

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

Fellowship

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 genuinely open and honest with others about who I am.	Have a friend or spouse complete the <i>Friend Feedback Assessment</i> . Discuss openly the differences between how your friend/spouse views you and how you view yourself.	Honestly share your faults and struggles with someone who will commit to praying for you on a regular basis.	Give a testimony to your group or church about how God helped you in your struggles.
I regularly use my time and resources to care for the needs of others.	Pray for a need that someone has. Make it a point to ask them about it when you see them and pray for them on the spot.	Find someone who has a need in your small group or at church, and then meet that need.	Rally your small group to care for someone who has a need. Contact the church for more information on people who have needs in the church or community
I have a deep and meaningful connection with others in the church.	Attend a worship service or class on a regular basis.	Take the Discovering Lakeside course and become a partner of Lakeside Church.	Invite others to Lakeside.
I have an easy time receiving advice, encouragement and correction from others.	Establish a friendship and share something of your life with that person.	Find a spiritual partner and meet with him or her about a specific area in which you would like to grow.	Be a spiritual partner to someone else.
I gather regularly with a group of Christians for fellowship and accountability.	Attend a weekly small group, Alpha or Celebrate Recovery.	Invite others to your small group, Alpha or Celebrate Recovery.	Lead a small group .
There is nothing in my relationships that is currently unresolved.	Pray for someone you have a conflict with. Make this a regular prayer that will move you towards reconciling the relationship.	Make it a point to seek forgiveness or give forgiveness to someone you have a conflict with.	Mend a broken or hurting relationship in your life, and seek to reconcile with that person.
There is nothing in the way I talk or act concerning others that I would not be willing to share with them in person.	Don't participate in gossip.	Challenge those who gossip to speak with the person directly.	Make it a point to share directly with a person instead of talking about the person behind his or her back.

Fellowship Resources

Books

The Purpose Driven Life by Rick Warren (Specifically Days 15 to 21)

Connecting by Larry Crabb

Life Together: The Classic Exploration of Faith in Community by Dietrich Bonhoeffer

Activities

Join a [Small Group](#)

Classes

Discovering Lakeside

[Alpha](#)

Investigate the [Support and Recovery](#) programs at Lakeside (Celebrate Recovery, Divorcecare, *Griefwalk*)

Suggestions

Spiritual Partners: Search out a spiritual partner who will commit to meeting with you regularly and help you grow in your relationship with Jesus. It could be an older person or a peer. Set up a consistent time to meet together. It could be through e-mail conversation or in person. This needs to be a person with whom you can openly share your struggles and ask for prayer, discuss behaviours you need to change and want to be held accountable for, share devotional insights you have learned in your personal study of Scriptures, and talk about general life issues.

On-The-Spot Prayer: Prayer is usually a great way to build community with others. The next time a person shares a need or concern with you, stop right there and ask if it is okay to pray for them. Make this a regular habit, and watch what it does for the level of intimacy you have with the people around you.

Seek Reconciliation: For many of us, there are strains in our relationships that come from false perceptions or hurts we have chosen to harbor instead of heal. Take a look at your own life. Are there any strained relationships? Are you angry with someone else? Are you holding a grudge? Are you mad at God for not coming through for you? Are you always critical of yourself and others? As you reflect on your answers to these questions (there may be other questions you think of), make it a point to seek to be reconciled to people you are separated from because of these issues. You may want to talk with a counselor or your pastor before you seek reconciliation.

How Do You Relate?: What relational problems are unmanageable for you? Are there patterns in your relationships that you repeat over and over again? What bad habits do you bring to your relationships? Many of us experience relational problems due to the ways we relate to others. Make it a point to explore these issues with a counselor, pastor, or spiritual friend.



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 jcollins@lakesidechurch.ca or 519-836-8141 ext 231.