

## iFollow Discipleship Road Map

	Never true	Rarely true	True once in a while	Sometimes true	Often true	Almost always true	Always true
1. I am concerned that our country is not doing enough to help the poor.							
2. I know that Jesus Christ is the Son of God who died on a cross and rose again.							
3. My faith shapes how I think and act each and every day.							
4. I help others with their religious questions and struggles.							
5. In my free time, I help people who have problems or needs.							
6. My faith helps me know right from wrong.							
7. I do things to help protect the environment.							
8. I devote time each day to reading and studying the Bible.							
9. Every day I see evidence that God is active in the world.							
10. I take excellent care of my physical health.							
11. I am active in efforts to promote social justice.							
12. I seek out opportunities to help me grow spiritually.							
13. I take time daily for periods of prayer or meditation.							
14. I am active in efforts to promote world peace.							
15. I accept people whose beliefs are different from mine.							
16. I feel a deep sense of responsibility for reducing pain and suffering in the world.							
17. As I grow older, my understanding of God changes.							
18. I give significant portions of time and money to help other people.							
19. I speak out for equality for women and minorities.							
Add the total number of items marked in each column on this page:							

20. I feel God's presence in my relationships with other people.							
21. My life is filled with meaning and purpose.							
22. I am confident that I can overcome any problem or crisis no matter how serious.							
23. I care a great deal about reducing poverty in this country and throughout the world.							
24. I try to apply my faith to political and social issues.							
25. My life is committed to Jesus Christ.							
26. I talk with other people about my faith.							
27. I go out of my way to show love to people I meet.							
28. I have a real sense that God is guiding me.							
29. I like to worship and pray with others.							
30. I think Christians must be about the business of creating international understanding and harmony.							
31. I am spiritually moved by the beauty of God's creation.							
Add the total number of items marked in each column in this section (20-31):							
32. I tend to be critical of other people.							
33. I have a hard time accepting myself.							
34. I feel overwhelmed by all the responsibilities and obligations I have.							
35. I do not understand how a living God can allow so much pain and suffering in the world.							
36. I believe that I must obey God's rules and commandments in order to be saved.							
37. My life is filled with stress and anxiety.							
38. Religion has nothing to do with politics.							
Add the total number of items marked in each column in this section (32-38):							

## Your Score Sheet

Totals from the first page:							
Totals from Questions 20-31:							
Add the two rows together:							
	x1=	x2=	x3=	x4=	x5=	x6=	x7=

Totals from Questions 32-38:							
	x7=	x6=	x5=	x4=	x3=	x2=	x1=

Add all of the raw scores together for one total figure: \_\_\_\_\_

The range of possible scores is 38 to 266.

If your score is 38 to 84, you are just beginning to work toward a mature faith. Consider using some of the following iFollow lessons to guide you toward your next milestone:

If your score is 85 to 130, you are making some progress toward mature faith. Consider using some of the following iFollow lessons to guide you toward your next milestone:

If your score is 131 to 175, you have an average level of faith development among Christians in North America. Consider using some of the following iFollow lessons to guide you toward your next milestone:

If your score is 176 to 220, you have an above-average level of faith development. Yet Discipleship is for all eternity. Consider using some of the following iFollow lessons to guide you toward your next milestone:

If your score is over 220, you have an exceptional level of faith maturity. Yet Discipleship is for all eternity. Consider using some of the following iFollow lessons to guide you toward your next milestone:

This instrument is based on the Valuegenesis research sponsored by the Office of Education, North American Division of the General Conference. (See *Valuegenesis Report 1* by Peter L. Benson and Michael J. Donahue [1990]. Minneapolis/Silver Spring: Search Institute and NAD Office of Education.)