

SPIRITUAL WELL-BEING ASSESSMENT

#	Spiritual Disciplines <i>Access your spiritual well-being using the questions below by rating yourself and assigning a score.</i>	Rarely (1)	Some/ times (2)	Most of the Time (3)	Always (4)	Score
1	I prioritize time in prayer and reflection to seek God's guidance and wisdom.					
2	I regularly engage in Bible study and scripture reading to deepen my understanding of God's Word.					
3	I participate in Christian fellowship and community to encourage and support my spiritual growth.					
4	I practice meditation and reflection on scripture to apply its teachings to my life.					
5	I journal my thoughts, prayers, and reflections to track my spiritual journey.					
6	I actively share my faith with others and engage in evangelism and missions.					
7	My values and decisions are guided by biblical principles and teachings.					
8	I prioritize self-care and rest to maintain a healthy spiritual and physical balance.					
9	I seek to create peace and harmony in my relationships, community, and the world around me.					
10	I utilize resources (e.g., devotionals, Christian books, podcasts) to improve my spiritual well-being.					
	TOTALS					

As a Christian teacher, your spiritual well-being is the foundation upon which your teaching, relationships, and overall impact are built. By prioritizing your spiritual growth and well-being, you'll be better equipped to inspire, guide, and mentor your students while navigating your profession's challenges and joys with faith, wisdom, and compassion. By investing in your spiritual well-being, you'll become a more effective and impactful teacher and a shining example of Christ's love and teachings in the lives of your students.