

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)

By Steve Gladen and Todd Olthoff

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

Outreach (Evangelism)

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 feel personal responsibility to share my faith with those who don't know Jesus.	Read a book about evangelism. Start building a relationship with someone who does not know Jesus.	Lead your small group through an outreach curriculum.	Lead a small group for those exploring faith or start an Alpha group in your home.
I look for opportunities to build relationships with people who don't know Jesus.	Invite an unsaved neighbour over for dinner.	Host a "Matthew Party" with your small group where you invite unsaved neighbours or friends over for dinner, a time of fellowship, or a social event.	Lead a small group for those exploring faith or invite them to Alpha with you. Or lead an Alpha group in your home.
I regularly pray for those who don't know Christ.	Identify names of unsaved people and pray daily for their salvation.	Ask your small group for names of unsaved friends and hold each other accountable to share your faith with them.	Do a prayer walk through your neighbourhood where you walk the block praying for each neighbour and any specific needs they may have.
I am confident in my ability to share my faith.	Write out your testimony and share it with a friend.	Have everyone in your small group share their testimony in 2-3 min each.	Ask God for an opportunity to share your faith journey story you put together and watch for the right person to come along or share your story with Lakeside as a " Lakeside People " feature.
My heart is full of passion to share the good news of the gospel with those who have never heard it.	Do a prayer walk through your neighbourhood.	Have regular conversations with someone who does not know Jesus and build the relationship with them.	Volunteer for a local cross-cultural mission project.
I find that my relationship with Jesus comes up frequently in my conversations with those who don't know him.	Write out your testimony and share it with a friend.	Practice sharing the gospel message with a friend.	Share in your small group different ways of presenting the gospel of salvation.
I am open to going anywhere God calls me, in whatever capacity, to share my faith.	Pray for an unsaved people group (nation or ethnic group without enough Christians to share the gospel with them).	Volunteer in an outreach capacity that stretches you.	Explore serving on a short-term mission trip .

Outreach (Evangelism) Resources

Books

The Purpose Driven Life by Rick Warren (Specifically Days 36 to 40)

Becoming a Contagious Christian by Mark Mittelberg and Lee Strobel

Just Walk Across the Room by Bill Hybels

Case for Christ by Lee Strobel

Mere Christianity by CS Lewis

Activities

Join a [Small Group](#)

Plan an outreach activity with your [Small Group](#)

Suggestions

Be Ready to Care: Be ready to care for the hungry or needy wherever you go. Carry gift certificates from your local grocery and department stores like Zehrs or Wal-Mart to give on the spot to those who have need, without worrying about cash. Carry the numbers for local shelters and food services ([HOPE House](#)) with you so you can help the homeless. Buy an extra hamburger or bagel and share it with someone who needs it.

Community Compassion: Look for opportunities to care for the needs of your community. There are many community programs that help share the love of Jesus through meeting the needs of others. Look for ways to take your faith outside the walls of your church.

Deliver Food: Set aside some time to volunteer at [HOPE House](#) with your family or small group. Make it a special day or evening out. Go out for a meal or dessert afterwards and talk about how it felt to serve others. How was Jesus seen through your actions?

What's Your Style: You may feel pressure when it comes to sharing Christ because you think you have to "sell" someone on Jesus. Sharing Christ can happen in many different ways. Take some time to explore your style. You could read *Becoming a Contagious Christian* by Lee Strobel and Mark Mittelberg. You may be more comfortable speaking directly to people about Jesus; or maybe it is easier for you to let it come up naturally in a conversation. Find your style and begin to share your faith with others.

Short-Term Mission: Choose to go on a [short-term mission trip](#). Through these mission trips you get a better understanding of other people's need for Jesus, and a better understanding of the heart of God. Check out the short-term missions opportunities that are available at Lakeside.

Count Conversations: Often we can put too much pressure on ourselves to "convert" someone or have all the right answers. It is the Holy Spirit who converts, not us. All you have to do is talk about the Gospel (see Matthew 28:19, 20). Instead of counting the number of people you have led to Christ, start counting the number of conversations you have with others about Jesus. You may be shocked to find how easy it is to talk naturally about Jesus when you don't pressure yourself to convert them.

Pray for Your Friends: Make it a point to pray specifically for people you know who don't know Jesus. You may want to write their names on a bookmark in your Bible or in a prayer journal. Set aside a regular time in your day to pray for them.



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.