



*The habit of contribution is partnering with God in the renewal of all things through the continual integration of our inner and outer lives.*

## **Before You Begin**

---

This audit looks at two things at once: what you are actually doing, and what is driving it. The habit of contribution holds these two realities together. The first is outer life, the things we do, the ways we show up, and the actions we take to bring order, renewal, and shalom to the people and places around us. The second is inner life, who we are becoming in the process: our motives, our heart posture, and the quality of attention we bring to our life with God.

Faithful contribution is not just doing good things. It is becoming the kind of person who, rooted in Christ and formed by His Spirit, brings renewal to the world as a natural result of life with God. This audit is designed to surface where those two realities are genuinely integrated, and where a gap (disintegration) may be worth exploring.

The numbers you find here are not a report card or progress plan. There is no total that makes you more or less faithful. A high total is not something to celebrate, and a low total is not something to be ashamed of. The question is never just what the number is. It is why it is what it is, and what God might be drawing your attention to through it.

Bring your results, whatever they are, to honest reflection, to prayer, and to two or three people who know you well enough to speak truthfully into what they see. These results are the beginning of a conversation, not the conclusion of one.

## **Instructions**

---

Read each statement and circle or write the number that is most honestly true of you, not how you wish you were, but how you actually tend to be. Some statements are intentionally ordinary or neutral. Resist the urge to answer how you think a spiritually mature person would respond. The audit is only useful if you answer what is actually true.

Try to avoid 3 (Sometimes) unless a statement genuinely does not apply. Even a slight lean is worth acknowledging.

**1 - Never like me | 2 - Rarely like me | 3 - Sometimes | 4 - Often like me | 5 - Always like me**

## **PART A—THE WORK OF RENEWAL**

These statements are about what you actually do: the outer life of contribution. How consistently are you noticing disorder and moving toward it? Are you offering your gifts, showing up, and following through?

**1.** When I am in a space (at home, at work, with friends, in my neighborhood), I tend to notice what is off, who is struggling, or what needs attention. And that noticing usually moves me to do something rather than move past it.

*1 - Never like me   2 - Rarely   3 - Sometimes   4 - Often like me   5 - Always like me*

My response: \_\_\_\_\_

**2.** This past week I can point to a specific moment when I stepped into something that needed care, even when it was not directly my responsibility.

*1 - Strongly Disagree   2 - Disagree   3 - Neutral   4 - Agree   5 - Strongly Agree*

My response: \_\_\_\_\_

**3.** I regularly offer my gifts, abilities, and skills to people or purposes outside my own household.

*1 - Never like me   2 - Rarely   3 - Sometimes   4 - Often like me   5 - Always like me*

My response: \_\_\_\_\_

**4.** When a relationship gets complicated or a conversation gets uncomfortable, I tend to move toward it rather than let it sit.

*1 - Never like me   2 - Rarely   3 - Sometimes   4 - Often like me   5 - Always like me*

My response: \_\_\_\_\_

**5.** I can identify relationships, spaces, and responsibilities in my life that receive my consistent, intentional attention, things that are better because I keep showing up for them.

*1 - Strongly Disagree   2 - Disagree   3 - Neutral   4 - Agree   5 - Strongly Agree*

My response: \_\_\_\_\_

**6.** When I finish a typical day, I can usually identify something specific I did that brought some measure of care, order, or help to someone or something around me, even if it feels small.

*1 - Never like me   2 - Rarely   3 - Sometimes   4 - Often like me   5 - Always like me*

My response: \_\_\_\_\_

**7.** I tend to follow through on acts of service or contribution even when the results are invisible and no one checks in on me about it.

*1 - Never like me   2 - Rarely   3 - Sometimes   4 - Often like me   5 - Always like me*

My response: \_\_\_\_\_

**8.** When I notice disorder, neglect, or a need in a space I inhabit (at home, at work, in my neighborhood), I am more likely to do something about it than to move past it.

*1 - Never like me 2 - Rarely 3 - Sometimes 4 - Often like me 5 - Always like me*

My response: \_\_\_\_\_

**A note on the questions below:** Note that the scale has been reversed on these questions. You might wish to take a moment to first read through the responses before continuing to circle/respond.

**9.** When I think about the contribution I make to the people and places around me, I am more likely to engage or take action when others are likely to notice or acknowledge it.

*5 - Never like me 4 - Rarely 3 - Sometimes 2 - Often 1 - Always like me*

My response: \_\_\_\_\_

**10.** When a new opportunity to serve or get involved arises, my first instinct is usually to figure out what it will require of me before I consider whether to say yes.

*5 - Never like me 4 - Rarely 3 - Sometimes 2 - Often 1 - Always like me*

My response: \_\_\_\_\_

**11.** There are areas of my life (relationships, responsibilities, spaces) where I know something needs attention, and I keep finding reasons to delay.

*5 - Never like me 4 - Rarely 3 - Sometimes 2 - Often 1 - Always like me*

My response: \_\_\_\_\_

**12.** The things I contribute to most consistently tend to be the ones where I receive some form of feedback, recognition, or appreciation.

*5 - Never like me 4 - Rarely 3 - Sometimes 2 - Often 1 - Always like me*

My response: \_\_\_\_\_

**13.** When I am already invested in something, a relationship, a responsibility, a commitment, and it starts to cost more than I expected, my natural instinct is to look for ways to reduce my involvement rather than lean further in.

*5 - Never like me 4 - Rarely 3 - Sometimes 2 - Often 1 - Always like me*

My response: \_\_\_\_\_

**14.** I find it easier to show up for visible or recognized contributions than for hidden or unacknowledged ones.

*5 - Never like me 4 - Rarely 3 - Sometimes 2 - Often 1 - Always like me*

My response: \_\_\_\_\_

---

**PART A TOTAL** · Add your responses to questions 1-14 Section A = \_\_\_\_\_ (out of 70)

## **PART B—THE SOURCE OF RENEWAL**

These statements are about what is driving your outer life: the inner life of contribution. What is the source? Who are you becoming in the process? Is your partnership with God flowing from the genuine ongoing work He is doing within you, or from somewhere else?

**15.** After I show up for someone or give of myself in some way, I usually have a sense of whether I was genuinely present in it, or whether I was going through familiar motions.

*1 - Never like me 2 - Rarely 3 - Sometimes 4 - Often like me 5 - Always like me*

My response: \_\_\_\_\_

**16.** When I am honest about what is driving my desire to show up for people, love feels more accurate as a description than duty, habit, busyness, or the need to feel useful, needed, or worthy.

*1 - Never like me 2 - Rarely 3 - Sometimes 4 - Often like me 5 - Always like me*

My response: \_\_\_\_\_

**17.** I regularly bring my inner life before God, not just my actions and requests, but my motives, my fears, and the places where I know I am not fully surrendered.

*1 - Never like me 2 - Rarely 3 - Sometimes 4 - Often like me 5 - Always like me*

My response: \_\_\_\_\_

**18.** When I think about the ways God has been shaping me lately, through prayer, Scripture, community, or a hard season, what comes to mind is not only how I have changed, but who around me might benefit from that change.

*1 - Strongly Disagree 2 - Disagree 3 - Neutral 4 - Agree 5 - Strongly Agree*

My response: \_\_\_\_\_

**19.** I notice when my motivation to help or serve has a shadow underneath it, when it is at least partly about managing how others perceive me.

*1 - Never like me 2 - Rarely 3 - Sometimes 4 - Often like me 5 - Always like me*

My response: \_\_\_\_\_

**20.** When I am serving, working, or caring for someone or something, I am aware that God is already at work in that situation, and that I am joining something He is doing, not starting something on my own.

*1 - Never like me 2 - Rarely 3 - Sometimes 4 - Often like me 5 - Always like me*

My response: \_\_\_\_\_

**21.** When an opportunity to serve or give comes before me, I tend to ask God not just what He wants me to do, but what He might want to grow or form in me through it.

*1 - Never like me 2 - Rarely 3 - Sometimes 4 - Often like me 5 - Always like me*

My response: \_\_\_\_\_

**22.** When I slow down to pay attention to what is happening inside me, I tend to notice things (patterns, motives, or attitudes) that I might otherwise move past.

**Note:** This is not asking whether hard seasons slow you down; they do for all of us, and that is human. This is asking whether your desire to show up for others is mostly fueled by inspiration, energy, or excitement, and fades when those run out.

*1 - Never like me 2 - Rarely 3 - Sometimes 4 - Often like me 5 - Always like me*

My response: \_\_\_\_\_

**A note on the questions below:** Note that the scale has been reversed on these questions. You might wish to take a moment to first read through the responses before continuing to circle/respond.

**23.** When something I have been serving or pouring into starts to feel routine, less exciting, or more costly than it used to be, my honest instinct is to pull back or quietly reduce my involvement.

*5 - Never like me 4 - Rarely 3 - Sometimes 2 - Often 1 - Always like me*

My response: \_\_\_\_\_

**24.** When I am honest, a meaningful portion of what I do for others is driven by wanting them to think well of me.

*5 - Never like me 4 - Rarely 3 - Sometimes 2 - Often 1 - Always like me*

My response: \_\_\_\_\_

**25.** I tend to feel deflated or less motivated when something I contributed to went unnoticed or unappreciated.

*5 - Never like me 4 - Rarely 3 - Sometimes 2 - Often 1 - Always like me*

My response: \_\_\_\_\_

**26.** My spiritual growth is something I value largely for what it does for my own inner life. It does not often push me outward toward others.

*5 - Never like me 4 - Rarely 3 - Sometimes 2 - Often 1 - Always like me*

My response: \_\_\_\_\_

**27.** When I imagine slowing down or stepping back from the things I do for others, I notice anxiety or restlessness, and I have not fully examined what that is about.

*5 - Never like me 4 - Rarely 3 - Sometimes 2 - Often 1 - Always like me*

My response: \_\_\_\_\_

**28.** I find it easier to engage with ideas about spiritual depth and formation than to translate them into consistent, ordinary action toward the people around me.

*5 - Never like me 4 - Rarely 3 - Sometimes 2 - Often 1 - Always like me*

My response: \_\_\_\_\_

**UNDERSTANDING YOUR RESULTS**

Each section totals 70 (minimum 14 if you answered 1 to every question). Locate each of your totals in the three bands below, and then take some time to learn more about your results in the quadrant below.

<b>LOW</b> 14-32	<b>MIDDLE</b> 33-51	<b>HIGH</b> 52-70
This area is underactive or underformed	This area is in motion but not yet consistent	This area is consistently active and engaged

If either of your totals falls in the Middle band (33-51): You are in a transitional space, something is moving but not yet consistent. Read both quadrants that border your total. The middle band is not a failure; it is often where the most honest and productive work happens.

If both of your totals land in the Middle band: Resist the urge to figure out which direction to move them. That is not the point of this exercise. Instead, notice which side you lean toward and sit with the question: Does this honestly represent where I am? The value in this audit is not in plotting a growth plan first. It is in noticing why the totals are the way they are, and then seeing what God may be inviting you to understand, or adjust, or simply hold with Him.

Identify the intersection of your scores from Part A (outer life) and Part B (inner life) in the quadrant below.

**Lower A + Higher B · Formed but Withholding**

*Your inner life is growing, but it may not be reaching the world yet.*

You are attentive to your formation. God is shaping you. But formation was never meant to be a private project. From the beginning, God designed us to be image-bearers who create, cultivate, and care for the world He loves. That shaping is for you, yes, but also for Him, and for the people and places around you. Becoming who God originally intended is not just personal enrichment. It is the very thing He means to offer the world through you.

→ **What God has been tending in you is meant to be given away, even in small, hidden, ordinary ways.**

**Suggested Next Steps:**

- Identify one specific gift, skill, or passion and offer it to one person or one space this week, not when you feel ready, but now.
- Ask a trusted person where they see you holding back, and listen without defending.
- Take one small step toward a dream or calling God has placed on your heart. Not the whole step. Just one.

**High A + High B · Integrated Partnership**

*You are doing the work, and it is flowing from a formed place.*

You are partnering with God in renewal, and it appears to be flowing from a genuine, God-anchored inner life. This is the continual integration that the habit of contribution describes. The invitation is not to arrive, it is to go further. Let God stretch you into new territory, offer more of what He is growing in you, and move from faithful presence in small things toward courageous partnership in larger ones.

→ **Stay rooted. Stay faithful. Keep offering what God is growing in you.**

**Suggested Next Steps:**

- Take on one act of contribution that is genuinely costly, not just convenient or comfortable.
- Find someone earlier in the journey and walk alongside them as a fellow apprentice.
- Practice the stretch habit: prayerfully revisit a dream or calling God has placed on your heart and take one small, concrete step toward it.

**Low A + Low B · Dormant**

*This is not a judgment. It is an honest starting place.*

Many of us have seasons where we are consuming more than contributing, where formation has stalled, and outward action has too. The habit of contribution does not begin with an overhaul; it begins with simply noticing. Where is the disorder around you? Where might God be inviting you to bring even a small measure of shalom? One act. One offering. One step toward something that needs tending.

→ **Start small. Bring order to one thing. Pay attention to what God stirs in you when you do.**

**Suggested Next Steps:**

- Begin tomorrow morning with the starting habit prayer. Then look for one thing that needs care, and do it.
- Notice what God stirs in you in that act. That noticing is the beginning of formation.
- Tell one person, a friend, a pastor, a mentor, where you are. Invite them to walk with you into this.

**Higher A + Lower B · Active but Adrift**

*You are doing real work, but something underneath may need attention.*

Your outer life is moving; you are showing up, serving, and contributing. But the source driving it may be more about obligation, habit, performance, or the need to feel useful than genuine partnership with God. Contribution that is not rooted in formation can quietly exhaust or hollow us out over time. The question is not whether you are doing enough. It is: who are you becoming in the process?

→ **Slow down. Remember the why. Let your doing flow from your being.**

**Suggested Next Steps:**

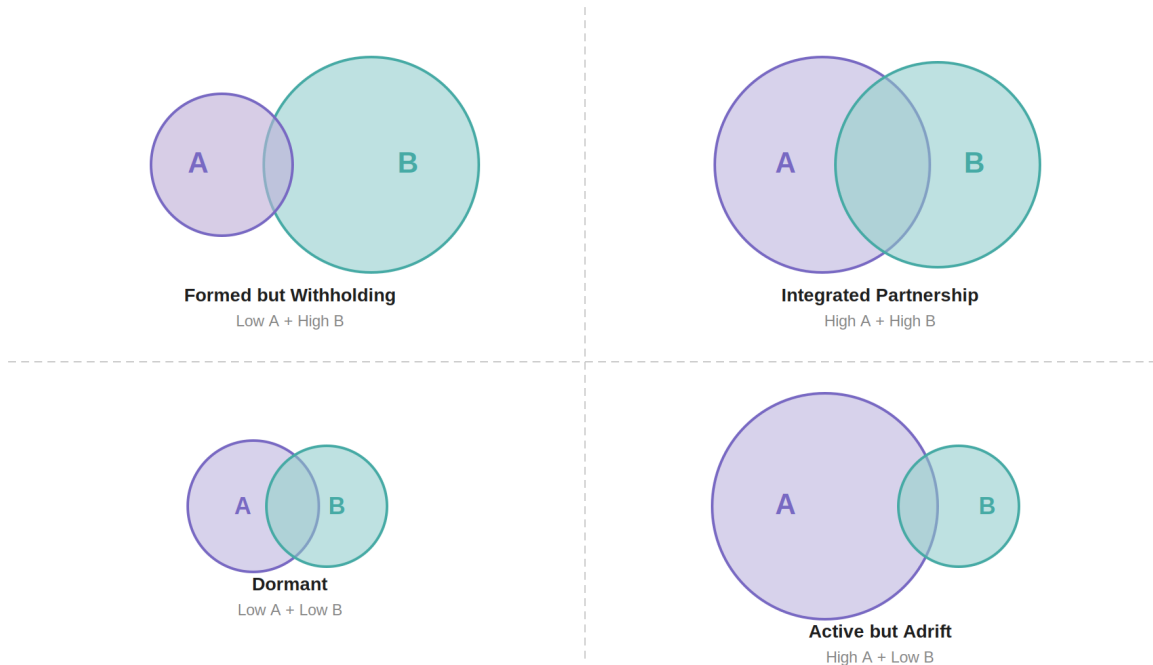
- Pray the starting habit prayer for one week before every act of work: "Lord, align who I am becoming with what I am building today."
- Do one meaningful thing this week that no one will ever know about, and pay close attention to what surfaces in you when you do.
- Spend time in silence asking God: What is actually driving this? Invite Him to show you what your contribution might be costing your soul.

## VISUALIZING YOUR RESULTS

This is not about measuring progress or finding deficiencies. It is about paying attention to the shape of your contribution. Where do you notice you might be giving more attention to one area than the other? Where do they overlap, and what does that tell you?

### Which picture most honestly describes where you are right now?

Each circle represents one of the two realities. The size of each circle reflects how active or formed that area feels. The overlap is where those two realities are genuinely connected.



A = outer life, B = inner life. Circle size = how active each area is. Overlap = integration

## REFLECTION

Before the table discussion, take a few minutes to sit with your results. Circle the questions that felt most honest or most uncomfortable - those are often the ones worth returning to.

- Is there anything in your results that surprises, challenges, or encourages you?
- Where did your inner and outer lives feel most connected as you answered? Where was there the most tension?
- What might God be bringing to your attention about who you are becoming in the process of contributing?
- Is there something specific He may be inviting you to offer, tend, or step toward?

*\*The framework of inner and outer life integration that shapes this audit draws from the work of John Mark Comer and Practicing the Way ([practicngtheway.org](http://practicngtheway.org)). We are grateful for their contribution to the broader conversation on spiritual formation.*