

FIRST UNITED METHODIST CHURCH TUSCALOOSA
Wellness Ministry – Heart, Soul, Mind, Strength

Spiritual Fitness Evaluation – Loving God with the whole self

Use the statements below for reflection and self-examination.

My spiritual beliefs affect every aspect of, and the choices made in my daily life.

There is a connection between my body, mind, and spirit.

Faith-based beliefs, practices, and disciplines have a positive impact on overall health.

My faith gives me: strength and comfort,

A strong sense of meaning, purpose, and direction,

Hope.

I consider how my faith affects my thought patterns and how my thought patterns impact my emotions, choices, and associated behaviors.

I monitor and evaluate my thought patterns and consider the truth and reality of my thoughts and how they compare to God's thoughts.

My relationship with God is the foundation for how I live my life.

I love God in a personal way.

God loves me in a personal way.

I trust that God hears me when I cry out to Him, and I have faith that He will take care of me.

I know that God forgives me.

I try my best to understand the principles and commandments of Scripture.

I try my best to be obedient to the principles and commandments of Scripture.

I am not harboring bitterness toward God for bad things that have happened to me.

I make it a priority to attend worship services, Bible studies, and other faith-based programs.

I confess my sins to God and ask for His forgiveness.

I volunteer at my church and in my community and find ways to use my spiritual gifts.

I consciously surrender all aspects of my life to God and seek His will.

I try to build relationships with others in my church and faith community.

Prayer is an important part of my daily life.

I spend time in personal Bible study and meditating on Scripture.

I practice healthy behaviors to care for my body as God's temple.

I draw strength and encouragement from the Holy Spirit to make health-related behavior choices and changes in my life.

I have forgiven myself for things I have done wrong and accept myself as I am.

I have forgiven those who have hurt me.