

DIVINE ORDER 7S CHRISTIAN LIVING

FREE SELF-ASSESSMENT

Discover Where God Wants to Bring Order to Your Life

SORT • SET IN ORDER • SHINE • STANDARDIZE • SUSTAIN • SAFETY • SPIRIT

A 21-statement self-reflection assessment covering all seven S's, self-scored in about 5 minutes. Your results can help you identify a practical place to begin.

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Divine Order 7S Christian Living

HOW TO USE THIS ASSESSMENT

Below are 21 statements — three for each of the Seven S's. For each one, rate how true it is of your life right now, using the scale below. There are no right or wrong answers; this is simply a mirror, not a test.

1	Rarely true of me
2	Occasionally true
3	Sometimes true
4	Often true
5	Consistently true of me

Write your score in the blank beside each statement. When you finish a section, add its three scores together for a Section Total. At the end, add all seven Section Totals together for your Overall Score, then turn to the Scoring Key to see what it means.

A NOTE BEFORE YOU BEGIN

This assessment is a personal reflection tool meant to help you recognize patterns in your spiritual life. It is not a clinical, psychological, or diagnostic instrument, and it does not replace pastoral counseling, mental health care, or medical advice. If any area of your life feels overwhelming, unsafe, or beyond what self-reflection can address, please reach out to a licensed counselor, physician, or trusted pastoral leader.

S1 — SORT

Remove what no longer supports growth. Create clarity by eliminating disorder and distractions.

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|---|-------------|
| 1. I regularly take honest inventory of what's taking up space in my time, relationships, and mind. | Score: ____ |
| 2. I'm able to let go of things that are no longer fruitful, even when they're comfortable. | Score: ____ |
| 3. I rarely feel buried under commitments I never intended to carry. | Score: ____ |

S1 Section Total: ____ (out of 15)

S2 — SET IN ORDER

Establish structure and organization. Build healthy systems and intentional routines.

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|--|-------------|
| 1. My priorities have an actual place in my calendar, not just good intentions. | Score: ____ |
| 2. I have systems — reminders, routines — that support what I say matters to me. | Score: ____ |
| 3. My daily rhythm reflects what I say I believe is important. | Score: ____ |

S2 Section Total: ____ (out of 15)

S3 — SHINE

Maintain integrity and godly character. Practice stewardship, care, and excellence in every area.

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|---|-------------|
| 1. I regularly ask God to reveal motives and patterns I can't see on my own. | Score: ____ |
| 2. I can tell the difference between conviction and condemnation when I feel exposed. | Score: ____ |
| 3. I process what surfaces in prayer honestly, rather than avoiding it. | Score: ____ |

S3 Section Total: ____ (out of 15)

S4 — STANDARDIZE

Reinforce consistency through repeatable systems. Create rhythms that produce reliability.

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|---|-------------|
| 1. I have non-negotiable spiritual habits that don't depend on my mood. | Score: ____ |
| 2. I've identified what usually derails my consistency, and I plan around it. | Score: ____ |
| 3. My discipline holds up on an ordinary Tuesday, not just after a powerful Sunday. | Score: ____ |

S4 Section Total: ____ (out of 15)

S5 — SUSTAIN

Protect long-term growth through endurance and faithfulness. Keep going and keep building.

- | | |
|---|-------------|
| 1. I can point to habits I've kept consistently for months, not just days. | Score: ____ |
| 2. I have at least one person who knows what I'm working to sustain and checks on it. | Score: ____ |
| 3. I don't quit when the emotional high of a breakthrough fades. | Score: ____ |

S5 Section Total: ____ (out of 15)

S6 — SAFETY*Guard what matters most. Establish boundaries, discernment, and awareness to avoid unnecessary harm.*1. I know which relationships or environments quietly drain my peace or discipline. **Score:** ____2. I'm willing to close a door again if it keeps creeping back open. **Score:** ____3. I have clear boundaries around my time, attention, and emotional energy. **Score:** ____**S6 Section Total:** ____ (out of 15)**S7 — SPIRIT***Align life with God. Strengthen spiritual discipline, intimacy, and dependence on the Holy Spirit.*1. I regularly surrender my day to God before diving into it under my own power. **Score:** ____2. I notice promptings of the Holy Spirit and act on them, even the small ones. **Score:** ____3. I stay in consistent Christian community rather than walking this alone. **Score:** ____**S7 Section Total:** ____ (out of 15)**YOUR OVERALL SCORE**

Add all seven Section Totals together.

Overall Score: ____ (out of 105)**SCORING KEY**

Each section (3–15):

- 3–7 — Growth Edge: this is where to start — give this S your attention first.
- 8–11 — In Progress: you're building real traction here — keep going.
- 12–15 — Strength: this is solid ground — a place to lead from, not just work on.

Overall score (21–105):

- 21–49 — Just Beginning: you're at the start of the journey, and that's a good place to be honest from.
- 50–77 — In Process: real structure is forming — a few areas need focused attention.
- 78–105 — Stronger Alignment: several areas appear well established. Continue strengthening your lowest-scoring S and sustaining what is working.

YOUR LOWEST-SCORING S

Look back at your seven Section Totals. Whichever S scored lowest is not a verdict on your walk with God — it's a signal. It's usually the most honest place to begin.

My lowest-scoring S is: _____

WHAT'S NEXT

This assessment revealed where to begin. Continue the journey with biblical teaching and practical guidance through all seven areas of Divine Order.

CONTINUE YOUR DIVINE ORDER JOURNEY

Your assessment revealed where to begin. Explore Divine Order: 7S Christian Living Manual for biblical teaching and practical guidance through all seven areas.

→ **Explore the Book at resilientinspirationgroup.com**

INTERESTED IN GUIDED SUPPORT?

Join the Masterclass Interest List to be notified when the next 7S Christian Living Masterclass Intensive cohort opens for enrollment.

Visit resilientinspirationgroup.com or email resilientinspirationgroup1@outlook.com to explore the book, join the Masterclass Interest List, or ask a question.

“Sort brought clarity. Set in Order brought structure. Shine brought purity. Standardize brought consistency. Sustain brought endurance. Safety brought protection. And Spirit brought it all to life.”

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