

# “Trying too hard” Self-Assessment

(Circle whichever answer you resonate with most)

1. When you don't get to spend time alone with God, do you feel:

- A. Guilty?
- B. Disappointed?

2. When you think of spending time with God, do you ask:

- A. How much time *should* I spend?
- B. How much time *can* I spend?

3. When you fail or feel weak in your spiritual journey, do you:

- A. Pull away from God
- B. Run to God like a needy child

4. When you spend time with God, is it to:

- A. Accomplish something
- B. Let him fill you

5. Does being aware of your unworthiness make you feel:

- A. Ashamed and inadequate?
- B. In awe of God's love?

6. When you've accomplished some spiritual discipline, do you

- A. Feel good because you are getting it right
- B. Feel grateful because God has given you grace

7. Are you motivated to spend time with God by:

- A. Shoulds and oughts
- B. Desire for more of Him

8. When it comes to other people's spiritual journeys, do you:

- A. Compare yourself to see how you're doing
- B. Look for God's work in them and rejoice

9. Has completing this assessment made you feel:

- A. Anxious or under the pile?
- B. Grateful and at rest?

## YOUR SCORE

1-3 “A’s”: You may not be “trying too hard,” but it might be a good idea to spend some time just “being” with Jesus, seeking to experience His love in new ways.

4 or more “A’s”: How you view intimacy with Jesus is not only making you “try too hard,” but it is robbing you of the joyful freedom He longs for you to have by living in His love.