with those who don't know Him

Hands

Have I surrendered my life to Jesus?

What am I holding on to that is keeping me from giving God everything? What can I put in place to help me let go of those things?

How am I regularly serving Jesus every day or week (gifts, talents, money, time)?

What habits do I want to commit to this coming year to grow in loving God with my hands? (Circle some suggestions or write in your own ideas)

Helping at
home beyond
my weekly
chores

Giving away
some things I
own

Volunteer with

Serve in a
regular ministry
at church

Final Challenge: Who might you share this plan with so they can pray for you, encourage you and challenge you?

