

Discipleship Self-Assessment Form for Spiritual Growth

Use the form below to periodically assess your growth in attitudes and actions based on key principles from the Sermon on the Mount (Matthew 5-7). Rate yourself honestly and prayerfully, and use your responses to identify areas to celebrate and areas to seek growth.

Part 1: The Beatitudes (Matthew 5:1-12)

Reflect on how the Beatitudes are present in your life. Rate yourself on the same scale (1-5).

Beatitude	Rating (1-5)	Reflection (Examples or Challenges)
Poor in Spirit (humility)		
Mourning (godly sorrow for sin)		
Meekness (gentle strength)		
Hunger and Thirst for Righteousness		
Mercy		
Purity of Heart		
Peacemaking		
Endurance in Persecution for Righteousness		

Reflection Questions:

1. Which Beatitude do you feel most reflects your life today?

2. Which one do you find the most challenging to live out?

3. How has this study helped you embrace these attitudes in daily life?

Part 2: The Sermon on the Mount

Evaluate how you are applying specific teachings from the Sermon on the Mount. Rate yourself on **1-5** for each area.

Teaching	Rating (1-5)	Reflection (Examples or Challenges)
Loving Your Enemies		
Forgiving Others		
Avoiding Anger and Reconciliation		
Purity in Thought and Action		
Generosity and Secret Giving		
Prayer and Fasting		
Trusting God (Avoiding Worry)		
Seeking First the Kingdom of God		
Being Salt and Light in the World		
Living Out Christ's Teachings (Building on the Rock)		

Reflection Questions:

1. Which of these teachings has been most impactful in your life recently?
2. Are there specific areas where you've seen personal growth or breakthroughs?
3. Are there areas where you need to surrender more fully to God's work in your life?

Part 3: Overall Reflection and Growth Plan

1. How would you describe your overall spiritual growth over the past few weeks/ months?
2. What are your greatest victories in attitudes or actions?
3. What challenges do you still face in living out the principles of the Sermon on the Mount and the Fruit of the Spirit?
4. What specific steps or practices will you commit to in order to grow further in these areas? Example: Prayer, Scripture memorization, accountability with a partner, acts of service, etc.