

CONQUERING CANAAN

"Taking Hold of Your Promised Land"

Self-Assessment · Where Am I on the Journey?

How this works: This assessment looks at six areas of taking hold of your promised land. Read each statement and give yourself a score from 1 to 5, based on how true it is of you right now. Be honest rather than ideal. This is a map to show you where to focus, not a report card. Circle or write your score, add up each section, then read the results at the end.

The scale: 1 = rarely or never true of me 2 = seldom 3 = sometimes 4 = often 5 = very true of me

Area 1: Knowing and Believing Your Promise

- | | | | | | |
|--|---|---|---|---|---|
| 1. I can clearly name a specific promise, dream or calling God has placed in my heart. | 1 | 2 | 3 | 4 | 5 |
| 2. I genuinely believe God will bring His promise to pass in my life. | 1 | 2 | 3 | 4 | 5 |
| 3. I hold on to what God has said even when circumstances say otherwise. | 1 | 2 | 3 | 4 | 5 |
| 4. I remind myself of God's promises rather than forgetting them. | 1 | 2 | 3 | 4 | 5 |
| 5. I believe the promise is for me, not only for other people. | 1 | 2 | 3 | 4 | 5 |

Area 1 total: _____ / 25

Area 2: How I See Myself

- | | | | | | |
|--|---|---|---|---|---|
| 6. I see myself as a capable daughter of God, not as a grasshopper. | 1 | 2 | 3 | 4 | 5 |
| 7. Fear does not get the final say in my decisions. | 1 | 2 | 3 | 4 | 5 |
| 8. When I face something big, I focus on God's size, not the giant's. | 1 | 2 | 3 | 4 | 5 |
| 9. I do not disqualify myself because of my age, past, or limitations. | 1 | 2 | 3 | 4 | 5 |
| 10. I can step out in faith even when I feel unqualified. | 1 | 2 | 3 | 4 | 5 |

Area 2 total: _____ / 25

Area 3: Driving Out the Hindrances

- | | | | | | |
|---|---|---|---|---|---|
| 11. I deal with sin, compromise and unhealthy habits rather than tolerating them. | 1 | 2 | 3 | 4 | 5 |
| 12. I have released the offences and bitterness I was holding on to. | 1 | 2 | 3 | 4 | 5 |

13. I do not make peace with things God has told me to remove.	1	2	3	4	5
14. I can honestly name the thorns that have been harassing me, and I am addressing them.	1	2	3	4	5
15. There is no area of my life I am knowingly keeping back from God.	1	2	3	4	5

Area 3 total: _____ / 25

Area 4: Obedience and Walking Closely with God

16. I obey what God shows me, even when it is hard or costly.	1	2	3	4	5
17. I stay close to God daily rather than drifting from Him.	1	2	3	4	5
18. I depend on God rather than leaning on my own effort and strength.	1	2	3	4	5
19. I remember and thank God in the good times, not only the hard times.	1	2	3	4	5
20. I trust that God's way leads to blessing, even when I do not understand it.	1	2	3	4	5

Area 4 total: _____ / 25

Area 5: Endurance and Guarding the Seed

21. I keep pursuing my God-given promise even when it is taking a long time.	1	2	3	4	5
22. I do not grow weary and give up when I feel discouraged.	1	2	3	4	5
23. I guard my promise from mockery, comparison and negative voices.	1	2	3	4	5
24. I keep feeding my faith through the Word, worship and prayer.	1	2	3	4	5
25. I believe my season of harvest is still coming, even after long delay.	1	2	3	4	5

Area 5 total: _____ / 25

Area 6: Taking Practical Ground

26. I take real, practical steps toward my promise, not just wait and hope.	1	2	3	4	5
27. I focus on the next step rather than being overwhelmed by the whole journey.	1	2	3	4	5
28. I follow through on the things God has already told me to do.	1	2	3	4	5

29. I am actively moving forward in this season, not stuck or passive. 1 2 3 4 5

30. I put my faith into action rather than keeping it only in my head. 1 2 3 4 5

Area 6 total: _____ / 25

Your Scores

Write each area total here, then add them for your grand total.

Area 1, Believing the Promise: _____ / 25

Area 2, How I See Myself: _____ / 25

Area 3, Driving Out the Hindrances: _____ / 25

Area 4, Obedience and Closeness: _____ / 25

Area 5, Endurance and Guarding the Seed: _____ / 25

Area 6, Taking Practical Ground: _____ / 25

GRAND TOTAL: _____ / 150

What Your Area Scores Mean

Look at each area total out of 25:

21 to 25, Strong ground. You are conquering well here. Keep standing, and help others.

16 to 20, On the move. You are advancing. Keep pressing; you are close.

11 to 15, Contested ground. This area needs focus and prayer. The enemy is contesting it.

5 to 10, A stronghold to take. This is where something is holding you back. Start here. This is your next battle.

Your two lowest areas are almost always the most important. They usually show the belief systems, thought patterns or behaviours that have been keeping you out of your promise. That is not bad news. It is the map. It tells you exactly where to put your foot down next.

Your Overall Journey

Now look at your grand total out of 150:

120 to 150: You are well into your promised land, taking ground with faith and endurance. Keep possessing, and lead others in.

90 to 119: You are crossing over and advancing. There are one or two areas still to conquer; give them your focus in this season.

60 to 89: You are on the journey but something is slowing you down. Look hard at your lowest areas and deal with them, one step at a time.

Below 60: You may be feeling stuck at the edge of your promise. Do not be discouraged. Every one of these areas can grow. Begin with the lowest, bring it to God, and take the first small step. Line upon line.

My Focus Going Forward

The promise God has placed in my heart is:

The two areas I most need to focus on are:

1.

2.

The main thing I need to drive out is:

One practical step I will take this week is:

*You do not have to take the whole land today. Just take the next step.
"Every place on which the sole of your foot treads shall be yours." Deuteronomy 11:24 NKJV*