



## Self-Assessment Tool with Facilitator Notes

**Self-Assessment:** Whenever we seek to grow and develop in any aspect of our lives, it is helpful to take note of where we began and to regularly monitor how far we have come. This year, as participants embark on a journey with the Lord, they can expect to experience actual growth and transformation. We want to encourage participants to be as authentic, bold, and humble as they can when using the Self-Assessment Tool; in doing so, they will help to foster a community atmosphere in which the Holy Spirit can do wonderful work. This is not a competition, nor will it be graded; rather, it's about believers being honest with themselves and the Lord about where they currently are in the process of growing to maturity in Him.

Each GT-Group participant will use this Self-Assessment Tool for the purpose of measuring their own progress and growth throughout the year. Participants should perform a self-assessment at the conclusion of Lesson 2 (**Beginning**), and then again after each quarter of study – at the conclusion of Lessons 12 (**1/4**), 19 (**1/2**), 30 (**3/4**) and 39 (**End**).

Using this Self-Assessment Tool, participants will assess where they feel they are on a continuum of growth. Each page lists a core value from the Discipleship Culture document, followed by the growth goals that correspond with the value. After each goal follow the stages of growth, which build from left to right: *Building Foundations* ⇒ *Increasing & Strengthening* ⇒ *Increasing & Regular* ⇒ *Abiding & Consistent*. Participants will rate/circle where they think they are on the continuum, and the notes section can be used to keep track of progress updates. Below are the general explanations of each stage of growth:

**Building Foundations (B/F):** Understanding the concept of the value and goal

**Increasing & Strengthening (I/S):** Growing in practice of the value and goal


**Increasing & Regular (I/R):** Growing in the application of the value and goal

**Abiding & Consistent (A/C):** Developing a **lifestyle** shaped by the value and goal












**Facilitator notes:** Below is the tool that outlines the values and goals that we desire to see increasingly evident in the lives of GT participants, by the power of the Holy Spirit. It will be used to serve for occasional check-ins throughout the year. This tool breaks down the goals for GT-Group participants into manageable and measurable components. Going through the Self-Assessment Tool periodically will help to ensure that the people in your group are growing in these areas.

| Value 4: Vibrant and Growing Prayer Life               |  |   |  |   |  |
|--|--|---|--|---|--|
| Goal 4: Grow in engaging in various prayer formats     | Building Foundations   | Increasing & Strengthening  | Increasing & Regular   | Abiding & Consistent  | Check in Continuum   |
| <b>Comfortable praying alone and with others (4a)</b>  | Realizes that there are various ways to pray and that it is important to pray individually and with others.  | Practices praying alone and with others during the week. Tries new prayer formats and styles (examples: conversational, intercessory, liturgical, meditative, centering, healing, prayer walking, etc.).  | Is growing in practicing prayer throughout the day. Actively explores new prayer formats both individually and with others. Is growing in intercession with others through prayer that builds as led by the Holy Spirit and through taking risks to pray aloud, even with strangers.                             | Prays alone, with individuals, groups and strangers with confidence as opportunities arise. Is growing in taking steps of faith and boldness in prayer. Is familiar with and engages with different types of prayer regularly, as the situation calls for and as led by the Holy Spirit.                                      | Scale B F I/S I/R A/C<br>Beg —————<br>1/4 —————<br>1/2 —————<br>3/4 —————<br>End ————— |
| <b>Ministering in prayer and listening to God (4b)</b> | Realizes that God speaks personally, and that He wants to cooperate with his people in prayer to bring about change and transformation through prayer. Is learning about discernment and why it is important for listening prayer and ministering in prayer.   | Is growing increasingly aware of God's voice and is growing in praying aloud with others. Begins to practice discernment in prayer by using the 4-discernment principles and to pray for healing (spiritual, emotional, physical, and relational) for others. | Begins to take bold steps in prayer, shares discernment and gifts. Desires to grow in praying for others, particularly in healing. Is increasingly open to receiving correction, if applicable, while growing in using gifts in various prayer settings. Takes opportunities to pray with others more regularly. | Demonstrates eagerness to pray for healing (spiritual, physical, emotional, relational) for others. Practices waiting upon God for guidance, gifts, and empowerment in praying with and for others. Demonstrates humility and submission when praying in a team setting. Welcomes others' discernment in all prayer settings. | Scale B F I/S I/R A/C<br>Beg —————<br>1/4 —————<br>1/2 —————<br>3/4 —————<br>End ————— |
| <b>Notes</b>   | *Discernment refers both to a spiritual practice as well as specific spiritual gifts of discernment, including Discernment of Spirits. All Christians are called to practice wise spiritual discernment, and some are given a specific gift of spiritual discernment.<br>We use 4 Discernment Principles from PRMI:<br>1. Does it give Glory to Jesus Christ?<br>2. Is it consistent with the intentions and character of God, as revealed in Scripture?<br>3. Do other people who are born again and filled with the Holy Spirit have a confirming witness?<br>4. Is there objectively verifiable confirmation? |   |  |   |  |


# Value 1: Abiding in Jesus Christ

| Goal 1: Grow in relationship with God | Building Foundations   | Increasing & Strengthening   | Increasing & Regular   | Abiding & Consistent  | Check In Continuum   |
|---------------------------------------|--|--|--|---|--|
| <b>Intimacy (1a)</b>                  | <p>Is growing in awareness of the need for God's love and the need for spending time in communion with God through worship, reading the Word and prayer.</p>   | <p>Notices God's involvement in everyday life; begins to carve out time to spend with God at set times during the day.</p>   | <p>Invites and expects God to be a part of all areas of life. Is working toward finding more ways to connect with God throughout the day, including set times and organic times.</p>   | <p>Enjoys spending time with God. In pursuit of self-awareness and honestly shares thoughts, feelings, and struggles with God as they arise. Seeks God's counsel on all matters as hopes and desires continue to be shaped by God's hopes and desires. Lives with conscious awareness and full acceptance of God's faithful, ever-present love.</p> | <p>Scale    B F    I / S    I / R    A / C</p> <p>Beg </p> <p>1/4 </p> <p>1/2 </p> <p>3/4 </p> <p>End </p> |
| <b>Submission and humility (1b)</b>   | <p>Is becoming familiar with the Biblical definitions of humility* and submission* to God.</p>   | <p>Notices that God has a plan and that it is necessary to be submitted to Him in humility. Begins to recognize areas of rebellion, idolatry, and pride within one's life, heart, and attitudes.</p> | <p>Practices holding plans out before the Lord with open hands and trusts God's good plan for your life through being submitted and humble to Him. Works toward laying down rebellion, idolatry and pride in their life.</p> | <p>Seeks and waits on the Lord's guidance in all areas of life; puts aside personal plans in favor of participating in God's plans. Responds immediately to God's promptings, and displays mastery over rebellion, idolatry, and pride in pursuit of receiving God's direction, grace, and love.</p>  | <p>Scale    B F    I / S    I / R    A / C</p> <p>Beg </p> <p>1/4 </p> <p>1/2 </p> <p>3/4 </p> <p>End </p> |
| <b>Notes</b>                          | <p>*Humility: Turning away from self-centeredness, pride, and rebellion. Turning toward God: wanting His will, His way, and His glory.</p> <p>*Submission: To yield oneself to the authority or will of another; recognizing and responding immediately to God's Word and the promptings of His Holy Spirit.</p> <div style="text-align: right;"> <p>The Gospel Tool Bible Study<br/>©2020 <a href="http://www.gospeltool.org">www.gospeltool.org</a></p>  </div> |  |  |   |  |

## Value 2: Rooted in God's Word

| Goal 2: Grow in knowledge of and obedience to God's Word | Building Foundations   | Increasing & Strengthening  | Increasing & Regular   | Abiding & Consistent  | Check In Continuum   |
|--|--|---|--|---|--|
| <b>Bible Study (2a)</b>                                  | <p>Recognizes the need to read the Bible as a value within one's relationship with the Lord.</p>   | <p>Explores reading the Bible through study guides or a reading plan to grow in daily reading of the Bible.</p> | <p>Begins to read and study the Bible for delight and strengthening while applying the Bible to daily situations.</p>                        | <p>Pursues daily study of the Bible for edification and communion with God. Scripture (the Bible) guides actions, attitudes, and comes to mind often. Obedience to the Word (the Bible) comes before feelings, preferences, and comforts.</p> | <p>Scale    B F    I / S    I / R    A / C</p> <p>Beg </p> <p>1/4 </p> <p>1/2 </p> <p>3/4 </p> <p>End </p>    |
| <b>Meditation and scripture memorization (2b)</b>        | <p>Recognizes that there is power, comfort, and value to be found in dwelling on and remembering scripture. Become s familiar with the Biblical definitions of meditation* and memorization*.</p>  | <p>Begins to practice scripture memorization and/or meditation weekly.</p>                                      | <p>Meditates on and thinks about scripture frequently each week. Is growing in practicing scripture memorization and calling it to mind.</p> | <p>Engages in the practice of scripture memory in larger chunks and has large passages memorized. Allows the Word of God to transform the mind and heart through regular, daily meditation of scripture.</p>                                  | <p>Scale    B F    I / S    I / R    A / C</p> <p>Beg </p> <p>1/4 </p> <p>1/2 </p> <p>3/4 </p> <p>End </p> |
| <b>Notes</b>   | <p>*Scripture memorization: ability to bring scripture passages to mind when needed in daily situations and prayer times.</p> <p>*Scripture meditation: to reflect or contemplate a passage &amp; idea from scripture.</p> <div style="text-align: right; margin-top: 20px;"> <p><i>The Gospel Tool Bible Study</i></p> <p>©2020 <a href="http://www.gospeltool.org">www.gospeltool.org</a></p>  </div> |   |  |   |  |

## Value 3: Christ-Centered Relationships

| Goal 3: Grow in relationship with others  | Building Foundations   | Increasing & Strengthening  | Increasing & Regular  | Abiding & Consistent   | Check In Continuum  |
|---|--|---|---|--|---|
| <p><b>Caring for one another (3a)</b></p> | <p>Realizes that Jesus values His people caring for one another and putting others before themselves.</p>  | <p>Expresses care of others by being an active listener, having kind speech and actions, and sharing resources. Practices putting others before themselves while pursuing biblical conflict resolution.</p> | <p>Notices that the Holy Spirit invites cooperation when we care for one another. Builds relationships with others by investing time and demonstrating a desire to know others and be known. Uses spiritual discernment in caring for others and points them to Jesus the King.</p> | <p>Actively practices loving others as unto oneself. Shares encouragement, prayer, scripture, truth, resources, and the fruits of the Spirit as prompted by the Holy Spirit. Consistently pursues healthy relationship and conflict resolution through active listening, gracious speech and actions, and commitment to unity and for each one to grow up into maturity in Christ.</p> | <p>Scale    B F    I / S    I / R    A / C</p> <p>Beg ○ ----- ----- ----- ----- ○</p> <p>1/4 ○ ----- ----- ----- ----- ○</p> <p>1/2 ○ ----- ----- ----- ----- ○</p> <p>3/4 ○ ----- ----- ----- ----- ○</p> <p>End ○ ----- ----- ----- ----- ○</p> |
| <p><b>Welcoming diversity (3b)</b></p>    | <p>Realizes the need to engage in relationships with those of differing backgrounds and views in order to grow in love and unity. Becoming aware of one's own cultural lenses and biases.</p>  | <p>Notices when one's own background and/or biases may enter attitudes about and conversations with others. Is becoming aware of how lenses and biases may negatively affect love for others.</p>           | <p>Engages and welcomes dialogue with people of different backgrounds and/or viewpoints. Is growing in love, curiosity, respect, and interest in having relationships with others with increasing diversity.</p>  | <p>Loves those that are different than oneself in all areas: age, race, political affiliation, gender, socioeconomic status, culture, etc. Consistently shows respect, curiosity and interest in others without discrimination or prejudice. Pursues opportunities to connect with and learn from others.</p>  | <p>Scale    B F    I / S    I / R    A / C</p> <p>Beg ○ ----- ----- ----- ----- ○</p> <p>1/4 ○ ----- ----- ----- ----- ○</p> <p>1/2 ○ ----- ----- ----- ----- ○</p> <p>3/4 ○ ----- ----- ----- ----- ○</p> <p>End ○ ----- ----- ----- ----- ○</p> |
| <p><b>Notes</b></p>                       | <div style="text-align: right; padding-right: 50px;"> <p><i>The Gospel Tool Bible Study</i><br/>           ©2020 <a href="http://www.gospeltool.org">www.gospeltool.org</a></p>  </div> |   |   |  |   |

## Value 4: Vibrant and Growing Prayer Life

| Goal 4: Grow in engaging in various prayer formats            | Building Foundations   | Increasing & Strengthening   | Increasing & Regular  | Abiding & Consistent   | Check In Continuum   |
|---|--|--|---|--|--|
| <p><b>Comfortable praying alone and with others (4a)</b></p>  | <p>Realizes that there are various ways to pray and that it is important to pray individually and with others.</p>   | <p>Practices praying alone and with others during the week. Tries new prayer formats and styles (examples: conversational, intercessory, liturgical, meditative, centering, healing, prayer walking, etc.).</p>  | <p>Is growing in practicing prayer throughout the day. Actively explores new prayer formats both individually and with others. Is growing in intercession with others through prayer that builds as led by the Holy Spirit and through taking risks to pray aloud, even with strangers.</p>                             | <p>Prays alone, with individuals, groups and strangers with confidence as opportunities arise. Is growing in taking steps of faith and boldness in prayer. Is familiar with and engages with different types of prayer regularly, as the situation calls for and as led by the Holy Spirit.</p>                                      | <p>Scale    B F    I / S    I / R    A / C</p> <p>Beg ○ ----- ----- ----- ----- -----○</p> <p>1/4 ○ ----- ----- ----- ----- -----○</p> <p>1/2 ○ ----- ----- ----- ----- -----○</p> <p>3/4 ○ ----- ----- ----- ----- -----○</p> <p>End ○ ----- ----- ----- ----- -----○</p> |
| <p><b>Ministering in prayer and listening to God (4b)</b></p> | <p>Realizes that God speaks personally, and that He wants to cooperate with his people in prayer to bring about change and transformation through prayer. Is learning about discernment* and why it is important for listening prayer and ministering in prayer.</p>   | <p>Is growing increasingly aware of God's voice and is growing in praying aloud with others. Begins to practice discernment in prayer by using the 4 discernment principles and to pray for healing (spiritual, emotional, physical, and relational) for others.</p> | <p>Begins to take bold steps in prayer, shares discernment and gifts. Desires to grow in praying for others, particularly in healing. Is increasingly open to receiving correction, if applicable, while growing in using gifts in various prayer settings. Takes opportunities to pray with others more regularly.</p> | <p>Demonstrates eagerness to pray for healing (spiritual, physical, emotional, relational) for others. Practices waiting upon God for guidance, gifts, and empowerment in praying with and for others. Demonstrates humility and submission when praying in a team setting. Welcomes others' discernment in all prayer settings.</p> | <p>Scale    B F    I / S    I / R    A / C</p> <p>Beg ○ ----- ----- ----- ----- -----○</p> <p>1/4 ○ ----- ----- ----- ----- -----○</p> <p>1/2 ○ ----- ----- ----- ----- -----○</p> <p>3/4 ○ ----- ----- ----- ----- -----○</p> <p>End ○ ----- ----- ----- ----- -----○</p> |
| <p><b>Notes</b></p>   | <p>*Discernment refers both to a spiritual practice as well as specific spiritual gifts of discernment including Discernment of Spirits. All Christians are called to practice wise spiritual discernment, and some are given a specific gift of spiritual discernment.</p> <p><b>We use 4 Discernment Principles:</b></p> <ol style="list-style-type: none"> <li>1. Does it Give Glory to Jesus Christ?</li> <li>2. Is it consistent with the intentions and character of God, as revealed in Scripture?</li> <li>3. Do other people who are born again and filled with the Holy Spirit have a confirming witness?</li> <li>4. Is there objectively verifiable confirmation?</li> </ol> |  |   |  |  |




## Value 5: Transformation through the Spirit of Christ

| Goal 5: Grow in cooperation with the Holy Spirit  | Building Foundations  | Increasing & Strengthening  | Increasing & Regular   | Abiding & Consistent  | Check In Continuum  |
|---|---|---|--|---|---|
| <b>Engaging in the internal work with the Holy Spirit for character transformation (5a)</b> | Recognizes the need to be transformed by the Holy Spirit and that any transformation can only be attained by the work of the Holy Spirit.   | Notices that the Holy Spirit is active in life and is seeking out character growth by exposing and pointing out habits, hurts, and hangups while pointing toward and inviting holiness. | Frequently surrenders to the Holy Spirit and turns away from old habits, hurts, and hangups while welcoming the fruit of the Spirit. | Welcomes the search light of the Holy Spirit into one's character, motivations, actions, and thoughts. Obeys the Holy Spirit in encouragement, correction, and direction and is being transformed ever more into the likeness of Christ.  | <p>Scale    B F    I / S    I / R    A / C</p> <p>Beg ○ ----- ----- ----- ----- ○</p> <p>1/4 ○ ----- ----- ----- ----- ○</p> <p>1/2 ○ ----- ----- ----- ----- ○</p> <p>3/4 ○ ----- ----- ----- ----- ○</p> <p>End ○ ----- ----- ----- ----- ○</p> |
| <b>Practicing gifts and discernment together (5b)</b>                                       | Recognizes that the gifts of the Spirit described in scripture are available and active today through the empowerment of the Holy Spirit. Seeks to grow understanding and in using the gifts as well as practicing spiritual discernment. | Asks for and receives empowerment from the Holy Spirit. Becomes familiar with discernment practices*.   | Practices using gifts and discernment with others. Grows in hunger to be used by the Lord for His Kingdom purposes.                  | Welcomes all gifts and engages with fanning the gifts into flame through practicing them and encouraging them in others. Steps out in obedience as the Holy Spirit invites use of gifts. Practices discernment individually and in groups for transformation and empowerment. Hungers for correction while continuing to grow in using gifts. | <p>Scale    B F    I / S    I / R    A / C</p> <p>Beg ○ ----- ----- ----- ----- ○</p> <p>1/4 ○ ----- ----- ----- ----- ○</p> <p>1/2 ○ ----- ----- ----- ----- ○</p> <p>3/4 ○ ----- ----- ----- ----- ○</p> <p>End ○ ----- ----- ----- ----- ○</p> |
| <b>Notes</b>  | *See Discernment Principles in Value 4 Notes  |   |  |   |   |



## Value 6: Spirit-led Missional life

| Goal 6: Grow in life on mission  | Building Foundations   | Increasing & Strengthening   | Increasing & Regular  | Abiding & Consistent   | Check In Continuum  |
|--|--|--|---|--|---|
| <p><b>Sharing the Gospel in obedience to the Great Commission (6a)</b></p> | <p>Recognizes God's mandate for his people to share the Gospel of Jesus Christ with the world through lifestyle, attitudes, words, and actions.</p>  | <p>Is growing in prioritizing the Great Commission* by praying for unbelievers, watching for opportunities to share the gospel, and engaging people in relationship and spiritual conversations.</p> | <p>Desires to be obedient to the command in the Great Commission to go and make disciples by praying and watching for opportunities to share the gospel. Is mission-minded and intentionally engages people in relationship and spiritual conversation. Is active in the work of making and maturing disciples.</p> | <p>Is actively and consistently in discipleship relationships with others and consistently shares the Gospel. Takes delight in sharing the Gospel of Hope and is engaged in advancing the Kingdom of God through making disciples (multiplication) by telling others about the King and the Kingdom. Models the grace of God and the relentless love of Jesus toward all people.</p> | <p>Scale    B F    I / S    I / R    A / C</p> <p>Beg ○ ----- ----- ----- ----- ○</p> <p>1/4 ○ ----- ----- ----- ----- ○</p> <p>1/2 ○ ----- ----- ----- ----- ○</p> <p>3/4 ○ ----- ----- ----- ----- ○</p> <p>End ○ ----- ----- ----- ----- ○</p> |
| <p><b>Stepping into opportunities to share God's love (6b)</b></p>         | <p>Recognizes that life on mission must be motivated by love in order to represent and embody the Gospel of Jesus Christ.</p>  | <p>Is building a foundation of love by noticing the need of others to receive love. Recognizes the reality that love is shared from the overflow of love received from Jesus Christ.</p>             | <p>Looks for opportunities to engage with the needs of others from the foundation of love as prompted by the Holy Spirit. Begins building relationships with neighbors and others within regular interactions.</p>  | <p>Is motivated by love, pays close attention to the needs of others, and actively shares God's love, mercy and justice in word and deed. Is actively looking to serve neighbors and pays attention to the promptings of the Holy Spirit to be hospitable and loving while modeling the Gospel in tangible ways.</p>   | <p>Scale    B F    I / S    I / R    A / C</p> <p>Beg ○ ----- ----- ----- ----- ○</p> <p>1/4 ○ ----- ----- ----- ----- ○</p> <p>1/2 ○ ----- ----- ----- ----- ○</p> <p>3/4 ○ ----- ----- ----- ----- ○</p> <p>End ○ ----- ----- ----- ----- ○</p> |
| <p><b>Notes</b></p>  | <p>6a- proclaim<br/>6b- embody<br/>All together advance (The Holy Spirit's work)<br/>*Matthew 28: 16-20</p> <div style="text-align: right;"> <p><i>The Gospel Tool Bible Study</i><br/>©2020 <a href="http://www.gospeltool.org">www.gospeltool.org</a></p>  </div> |  |   |  |   |