

ESSENTIAL HABITS ASSESSMENT

LIVING OUT THE 8 ESSENTIAL HABITS OF EVERY CHRIST-FOLLOWER

It can be easy to assume that spiritual maturity just happens. However, the truth is that every believer must develop certain essential habits that help grow spiritual character and make us more like Jesus. Consistently working toward these habits grows a deeper relationship with God. But how do you know how you're doing with these essential habits? Sometimes it takes honest evaluation to discover certain truths about your walk with God.

The following pages contain an evaluation for you to take. It will help you in discovering how you're growing and applying the eight essential habits of every believer in your life. Think of it as a quick check-in between you and God. You can go through each essential habit after finishing the matching chapter of the ***I Am New*** journal, or wait to do the whole assessment at once. You can even do it a year from now—in fact, we recommend that so you can see how much you've grown!

HERE'S WHAT YOU'LL DO:

- You fill out the first part ([Student Self-Assessment](#)). Be honest with yourself so that you can grow.
 - Then give the other part ([Mentor/Parent Assessment](#)) to one or two key people in your life (mentor/parent, youth worker) for their feedback on how you are doing. Remember to write your name in the blank space at the top. You can print/digitally share as many copies as you need.
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This will be challenging, as honest evaluation is always difficult. But if you take this seriously and strive to improve in the areas suggested, your spiritual life will flourish. Good luck, and don't be afraid to be vulnerable.



*This is an easy-to-share, printable version of the **Essential Habits Assessment** that is an important part of **I Am New**, a 40-Day Student Discipleship Journal, made especially for those who are just beginning their journey of knowing and following Jesus. Find out more at www.leadertreks.org/i-am-new-journal.*

ESSENTIAL HABITS ASSESSMENT

STUDENT SELF-ASSESSMENT

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Rate yourself in each area on a scale from 1 to 8. Then fill out the question about your score and think of a few Growth Steps you can take.

Essential Habit #1 | Receiving Grace

BELIEVERS RECEIVE AND GIVE GRACE

Receiving God's grace is the starting point of faith for every believer. Once we've received his grace, God also wants us to offer his grace to others. As we grow in the habit of receiving grace, we also grow in the ability to give grace.

How well are you incorporating this habit into your daily walk with Jesus?

NEEDS
IMPROVEMENT

1

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EXCELLENT

Why did you give yourself that score?

Write down some tangible things you can do to grow in this habit:

Growth Step #1

Growth Step #2

Essential Habit #2 | Relying on the Bible

BELIEVERS RELY ON GOD'S WORD (THE BIBLE)

As his followers, God's Word guides everything we do. The Bible is trustworthy & full of God's truth that affects our everyday lives. As a result, it's important to learn how to read and study Scripture. Believers regularly turn to God's Word for answers, wisdom, guidance, encouragement, & truth.

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Write down some tangible things you can do to grow in this habit:

Growth Step #1

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Essential Habit #3 | Obeying God

BELIEVERS OBEY GOD AND AVOID SIN

Obedience is a characteristic of a believer that is a result of recognizing the depth of our sin. The habit of obeying God is not an overnight transformation but takes time as we seek to please God instead of ourselves or other people. Avoiding sin includes controlling our internal thought life as well as our external words and actions.

How well are you incorporating this habit into your daily walk with Jesus?

NEEDS IMPROVEMENT 1 2 3 4 5 6 7 8 EXCELLENT

Why did you give yourself that score?

Write down some tangible things you can do to grow in this habit:

Growth Step #1

Growth Step #2

Essential Habit #4 | Praying with Faith

BELIEVERS PRAY WITH FAITH

Believers seek God through prayer. We pray to stay in communication with God, both speaking to him and listening to him. Prayer is also learned—as we grow as Christ-followers, our prayer life will grow richer, deeper, and more consistent.

How well are you incorporating this habit into your daily walk with Jesus?

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Write down some tangible things you can do to grow in this habit:

Growth Step #1

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Essential Habit #5 | Worshiping Wholeheartedly

BELIEVERS WORSHIP GOD WHOLEHEARTEDLY

Biblical worship is putting God in his proper place and includes praise, thanksgiving, and contentment. We can worship God in more ways than just singing. Since worship is a lifestyle, believers seek to worship and glorify God through every part of our lives.

How well are you incorporating this habit into your daily walk with Jesus?

NEEDS IMPROVEMENT (1) (2) (3) (4) (5) (6) (7) (8) EXCELLENT

Why did you give yourself that score?

Write down some tangible things you can do to grow in this habit:

Growth Step #1

Growth Step #2

Essential Habit #6 | Connecting with Other Believers

BELIEVERS CONNECT WITH OTHER BELIEVERS

While there is a personal and individual element to our faith, there is also a clear communal aspect to it. Christ-followers are called to commit to actively be a part of the church, both for their own benefit and the benefit of others. Being in relationship with other believers grows us to be more like Christ.

How well are you incorporating this habit into your daily walk with Jesus?

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Essential Habit #7 | Serving God & Others

BELIEVERS SERVE CHRIST AND OTHERS

An active life of service isn't an option as a believer. Jesus is the ultimate servant, so our motivation to serve comes from his example. Service is a form of sacrifice, giving, and self-denial, which Jesus models for us. We are called to serve Christ, as well as other people.

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Essential Habit #8 | Sharing about God

BELIEVERS SHARE ABOUT GOD

The Bible commands us to spread the Gospel and tell others about Jesus. Believers learn how to share the Gospel and how to give a testimony. Even if it's hard or uncomfortable, we should be on the lookout for opportunities to share the Gospel and then take action by courageously pointing those around us to Jesus.

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ESSENTIAL HABITS ASSESSMENT

MENTOR/PARENT ASSESSMENT

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is taking an assessment to grow in their relationship with Jesus. Below are eight essential habits that equip every believer to better follow Christ. Please take the time to rate this person, offering comments about how you see them living out these 8 habits and suggestions for how to grow before returning it.

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