

Spiritual Health Assessment AND Spiritual Health Planner

*Test yourselves to make sure
you are solid in the faith.*

*Don't drift along taking
everything for granted.*

Give yourselves regular checkups . . .

*Test it out. If you fail the test,
do something about it.*

2 Corinthians 13:5 (The Message)

The Spiritual Health Planner

Now that you have completed the *Spiritual Health Assessment* and transferred your scores to the *Spiritual Health Plan*, you are ready to take the next step toward living a healthy, balanced, purpose driven life.

Choose one purpose from the *Spiritual Health Plan* that you want to focus on. In the following pages you will find a table for each purpose with a beginning step (crawl), an intermediate step (walk), and a more advanced step (run) for each of the questions found in the *Spiritual Health Assessment*. Pick the step or steps you want to take for the area you have chosen to work on. You will also find a resource page for each purpose with recommended books, small group studies, classes, and practical suggestions that will take you further in your growth.

While you may need to challenge yourself to step up to the task, you also need to be realistic in your expectations, otherwise you might become discouraged and give up. So consider starting off with a crawl step—a target you can easily hit in the next thirty days. Then you can move on to a walk step—a tangible goal that will stretch you over the next sixty to ninety days. Finally, choose a run step—something that will require a leap of faith, but through the power of the Holy Spirit will bring you to a whole new level of spiritual maturity.

When you have selected the purpose you want to work on and the steps you want to take, we encourage you to share your decisions with a trusted friend who can help you stay the course by praying for you and holding you accountable. Don't try to do this alone. Isolation can lead to procrastination. But a loving friend can encourage you if you're feeling discouraged and help you up if you fall down.

Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up! Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.

Ecclesiastes 4:9–12, NIV

Discipleship

Using the chart below, choose a step you would like to take and transfer it to the *Spiritual Health Plan*.

ASSESSMENT QUESTION	CRAWL	WALK	RUN
I am quick to confess anything in my character that does not look like Christ.	Evaluate your character.	Have a friend take the <i>Friend Feedback Assessment</i> and get feedback on the results.	Find a spiritual partner and establish a relationship of accountability.
A review of how I use my finances shows that I think more about God and others than I do about myself.	Give something to the church or someone in need.	Give the first 10% of your income to your church on a regular basis.	Give from your abundance above the first 10%.
I allow God's Word to guide my thoughts and change my actions.	Read one Bible verse a day.	Read the Bible straight through like a story or novel. See the "suggestions" list on the next page for more information on how to do this.	Make a regular habit of studying the Bible in depth. You may want to get some tools to help you or take a class at your church.
I am able to praise God during difficult times and see them as opportunities to grow.	During a crisis thank God for all he has done for you and how he will help you grow through this trial. Share what you are learning with a friend or mentor.	Journal about your circumstances to see how God is working in and through them. Spend some time reminding yourself of his work by re-reading what you have written.	Minister to others through the pain you have experienced by joining ministries at church that focus on meeting the needs of those who are struggling where you have struggled (Celebrate Recovery, Divorcecare, <i>Griefwalk</i> , HOPE House).
I find I am making better choices to do what is right when I am tempted to do wrong.	Examine the areas of your life where you struggle with temptation. What are those areas of struggle and what should you start doing to avoid them?	Develop a plan for handling specific temptation in your life. Find a spiritual partner to help you.	Make confession and repentance a regular part of your time with God. Name the things you have done and commit yourself to making the right choices in the future.
I have found that prayer has changed how I view and interact with the world.	Pray a one sentence prayer from time to time to bring God into your circumstances.	Spend some time praying through structured prayers on a daily basis (see the "ACTS Model" or "The Lord's Prayer" in the "suggestions" section on the next page).	Make spontaneous prayers a regular part of your day (see "Flash Prayers" in the "suggestions" section on the next page).
I am consistent in pursuing spiritual habits that are helping me model my life after Jesus.	Develop the spiritual habit of praying. After waking up, take a moment to offer a prayer to God.	Take " The Institute " course offered on Alpha night.	Commit to practicing regular spiritual habits on a daily basis such as quiet time, prayer, etc. Have a spiritual friend help you evaluate which habits you need to implement.

Discipleship Resources

Books

The Purpose Driven Life by Rick Warren (Specifically Days 22 to 28)

Soul Revolution by John Burke

How Good is Good Enough by Andy Stanley

Too Busy Not to Pray by Bill Hybels

How People Grow by Henry Cloud & John Townsend

Emotionally Healthy Spirituality by Peter Scazzero

Soul Keeping by John Ortberg

The Pursuit of God by A. W. Tozer

What's So Amazing About Grace? by Phillip Yancey

Activities

Start a Bible Reading plan: "You Version" app or another resource

Listen to Lakeside Sermon Series, ["Strapped"](#)

Practice taking a Sabbath

Groups & Courses

Join a [Small Group](#)

["The Institute"](#) on Alpha night

Suggestions

Book Study: Choose a book of the Bible and commit to studying it in depth. Read through the entire book a few times. While doing this, get a basic understanding of how the book is structured, what the author's message is, who he is speaking to, what the book's purpose is, etc. Then start with a section of one chapter and read this through a few times asking the same questions as above. To help you in your study, you may want to pick up a commentary that helps explain things verse by verse.

The ACTS Model: The ACTS model of prayer involves breaking our prayers up into different phases or focuses. The “A” stands for adoration. The first portion of our prayers should focus on adoring God for who he is and giving him honor and glory. The “C” stands for confession. A very basic part of prayer is self-examination and coming clean before God about our sin, confessing it, and then turning from it. The “T” stands for thanksgiving. Thanksgiving involves thanking God for who he is and what he has done. The “S” stands for supplication, which involves bringing our requests before God. This model helps us stay balanced in our prayers and attuned to the will of God.

Fasting: The purpose of a traditional fast is to abstain from food in order to focus clearly on your relationship with God. You can also fast from television, entertainment, reading, or anything that distracts you from God. Those who are diabetic, pregnant, or who suffer from severe physical disorders when fasting from food should fast from other things that are not physically damaging. Remember, the goal is to develop a focus on God. In order to fast you may want to consider the following:

- What is the purpose of this fast?
- Begin with something small like one meal or one time slot.
- During the fast, commit the time you would have spent eating to prayer, Bible study, worship, etc. Use it as a time to focus on God.

Journaling: Sometimes it is helpful to journal in order to see God’s work in our lives. You may want to start a journal that allows you to record some of the victories and struggles you are having. Record your thoughts and feelings as you go through a process of self-examination. Make it a point to review your journal annually to see how God has worked in your life over the past year.

The Lord's Prayer: When asked by his disciples to teach them to pray, Jesus gave them what has come to be known as the Lord’s Prayer. The Lord’s Prayer is a model of prayer that can be broken up into six R’s. The first three R’s deal with prayers directed toward God. They are: Remember the Lord is near (“*Our Father in heaven*”—Matthew 6:9), Reflect on who God is (“*hallowed be your name*”—Matthew 6:9), and Refocus our lives toward his Kingdom and his will (“*your kingdom come, your will be done on earth as it is in heaven*”—Matthew 6:10). The second three R’s deal with prayers for our needs. They are: Request the needs you have for today (“*Give us today our daily bread*”—Matthew 6:11), Repent of the sins you have committed (“*Forgive us our debts as we also have forgiven our debtors*”—Matthew 6:12), and Rest in God’s deliverance and presence in times of temptation (“*And lead us not into temptation, but deliver us from the evil one*”—Matthew 6:13).

Flash Prayers: Frank Laubach talked about “flashing” prayers at anyone you meet. He explained how he would pray silently for those he came into contact with and ask for God’s joy and presence in their lives. He would “flash” these prayers at anyone he saw, people on the bus, the street, in a plane, etc. Take some time to experiment with this approach to prayer. At church you may want to flash prayers at those you pass by or see in the sanctuary. In every instance ask for God’s joy and presence in the person’s life. Then look for the response. Do you notice a difference in them?

The Bible as Story: For many people Scripture can become dry because it is read like an encyclopedia. Take some time to read the Bible like a novel. Start at the beginning and read it straight through. Instead of looking for something to apply that day, look for overall themes and indications of what God is like and how he interacts with people. Try reading “The Story” version of the bible.

Money Management: Take some time to look over how you manage your money. If you don’t have a budget you may want to establish one. Spend some time praying over what God wants you to do with the money he has given you. This will then help you budget with God’s priorities in mind. If you need help with this it may be a good idea to see a Christian financial counselor.



This *Spiritual Health Assessment* and *Spiritual Health Planner* have been distributed with permission by Lakeside Church for the purpose of helping you grow and develop in your spiritual journey. If you have questions, please contact Janet Collins, Lakeside’s Director of Spiritual Growth at collins@lakesidechurch.ca or 519-836-8141 ext 231.