

Know & Follow Jesus Personal Assessment

This assessment is designed to help you thoughtfully evaluate where you are in your walk. As you reflect on each area, ask the Holy Spirit to reveal both the places where you are growing and the places where He is inviting you into deeper surrender and obedience. The goal is not guilt or comparison, but clarity — so you can focus on the next steps that will help you become more like Christ and see the Fruit of the Spirit take shape in your life.

Instructions: Score every item with a 0, 1, or 2

0 = Doing well, needs the least attention

1 = Doing okay, needs some attention

2 = Area I need the most focus on

Then use sonrise.net/pa to help you grow in each focus area

SIN & REPENTANCE

Identify patterns, attitudes, or habits that may be pulling your heart away from Jesus and hindering spiritual growth. As God brings these areas to light, repentance becomes the grace-filled step of turning back toward Jesus and experiencing renewal and freedom.

SENSUALISM

Sins of the Heart:

- Bitterness
- Envy & Jealousy
- Lust
- Uncontrolled Desires

Sins of Enslavement:

- Alcohol & Drug Addictions
- Compulsive Behaviors
- Sexual Sin

Sins of the Tongue:

- Anger & Harsh Speech
- Corrupt Speech
- Gossip

MATERIALISM

Sins of Idolatry:

- Money
- Status & Success
- Comfort, Security & Control

Sins of Material Commission:

- Greed & Covetousness
- Theft & Dishonest Gain
- Exploitation & Injustice

Sins of Omission:

- Neglecting Generosity
- Neglecting Mercy & Justice
- Neglecting Obedience & Service

HUMANISM

Sins of Unbelief:

- Doubting God
- Rejecting God's Authority
- Self-Salvation & Self-Reliance

Sins of Relationship:

- Pride & Self-Exaltation
- Control & Power Over Others
- Unforgiveness & Division

Sins of Commission:

- Defiance
- Moral Relativism
- Self-Justification & Rationalization

KNOW JESUS

Evaluate how deeply you understand who Jesus is and how intentionally you are growing in relationship with Him through Scripture and truth.

- 1) Do you know who Jesus is? Yes / No
- 2) Have you given your life to Jesus? Yes / No
- 3) Have you been baptized? Yes / No

OUTCOMES

Measure the visible fruit taking shape in your life—evidence of the Holy Spirit forming Christlike character within you.

- | | |
|-----------------------------------|---------------------------------------|
| <input type="checkbox"/> Love | <input type="checkbox"/> Goodness |
| <input type="checkbox"/> Joy | <input type="checkbox"/> Faithfulness |
| <input type="checkbox"/> Peace | <input type="checkbox"/> Gentleness |
| <input type="checkbox"/> Patience | <input type="checkbox"/> Self-Control |
| <input type="checkbox"/> Kindness | |

FOLLOW JESUS

Assess how consistently you are living out your faith through obedience, spiritual practices, community, and real-life decisions.

Through Community:

- Church
- Groups
- Mentors
- Relationships

Through Real Life:

- Marriage
- Parenting
- Money
- Mental Health
- Relationships
- Physical Health
- Housing
- Loss & Grief
- Conflict
- Culture
- Healing
- Waiting

Through Virtues:

- Forgiveness
- Gratitude
- Faith
- Spirit-Led Obedience
- Submission
- Righteousness
- Godliness & Reverence
- Grace
- Humility

Through Practices:

- Studying the Bible
- Evangelism & Sharing
- Fasting
- Giving
- Prayer
- Sabbath & Rest
- Serving
- Worship