

# Spiritual & Relational Health Assessments

*A Guide to Gauging Your Internal Needs and External Connections*

## Assessment 1: Spiritual Emotional Assessment

**Instructions:** Rate each statement based on your current state over the last 7 days.

**Scale:** 1 = Strongly Disagree | 2 = Disagree | 3 = Neutral | 4 = Agree | 5 = Strongly Agree

Statement	1	2	3	4	5
1. I feel a sense of spiritual lightness and peace in my body right now.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I have recently felt truly "alive" or connected to God in a specific moment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I can identify if my current sadness is from loss, disappointment, or fear.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I understand the specific "expectation" being violated when I feel angry.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I am fully "checked in" to my life rather than withdrawing to avoid pain.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I feel no internal pressure to hide my thoughts/actions from God or others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I find it easy to be open and "lift my hands" (Yadah) in prayer right now.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. The "name" I call myself today matches God's truth in <b>Romans 6:14</b> .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. My spiritual life feels free of significant "friction" or internal resistance.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I am ready to stand transparently before God and hear what He has to say.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Section Total Score:</b>					<b>/ 50</b>

## Assessment 2: The Relational Glue Inventory

**Instructions:** Evaluate how your internal emotions translate into external actions.

**Scale:** 1 = Never | 2 = Rarely | 3 = Sometimes | 4 = Often | 5 = Always

### Part 1: The Vertical Glue (God)

Statement	1	2	3	4	5
1. I allow the facts of the Gospel to "trump" my changing feelings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. My worship is marked by "enthusiasm, effort, and skill" ( <b>Psalm 28:7</b> ).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. My physical posture in prayer is open and "reaching" toward God ( <b>Halal</b> ).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I physically or spiritually "prostrate" myself in humility ( <b>Sachah</b> ).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I approach God with "open hands" to receive rather than "clenched hands."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Part 2: The Horizontal Glue (Others)

Statement	1	2	3	4	5
6. My compassion for others moves me to actual physical help or generosity.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. My giving of time/money is motivated by "cheerful" love ( <b>2 Cor 9:7</b> ).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I choose to be "blind" to a loved one's minor flaws and focus on grace.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I rely on the <i>choice</i> to love when the initial "spark" of a relationship fades.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. My passion for God is visible and infectious to those around me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Section Total Score:</b>					<b>/ 50</b>

## Scoring & Reflection

- **80–100 (Abiding & Active):** Your emotions are serving as a healthy gauge, and your "Relational Glue" is strong. You are living with transparency and biblical "motion."
- **50–79 (Growing & Gauging):** You are aware of your needs, but there may be "friction" or resistance in your spiritual walk. Look for where your hands might be "clenched."
- **Below 50 (Drought & Disconnect):** You may be in a season of suppression. Use the "Facts Trump Feelings" principle to reconnect with God's promises regardless of your current emotional state.

**Next Step:** Take one area where you scored a "1" or "2" and bring it to God in prayer today. Ask Him to turn that emotion into a specific "motion."