

# SPIRITUAL GROWTH ASSESSMENT FOR THE WHOLE FAMILY

This worksheet is designed to help you reflect on and assess the spiritual growth happening within your family. Use it as a tool to evaluate your current practices, set goals, and create an intentional plan for nurturing spiritual growth in your home.

**Rate the following statements on a scale from 1 to 5 (1 = Never, 5 = Always).**

Statement	Rating 1-5
Our home has an atmosphere where faith is talked about openly.	
We make God and faith a part of our daily lives.	
We encourage each other to grow spiritually and live out our faith.	
The Bible is read or referred to regularly in our home.	
Our home is a place of peace, prayer, and mutual respect.	

### How often do we pray together as a family?

- Daily
- Several times a week
- Once a week
- Occasionally
- Never

### Faith Conversations: Do we discuss spiritual matters (God, faith, moral values) in everyday conversations?

- Frequently
- Occasionally
- Rarely

### Do we have regular family devotions or Bible study time?

- Yes, we have a set time
- Sometimes, but not regularly
- Rarely
- No, we don't

### Church Attendance: How often do we attend church services as a family?

- Weekly
- Several times a month
- Occasionally
- Rarely

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## Goals for Our Family

Think about areas where you'd like to see spiritual growth for each member of your family. Write down 1-2 specific goals for the following:

**For Parents:** (e.g., improving personal spiritual habits, engaging more in church life)

**For Children/Students:** (e.g., developing independent prayer habits, learning Bible stories)

**For Our Family as a Whole:** (e.g., starting family devotions, volunteering together)

**Based on your reflections, what are three concrete steps you can take to promote spiritual growth in your home?**

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**What is the biggest area of strength in your family's spiritual life?**

**What is one area where you feel God is calling your family to grow?**