

Relational Assessment

Read each statement and rate yourself. Try to be honest.

If you don't understand a statement, that is likely low for you.

1 = I'm not doing well.

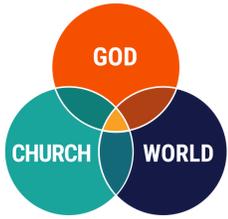
5 = I'm doing excellent!

NAME: _____

RHYTHM STATEMENT	RATING
1. I set aside time to read my Bible on a consistent basis.	1 2 3 4 5
2. I regularly set aside time to spend in prayer.	1 2 3 4 5
3. I frequently spend time reflecting on the nature and attributes of God.	1 2 3 4 5
4. I have a weekly time of pausing from work and busyness.	1 2 3 4 5
5. I regularly meet with a small group of believers to grow in my faith.	1 2 3 4 5
6. I have 2-3 people who I trust to speak truthfully to me.	1 2 3 4 5
7. I regularly set aside an amount of money to give to the church.	1 2 3 4 5
8. I daily use my words or actions to lift someone else up.	1 2 3 4 5
9. I actively learn about the needs of others around the world.	1 2 3 4 5
10. I actively seek out ways to help others around me.	1 2 3 4 5
11. I participate in community events, organizations or activities.	1 2 3 4 5
12. I know how to clearly communicate the gospel to someone.	1 2 3 4 5
13. I understand the full story of the Bible and how I fit into God's story.	1 2 3 4 5
14. Conversations with God overflow throughout my day.	1 2 3 4 5
15. In response to God's love, I live a life of obedience to Him.	1 2 3 4 5
16. I understand that God has authority over my successes and failures.	1 2 3 4 5
17. I regularly gather together with other believers to worship God.	1 2 3 4 5
18. I respond with humility to words of correction.	1 2 3 4 5
19. I understand my spiritual gifts and know how to use them.	1 2 3 4 5
20. I make time to be "present" for those who might be going through something.	1 2 3 4 5
21. When someone is being wronged, I respond with a similar response as Jesus.	1 2 3 4 5
22. As I move through my community, I pray for God's guidance to share the love of Jesus with others.	1 2 3 4 5

RHYTHM STATEMENT	RATING
23. I invite neighbors into my home and/or share a meal with them, on a regular basis.	1 2 3 4 5
24. I am equipped to share specific scriptures to communicate the love of Jesus.	1 2 3 4 5
25. I see and understand that Jesus is the point and purpose of the Bible.	1 2 3 4 5
26. My times of prayer are more than just making requests to God.	1 2 3 4 5
27. I prioritize honoring God over honoring others in my life	1 2 3 4 5
28. I set aside times for solitude and reflection with God.	1 2 3 4 5
29. I know at least 10 people in my church by name.	1 2 3 4 5
30. I actively seek out feedback for areas of my life where I struggle.	1 2 3 4 5
31. I actively look for ways to help others in the church.	1 2 3 4 5
32. I regularly look for ways to be kind to others.	1 2 3 4 5
33. I pay attention to what is going on in the lives of people in my community, country and world.	1 2 3 4 5
34. I am patient and kind with people who annoy me or interrupt my plans.	1 2 3 4 5
35. I know the names and circumstances of at least 3-5 of my neighbors.	1 2 3 4 5
36. I can share my personal story of how God has impacted my life.	1 2 3 4 5
37. I allow the Bible to direct my actions, thoughts and decisions.	1 2 3 4 5
38. I spend time focusing on praying for others regularly.	1 2 3 4 5
39. I make time to tell God how great He is.	1 2 3 4 5
40. I have a set time to end my day's work and stop my tasks.	1 2 3 4 5
41. I spend time with people from church outside the church building.	1 2 3 4 5
42. I share open and honest feedback with 2-3 people in my life.	1 2 3 4 5
43. I regularly participate in a volunteering role at the church.	1 2 3 4 5
44. I listen in order to understand, rather than to respond.	1 2 3 4 5
45. I know of and support at least one organization that is doing God's work in another country.	1 2 3 4 5
46. I will anonymously and randomly give a gift to someone throughout the year.	1 2 3 4 5
47. I have friends who are not yet a part of the church community.	1 2 3 4 5
48. I live in a way that shows others the love of Jesus.	1 2 3 4 5
49. I commit passages of scripture to memory.	1 2 3 4 5
50. Before I make decisions in my life, I pray about them.	1 2 3 4 5

RHYTHM STATEMENT	RATING
51. My responses to others reflects the grace that God has shown to me.	1 2 3 4 5
52. I trust God with the outcomes of my endeavors and allow Him to be in control.	1 2 3 4 5
53. I look to greet and welcome new people at church.	1 2 3 4 5
54. I have consistent “check-ins” with others to obtain guidance for my personal growth.	1 2 3 4 5
55. I treat all of my resources as if they belong to God and act like His steward of them.	1 2 3 4 5
56. I pay attention to what brings joy to the people around me.	1 2 3 4 5
57. I regularly set aside time to pray for God’s work in a specific geographical area outside my normal living area.	1 2 3 4 5
58. I seek out those who are alone and make time to be present.	1 2 3 4 5
59. I have at least 2-3 neighbors who know me and what is going on in my life.	1 2 3 4 5
60. I have shared the gospel with at least one person in the last 3-6 months.	1 2 3 4 5



The Three Relationships Rhythms

Healthy relationships are not defined by a to do list. Instead, they follow regular rhythms that develop and deepen the relationship. Below are rhythms that you will find present in a healthy follower of Jesus.

GOD

SCRIPTURE - I align my life with the full story of the Bible.

PRAYER - I talk, listen and respond to God.

WORSHIP - I see who God is and respond appropriately.

REST - I pause regularly to declare that God, not productivity, rules my life

CHURCH

COMMUNITY - I share life with other believers as we follow Jesus together.

ACCOUNTABILITY - I allow open and honest feedback in my life.

INVESTMENT - I use my time, skills and resources for the kingdom of God.

ENCOURAGEMENT - I support and strengthen others in their walk with Jesus.

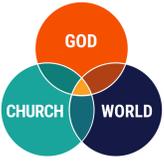
WORLD

AWARENESS - I see the needs of the world and respond to them.

BLESSING - I find ways to make the world around me better.

ENGAGEMENT - I welcome others into my life and intentionally participate in theirs.

SHARING - I live and speak in ways that point people to Jesus.



Relational Assessment Scoring

NAME: _____

1. Transfer the number you circled for each statement to the blank beside the corresponding number. Do this for all 60 statements.

2. Add up the total for each column. The highest possible score in one column would be 25.

3. Add up the total for each color. The highest possible score in one color would be 100.

4. Observe where you are strong and weak. Don't compare yourself to anyone else.

5. Make a plan. Find at least one Next Step to develop or deepen each of these three relationships.

6. Share your results. Share with someone who is helping you grow in Christ.

GOD			
SCRIPTURE	PRAYER	WORSHIP	REST
1.	2.	3.	4.
13.	14.	15.	16.
25.	26.	27.	28.
37.	38.	39.	40.
49.	50.	51.	52.
TOTAL	TOTAL	TOTAL	TOTAL

SCORE

SCORE

SCORE

CHURCH			
COMMUNITY	ACCOUNTABILITY	INVESTMENT	ENCOURAGEMENT
5.	6.	7.	8.
17.	18.	19.	20.
29.	30.	31.	32.
41.	42.	43.	44.
53.	54.	55.	56.
TOTAL	TOTAL	TOTAL	TOTAL

WORLD			
AWARENESS	BLESSING	ENGAGEMENT	SHARING
9.	10.	11.	12.
21.	22.	23.	24.
33.	34.	35.	36.
45.	46.	47.	48.
57.	58.	59.	60.
TOTAL	TOTAL	TOTAL	TOTAL