

Transform – Spiritual Formation Questionnaire

This is not a test and there are no right or wrong answers! It is intended to help you reflect upon the condition of your heart and areas in your character where the Holy Spirit may want to work in you.

Read through the following statements circling each number that most resonates with your normal or current experience / mindset. In each section you can select as many as you want. They may all be true to some degree or at some time but choose the ones that are your experience most of the time.

1	I find it hard when things don't go the way I want them to
2	I struggle with repeated sinful thought patterns
3	I experience an underlying agitation most of the time but I'm not always sure why
4	I want to grow in knowing the Father's approval
5	I'm easily offended
6	When doubts come or trouble hits, I struggle to bring to mind the promises of God
7	I am quite protective over my belongings

1	I want to grow in being submitted to God's way
2	I'm scared of people finding out the truth about me
3	My life and work are orientated around the goal of accumulating more
4	I find it hard when others are praised or recognised
5	I am often suspicious of people's motives or intentions
6	I live with an underlying anxiety about many things
7	I want to think about myself less and others more

1	There are things in my life I haven't surrendered to God
2	I want to learn how to shut out negative thinking and the enemy's lies
3	When I'm feeling low, my instinct is to look to buy something to cheer me up
4	I change my behaviour around different people in order to be accepted by them
5	I find it hard to let go of my anger when someone hurts or upsets me
6	I want to be able to trust God with the things most precious to me
7	My actions are often motivated by what profit / gain I will get out of something

1	My feelings drive my decision making
2	I feel a strong sense of condemnation when I sin or mess up
3	I want to be more thankful for what I have
4	I am competitive and want to win
5	I want to be free of the pain of the past
6	I am not at 'peace' unless I am completely 'on top' of things
7	The idea of giving / tithing offends me

1	My thoughts are generally more directed towards myself than towards Jesus
2	I want to grow in embracing my weakness and being real with people
3	I spend a lot of time on social media, looking at other people's lives and comparing them with my own
4	I want people to think I'm spiritual
5	I'm hesitant to get close to people for fear they will hurt me
6	I choose 'doing' over being with God
7	I see my possessions / belongings as mine or things I have earned, rather than gifts God has given me and that I steward.

1	I'm afraid if I commit to obeying Christ, I will lose the things I value most
2	I struggle to believe God loves and forgives me

3	I grieve the loss of material possession
4	I hanker after power and influence and find it hard to bring myself under the leadership of others
5	I make quick judgements about people that I then hold onto
6	I want to grow in seeking God's kingdom above anything else
7	I want to serve others joyfully and not reluctantly

1	I want to grow in my appreciation of Christ's sacrifice for me
2	I'm so tired of trying to 'keep up appearances'
3	I am quick to complain of need and hardship
4	I want God's knowledge of my deeds to be enough for me
5	I want to grow in my appreciation of God's grace in my life
6	I'm fearful of the future
7	If I'm honest I see some opportunities to serve as beneath me

Now, total up how many you selected of each number (E.g. How many number 1's, 2's, 3's etc.) and fill out the boxes below. This will show what area of Christlikeness God may want you to grow in and the spiritual practice that could help you to do this.

Characteristic of Christ	Score	Spiritual Practice
1. Self-denial		Obedience
2. Freedom		Confession & repentance
3. Contentment		Simplicity
4. Humility		Secrecy
5. Gracious		Forgiveness
6. Peace		Belief / Trust
7. Generosity		Service