

# Wholeness and Wellness Personal Survey

## How is it with your soul?

**Suggestions for honest/faithful results:**

1. Pray for the Holy Spirit to answer where you are on each spectrum of health in Him.
2. Place an X where you are presently in your life and put a circle where you would like to be.
3. It is preferred that each person take it individually and where applicable; couples take it together.
4. For more information regarding a discipline, look to the back page for definitions.
5. Objective: allow the Holy Spirit to form Christ's character in you, moving from "Pain" to "Peace."

**Response Card for (circle one):**      Pastor                  Spouse                  Couple

<u>DISCIPLINE</u>	<u>PAIN SIDE</u>	<u>PEACE SIDE</u>
Celebration	Mostly frustrated ←----- -----→	Mostly joy-filled
Contemplation	Restless ←----- -----→	Rested
Fasting	Immediate Gratification ←----- -----→	Disciplined Patience
Intimacy w/ Lord	Sterile Impersonal ←----- -----→	Safety & Generosity My Beloved
Meditation	Quick Reading ←----- -----→	Restful Reading
Prayer	Empty words ←----- -----→	Heart-felt words
Sabbath	Noise/Busy/Hurry/To do's ←----- -----→	Living Priorities
Silence/Solitude	Afraid of stillness ←----- -----→	Content in Quiet
Study	Study to teach others ←----- -----→	Study so Spirit teaches me
Worship	Self-centered ←----- -----→	Savior-centered

**Life Overview:** *These are not disciplines but they represent fruit from a spiritually disciplined life.*

Calendar	Chaos ←----- -----→	Controlled/Orderly
Wisdom	Living out of habit ←----- -----→	Living in the Spirit

The terms used in the survey are further defined on the back of this card.

## Spiritual Formation Terminology, Brief Definitions and Clarifications:

- Celebration:** Spirit-filled living that shows deep gratitude for the richness of God's love & mercy.  
Scripture: John 10:10, John 15: 1-17, Romans 15: 13, 2 Corinthians 8: 1-5
- Contemplation:** To reflect on the working of the Spirit in our life: heart, mind and soul.  
Scripture: Rom. 12: 1-2, Col. 3: 1-2, Philip. 4: 8
- Fasting:** Trusting in the strength of the Spirit by abstaining from immediate gratification.  
Scripture: Matthew 4: 4, Matthew 6: 16-18, Philippians 3: 12- 21
- Intimacy w/ the Lord:**  
To grow in oneness with Him in spirit, mind and action... His Word in our heart and seen in our life.  
Scripture: John 13: 34-35, 1 Corinthians 13: 1-13, Hebrews 1: 3; 3: 1; 12: 1-11; 13: 8, Colossians 1: 15-20
- Meditation:** Focused reflection on the truth of God's Word and allowing the Spirit to sanctify us again and again.  
Scripture: Psalms 1: 2; 19: 7-11, Isaiah 66: 2b, John 17: 17
- Prayer:** Allowing the Holy Spirit to cultivate a deeper understanding of His love for us.  
Scripture: Psalms 86: 11; 94: 9, Matthew 6: 5-15, Romans 8: 26, 1 Thess 5: 17, Philippians 1: 9-11
- Sabbath:** To rest in the Lord by stepping outside our calendar and celebrating His love and His gift of life.  
Scripture: Leviticus 20: 7-8, Deuteronomy 6: 4-9, 2 Corinthians 7: 1, Hebrews 12: 14,
- Solitude** To be away from the multiple layers of 'noise' ....seeking stillness and quiet before the Lord.  
Scripture: Psalm 46: 10, Mark 1: 35
- Study:** To prayerfully climb in the deep depths of God's truth, love, grace and holiness.  
Scripture: Psalms 1: 1-3; 19: 7-11, John 20: 31, 1 Corinthians 2: 13, 2 Tim 2: 15; 3: 16-17
- Worship:** True heart expression through song, prayer, writing, etc... not an event but a lifestyle.  
Scripture: Psalms 33: 1-3; 71: 22-23, Isaiah 6: 1-3, Revelation 5: 9-14
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- Calendar:** The calendar you live reflects His Lordship of your life, not mans 'lordship' over you.  
Scripture: Ecclesiastes 3; 12: 13-14, Matthew 7: 24-27, 1 Corinthians 3: 10-11, Galatians 1: 10,
- Wisdom:** The Fruit of the Spirit lived out, is a life of wisdom: His Word guiding my mouth, my actions & all of life.  
Scripture: Job 28: 28, Psalm 127: 1, Proverbs 8: 1-31, Isaiah 66:2b, John 1: 14, Philippians 1: 27

Posted with permission by the **Intentional Discipleship Network**

For more information on soul care for pastors and spouses contact the provider of this survey:

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