

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

Serving (Ministry)

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 regularly use my time to serve God.	See your family and/or job as a ministry.	Give one hour a week to volunteer at Lakeside.	Commit to volunteer in a ministry at Lakeside that may require more time.
I am currently serving God with the gifts and passions he has given me.	Volunteer at Lakeside.	Commit to serve in some kind of ministry.	Lead a ministry.
I regularly reflect on how my life can have an impact for the Kingdom of God.	List five ways your life can impact the Kingdom. Seek a pastor if you need help.	Take the Discover your Gifts course at Lakeside.	Commit to serve within a ministry that best expresses your spiritual gifts, personality and passion for one year.
I often think about ways to use my God-given gifts and abilities to please God.	Take a spiritual gifts survey to discover your strengths.	Meet with Lakeside's Director of Spiritual Growth to discover where your spiritual gifts and abilities can best be utilized at Lakeside.	Consistently serve in a ministry in or through Lakeside to help others based on the gifts and abilities God has given you.
I enjoy meeting the needs of others without expecting anything in return.	Discuss with a friend five practical ways you can meet needs around you.	Pick one practical way to meet a need and do it.	Serve at Lakeside on a weekly basis helping out the staff.
Those closest to me would say my life is a reflection of giving more than receiving.	Serve at Lakeside during the weekday helping out the staff.	Take on a volunteer project at Lakeside.	Take on a leadership role within a ministry that best expresses your spiritual gifts, personality and passion.
I see my painful experiences as opportunities to minister to others.	Write out how Christ has healed or used a painful experience in your life for God's glory.	Share with a friend or your small group how Christ has healed or used this painful experience for God's glory.	Share this painful experience with your pastor to see if you can use it to help others at Lakeside.

Serving (Ministry) Resources

Books

The Purpose Driven Life by Rick Warren (Specifically Days 29 to 35)

What You Do Best in the Body of Christ by Bruce Bugbee

Holy Discontent by Bill Hybels

Activities

Watch “Holy Discontent” by Bill Hybels to discover your passion (YouTube videos)

Join a [Small Group](#)

Take a *Discover your Spiritual Gifts* course at Lakeside

Suggestions

Join a Ministry: Join an existing ministry at Lakeside that best fits your spiritual gifts, interests, passions, talents, abilities, personality type, and experiences.

Jump in Anywhere: You discover your gifts by getting involved in ministry. If you don't know your gifts and abilities yet, then just find something that sounds interesting and get involved. You'll never know what you're good at until you get started. If it doesn't work out, call it an “experiment” and try something else. *“If you wait for perfect conditions, you will never get anything done”* Ecclesiastes 11:4 (NLT).

Start a New Ministry: You may have an idea for a ministry that does not currently exist at Lakeside. Spend some time in prayer to determine if this ministry idea is something you would like to pursue. If it is, then [contact us](#).



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.