

Abundant Life Flourishing Measure

Before you engage with these items please try to recall and focus on your experience as a Christian and respond to the following questions on a scale from 0 to 10:

Joy and Peace

1. In general, how joyful do you usually feel?
(0=Not at All Joyful, 10=Extremely Joyful) _____
2. In general, how much peace do you experience in your life?
(0=No Peace at All, 10=Complete Peace) _____

Mental and Physical Health

3. "In general, how would you rate your physical health?"
(0=Poor, 10=Excellent) _____
4. "How would you rate your overall mental health?"
(0=Poor, 10=Excellent) _____

Meaning and Purpose

5. "To what extent do you feel the things you do in your life align with God's purpose for your life?"
(0=Not at All Aligned, 10=Completely Aligned) _____
6. "I understand my purpose in life as it relates to God's plan."
(0=Strongly Disagree, 10=Strongly Agree) _____

Character and Virtue

7. "I consistently strive to follow Christ's teachings in my actions, even in difficult and challenging situations."
(0=Not True of Me, 10=Completely True of Me) _____
8. "I am willing to make sacrifices in the present to inherit eternal life."
(0=Not True of Me, 10=Completely True of Me) _____

Relationships

9. "My friendships and relationships are filled with a self-giving love that brings me contentment."
(0=Strongly Disagree, 10=Strongly Agree) _____
10. "I find fulfilment in my Christian relationships."
(0=Strongly Disagree, 10=Strongly Agree) _____

Stewardship

11. "I strive to be responsible and wise in managing the resources God has entrusted to me."
(0=Not True of Me, 10=Completely True of Me) _____
12. "How often do you trust in God's provision for your needs, such as safety, food, or housing"
(0=Do Not Trust at All, 10=Completely Trust) _____