

Christian Maturity Checkup

An honest look at your faith, your joy, and your friendships

But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To Him be the glory both now and forever. Amen.

2 PETER 3:18

AT A GLANCE

BIG IDEA	Growing up in Christ doesn't happen by accident. A quick, honest checkup helps us see where we are strong, where we are stuck, and what to work on next.
SCRIPTURE	2 Peter 3:18 · Hebrews 5:12-14 · Colossians 1:28 · Psalm 139:23-24
LENGTH	About 20 minutes, plus time to fill out the checkup
BEST FOR	Middle school and high school; great for small groups and one-on-one mentoring
YOU WILL NEED	A copy of this checkup and a pen for each student

Start here: checkups are normal

Every year you go to the doctor for a checkup. Nobody thinks that means you are sick. It is just how you make sure you are growing the way you should. Your spiritual life deserves a checkup too.

The writer of Hebrews was frustrated with some believers who should have been teachers by then, but still needed "milk and not solid food" (Hebrews 5:12). They had stopped growing. Paul's goal was the opposite: to "present every man perfect in Christ Jesus" (Colossians 1:28), complete and mature.

This checkup isn't a test you pass or fail, and nobody else needs to see your answers. Pray David's prayer before you start: "Search me, O God, and know my heart" (Psalm 139:23). Then be honest.

FOR THE LEADER

Give students quiet time to fill this out alone. Afterward, invite them (not require them) to share one area they are encouraged about and one they want to grow in. Revisit it every few months so students can see growth.

How to score: circle 1 if the statement is rarely true for you, 5 if it is almost always true.

1 How is your faith?

I am confident that God is working in my life right now.	(1) (2) (3) (4) (5)
I trust Him to do what is right and best for me, even when I don't understand.	(1) (2) (3) (4) (5)
I read my Bible in the morning (or at night) on most days.	(1) (2) (3) (4) (5)
I pray that God would grow Christ-like character in me.	(1) (2) (3) (4) (5)

2 How is your joy?

I am still excited that Jesus saved me.	(1) (2) (3) (4) (5)
I tell people what God is doing in my life.	(1) (2) (3) (4) (5)
I tell people what God is teaching me.	(1) (2) (3) (4) (5)
I fill my mind with godly voices: music, books, videos, shows, and podcasts.	(1) (2) (3) (4) (5)

3 How are your friendships?

Guys and gals face slightly different temptations here, so answer the set that fits you.

Guys

I have a Christian man who mentors me and gives me godly advice and help.	(1) (2) (3) (4) (5)
I talk easily with other guys about my friendship with Jesus.	(1) (2) (3) (4) (5)
I look to the Holy Spirit for my inspiration and confidence, not to having a girlfriend.	(1) (2) (3) (4) (5)
If someone asks why I'm not dating, I can say, "I'm not ready to date yet. The Holy Spirit is my inspiration!"	(1) (2) (3) (4) (5)
I encourage the girls I know to follow Jesus, and I treat them like sisters.	(1) (2) (3) (4) (5)

Gals

I have a Christian woman who mentors me and gives me godly advice and help.	(1) (2) (3) (4) (5)
I talk easily with other girls about my friendship with Jesus.	(1) (2) (3) (4) (5)
I find my identity in Jesus, not in having a boyfriend.	(1) (2) (3) (4) (5)
If someone asks why I'm not dating, I can say, "I'm not ready to date yet. Jesus is the man in my life!"	(1) (2) (3) (4) (5)
I challenge the guys I know to be godly leaders who listen to the Spirit, and I treat them like brothers.	(1) (2) (3) (4) (5)

Now what?

Look over your circles. Where are your 4s and 5s? Thank God for those; that's His work in you. Where are your 1s and 2s? Don't get discouraged. Every mature Christian you know started exactly where you are. Pick **one** low score and make a simple plan:

- If your Bible reading is low, start with one chapter of the Gospel of Mark each day.
- If you're missing a mentor, ask a leader this week to help you find one.
- If your joy is low, write down three things God has done for you and tell someone about one of them.
- If the voices you listen to are pulling you down, swap one playlist, show, or account for something that builds you up.

Peter's last words in his letters were simple: "Grow in the grace and knowledge of our Lord and Savior Jesus Christ" (2 Peter 3:18). Grace means you don't have to be perfect to start. Knowledge means you keep getting to know Him better. Both happen one day at a time.

TALK IT OVER

1. Which section (faith, joy, or friendships) was most encouraging for you? Which was most challenging?
2. Why do you think having a mentor matters so much for growing as a Christian?
3. What "voices" influence you most during a normal week? Are they helping or hurting your walk with God?
4. Why might it be wise to find your identity in Jesus before you start dating?
5. What is the one area you chose to work on? Who can help you stick with it?

TAKE IT HOME

Write your one growth goal at the top of this page and share it with a leader or a friend who will check on you. Put a reminder on your calendar to take this checkup again in three months, and see how God has been at work.

You don't have to be perfect to grow. You just have to keep growing.

From fifty years of youth ministry by **Ron Whittam**. Share freely with your students and leaders. · The Youth Ministry Living Room · qrprogramming.com/livingroom

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