

Cultivate Spiritual Rhythms Assessment

Name: _____

Date: _____

Welcome to the Cultivate Spiritual Rhythms Assessment, designed for campus ministry leaders like you! This tool helps you evaluate your proficiency in nurturing spiritual rhythms for deeper intimacy with God and community. By assessing your skills across three levels—Baseline, Coach, and Lead—this assessment helps identify your strengths and growth areas. After completing it, you'll receive recommendations for your next steps.

It's important to approach this assessment as a tool for growth rather than a final judgment. Scores indicating a lower level of proficiency simply highlight areas for development and potential focus for training and support.

Instructions: For each statement, please indicate your level of agreement using the following scale:

1=Strongly Disagree, 2=Disagree, 3=Neutral, 4=Agree, 5=Strongly Agree.

Baseline Level: I actively participate in a community that practices spiritual rhythms together.

1	I actively participate in communal spiritual rhythms.	
2	I am a member of a spiritual community (church, small group, etc.).	
3	I feel confident in leading a prayer meeting.	
4	I have experience leading at least two of the core communal spiritual practices (prayer, worship, Scripture, Sabbath, testimonies, fasting).	

Coach Level: I can facilitate engagement in all six communal spiritual practices and am growing in new ways of leading as well as in my ability to coach others in leading these practices.

5	I have been called to spiritual leadership through the empowering of the Holy Spirit.	
6	I have facilitated each of the six communal spiritual practices (prayer, worship, Scripture, Sabbath, testimonies, fasting) for a diverse group of individuals.	
7	I feel comfortable offering spiritual leadership to a diverse group of individuals.	
8	I have received training, coaching, or feedback on my facilitation of spiritual experiences.	

Lead Level: I can cultivate a healthy culture of spiritual rhythms.

9	I lead out of my spiritual authority, empowered by the Holy Spirit, and help others navigate feelings of insecurity or doubt in their spiritual authority as well.	
10	I am actively training others in how to facilitate engagement with spiritual practices.	
11	I have embedded engagement with various spiritual practices into the overall plan/strategy for our community over the school year.	
12	I can use the six communal spiritual practices both independently and in concert with one another, employing them strategically in both small and large group settings.	

Total points for each section:

Baseline:

Coach:

Lead:

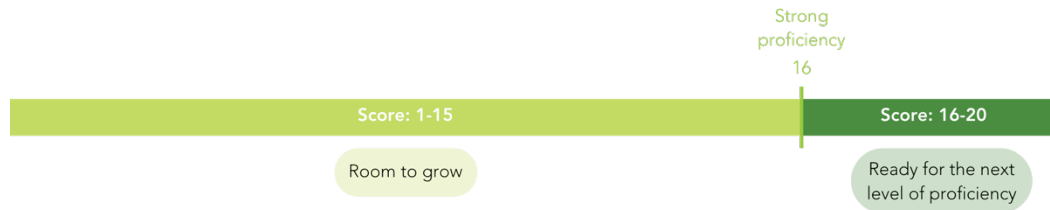
Self-Scoring Instructions

Calculate Your Total Score in Each Level

Add up the scores for the questions for each level. The maximum possible score for each level is 20 (if you strongly agree with all items), and the minimum score is 4 (if you strongly disagree with all items).

Determine Your Proficiency Level

Assign your total score into the sections corresponding to the three levels of proficiency to see which level you predominantly fall into. For each level, if your total score is between 16 to 20, you are strongly proficient at this level. Scores under 16 indicate room for growth within this level, while scores closer to 20 suggest you are ready for the next level of proficiency.



What To Do Next

After you have determined your proficiency in each level, start with the lowest level you scored under 16. For example, if you scored between 16 and 20 in Lead but only 15 in Baseline, begin with the Baseline level. Review the recommended next steps below for some options of how to grow in your proficiency in that level. Discuss your results with a mentor or supervisor to develop a personalized action plan and add any suggestions they may have for next steps.

Review Recommended Next Steps

- **Baseline:**
 - Take the Ministry Playbook course [Cultivating Intimacy with God Together](#).
 - Seek opportunities to regularly participate in communal spiritual practices.
 - Reflect on experiences with spiritual rhythms and identify practices to lead.
 - Begin leading a prayer meeting and other communal spiritual practices.
- **Coach:**
 - Take Ministry Playbook course [Cultivate Spiritual Rhythms](#).
 - Practice leading a group through each of the rhythms.
 - Find opportunities locally, regionally, or nationally to practice facilitating or learning from others.
 - Debrief with a coach or mentor about your view of spiritual authority and potential hindrances.
- **Lead:**
 - Lead a group discernment conversation on incorporating new spiritual practices.
 - Assess your ministry's current spiritual rhythms.
 - Map out your ministry's spiritual rhythms (daily, weekly, monthly, yearly).
 - Create a discipleship cycle around spiritual authority and practice using it with a volunteer or student leader.