

A person wearing a hat and a light-colored shirt stands in a field of tall grass, looking towards a dense forest. The scene is backlit by a bright sun, creating a strong lens flare and a warm, golden glow. The person's silhouette is visible against the bright light. The forest in the background is dark and dense, with some trees appearing as silhouettes. The overall mood is contemplative and serene.

SPIRITUAL HEALTH ASSESSMENT

Loving God | Loving Others | Living Missionally

INSTRUCTIONS

1. Take the Spiritual Health ASSESSMENT on pages 2-3.

The assessment is designed to give you a snapshot of your spiritual health and pinpoint areas that may be out of balance. It focuses on three aspects of spiritual health—Loving God, Loving Others and Living Missionally.

2. Transfer the scores to the Spiritual Health PLAN on page 10.

We suggest you now focus on the aspect of spiritual health with the lowest score—Loving God, Loving Others or Living Missionally. Review the questions regarding that aspect and then select the one statement that you consider to reflect your greatest challenge. Enter this statement number on the Spiritual Health Plan under the corresponding section and prayerfully consider making this your focus over the next 30 days.

3. Choose a crawl, walk, or run step from the Spiritual Health GUIDE on pages 4-10 and get started.

The table suggests a beginning step (crawl), an intermediate step (walk), and a more advanced step (run) for each statement in the assessment. Pick the step or steps you want to take in the next 30 days.

4. Transfer the steps to your Spiritual Health PLAN on page 10.

5. Find a spiritual partner or friend to help you.

Please don't try to do this alone. Isolation can lead to procrastination. We suggest sharing the goals you have set with a trusted friend. It is God's plan and design for us to have others pray for us, hold us accountable and encourage us to stay the course of spiritual growth throughout our lives. Feel free to contact the pastoral staff with any questions to assist you on your journey.

6. Celebrate and record your progress on your Spiritual Health PLAN on page 10.

7. Consider the Spiritual Health RESOURCES on pages 11-16.

Spiritual Health ASSESSMENT

Loving God | Loving Others | Living Missionally

	Doesn't describe me		Partially describes me		Generally describes me
1. How I live my life shows that God is my highest priority.	1	2	3	4	5
2. I am dependant on God for every aspect of my life.	1	2	3	4	5
3. There is nothing in life I haven't surrendered to God.	1	2	3	4	5
4. I regularly spend time in God's Word.	1	2	3	4	5
5. I have a deep desire to spend time in God's presence.	1	2	3	4	5
6. I know God is with me even if I don't sense Him.	1	2	3	4	5
7. I am the same person in public as in private.	1	2	3	4	5
8. I am quick to confess things in my life that aren't Christ-like.	1	2	3	4	5
9. A review of how I use my finances would show how God is a high priority in my life.	1	2	3	4	5
10. I allow God's Word to guide my thoughts and change my actions.	1	2	3	4	5
11. I am able to praise God during difficult times and see them as growth opportunities.	1	2	3	4	5
12. Prayer has changed how I view and interact with the world.	1	2	3	4	5
13. I find I make good choices when I am tempted to do wrong.	1	2	3	4	5

(1-13) ADD ALL CIRCLED NUMBERS FOR A TOTAL SCORE FOR THIS SECTION. MY SCORE: _____

14. I have relationships with Christians from different churches, denominations or faith traditions than my own.	1	2	3	4	5
15. I am genuinely open and honest as to who I am.	1	2	3	4	5
16. I regularly use my time and resources to care for the needs of others.	1	2	3	4	5
17. I have deep and meaningful interactions with others in worship.	1	2	3	4	5
18. I have an easy time receiving encouragement from others.	1	2	3	4	5
19. I meet regularly with Christians for fellowship and accountability.	1	2	3	4	5
20. There is nothing in my relationships that is currently unresolved.	1	2	3	4	5
21. There is nothing in the way I talk about others that I would not share with them in person.	1	2	3	4	5

	Doesn't describe me		Partially describes me		Generally describes me
22. My love and care for my family is a reflection of God's love for me.	1	2	3	4	5
23. I am regularly involved in a Growth Group or other small group.	1	2	3	4	5
24. I actively seek out advice from others regarding important life decisions.	1	2	3	4	5
25. I seek to restore relationships when I experience conflict with people	1	2	3	4	5
26. I have made peace with past hurtful or harmful relationships to the best of my ability.	1	2	3	4	5

(14-26) ADD ALL CIRCLED NUMBERS FOR A TOTAL SCORE FOR THIS SECTION. MY SCORE: _____

27. I am involved in Equipping Classes to become better equipped to serve.	1	2	3	4	5
28. I am currently serving God with the gifts and passions he has given me.	1	2	3	4	5
29. I regularly reflect on how my life can have an impact in the global world.	1	2	3	4	5
30. I enjoy meeting the needs of others without expecting anything in return.	1	2	3	4	5
31. I find that my relationship with Jesus comes up frequently in conversation with those in my "other places" who do not know Him.	1	2	3	4	5
32. I see my "other places" as an opportunity to build relationships with unbelievers so that I can share the Gospel with them.	1	2	3	4	5
33. I regularly feel compelled to serve the poor, disenfranchised and needy in my community.	1	2	3	4	5
34. I feel personally responsible to share my faith with those who don't know Jesus.	1	2	3	4	5
35. I am intentionally building relationships with unbelievers in my "other places."	1	2	3	4	5
36. I regularly pray for the world and those who don't know Jesus.	1	2	3	4	5
37. I am confident in my ability to share my faith.	1	2	3	4	5
38. I sense a clear direction on where God wants me to serve Him.	1	2	3	4	5
39. Those closest to me would say my life is characterized more by giving than receiving.	1	2	3	4	5

(27-39) ADD ALL CIRCLED NUMBERS FOR A TOTAL SCORE FOR THIS SECTION. MY SCORE: _____

HOW I SCORED MYSELF:

QUESTIONS 1-13 (Loving God)	QUESTIONS 14-26 (Loving Others)	QUESTIONS 27-39 (Living Missionally)

Spiritual Health GUIDE

Loving God

ASSESSMENT	CRAWL	WALK	RUN
1. How I live my life shows that God is my highest priority.	Ask a friend or spouse to help you identify your top priorities. What changes do you need to make?	Pick one Old Testament character such as Abraham, David or Daniel and study their life story. Reflect on and journal about how they made God a priority in their lives.	Make it a daily habit to reflect on your activities for that day. Journal or spend time in prayer over how you saw God in your daily activities. How does a recognition of God's presence shape your priorities?
2. I am dependant on God for every aspect of my life.	Take 3-5 minutes each morning to give thanks to God in prayer.	Read Psalms 42, 61-65 and 139-143. Note all the times the writer talks about his dependency on God. How do those words describe your own dependency on God?	Fast from food or some object on which you normally depend. Focus on God as you fast, and remind yourself how dependent you are on God for your life. Consult a physician before fasting from food.
3. There is nothing in life I haven't surrendered to God.	Take an inventory of your life and note everything you have not surrendered to God. Share your results with a friend. How can you work on these things to surrender them to God?	Set up a plan for giving up one thing you have held back from God. You may need to ask a friend or spouse to hold you accountable to do this.	Regularly fast from the things you have trouble surrendering to God.
4. I regularly spend time in God's Word.	Meditate on a verse of scripture on a daily basis and journal it. Also watch RightNow Media videos to learn more about God's Word.	Set aside 15 minutes per day to study God's Word. Ask God for insight into his Word and how to apply it to your daily life.	Memorize scripture. Choose some verses from your daily reading to memorize. Make it a priority to hide God's Word in your heart.
5. I have a deep desire to spend time in God's presence.	Give God a one minute prayer everyday.	Set aside four to eight hours to go on a spiritual retreat to be alone with God.	Identify a place you can go to focus on God and worship him. Make it a habit to spend time in this place on a regular basis.
6. I know God is with me even if I don't sense Him.	Reflect on one way you have seen God at work around you this past week (in creation, people, circumstances, etc.)	Read Psalms 139-143 and Job. Look for examples of God being active even in the midst of silence and suffering.	Make "Practicing the Presence of God" a daily practice in your life.
7. I am the same person in public as in private.	List one or two areas you think are inconsistent about the way you carry yourself in public versus the way you are when no one is around.	Ask a friend or your spouse if they see any inconsistency in the way you carry yourself publicly versus privately. Bring these areas before God and establish a plan to make changes.	Set up a regular appointment with a friend, spouse, or mentor to discuss how well you are living a life that is transparent. Allow this person to speak truth to you, and to hold you accountable.
8. I am quick to confess things in my life that aren't Christ-like.	Evaluate one aspect of your character that you would like to work on and share this with a friend who can pray for you.	Establish a plan, with the help of a friend, on the steps you want to take to make a lasting change in one area of your character.	Find a spiritual partner and establish a relationship of regular accountability.
9. A review of how I use my finances would show how God is a high priority in my life.	Begin to give to the church and look for ways to help those in need.	Establish a regular pattern of church giving according to how God has blessed you.	Give generously over and above your regular church giving. Consider supporting a Global Outreach Partner or outside ministry.

Spiritual Health GUIDE

Loving God

ASSESSMENT	CRAWL	WALK	RUN
10. I allow God's Word to guide my thoughts and change my actions.	Read one Bible passage a day.	Make a plan to read the entire Bible in a year.	Make a regular habit of in depth Bible study.
11. I am able to praise God during difficult times and see them as growth opportunities.	During a difficult time thank God for all He has done for you and for the growth that comes through trials. 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've experienced by joining a ministry at River City Christian that specifically focuses on meeting the needs of those who are struggle where you have struggled (Divorce Care, Grief Share, Celebrate Recovery, etc.)
12. 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.	Dedicate a specific amount of time devoted to prayer each week.
13. I find I make good choices when I am tempted to do wrong.	Examine the ares of your life where you struggle with temptation. What are those areas of struggle? What should you start doing to avoid them?	Develop a strategy for handling specific temptations in your life. Find a 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.

Spiritual Health GUIDE

Loving Others

ASSESSMENT	CRAWL	WALK	RUN
14. I have relationships with Christians from different churches, denominations or faith traditions than my own.	Identify someone in your neighborhood or workplace who attends another church and ask them about their involvement.	Pray for a need of a Christian you know who is from a different church, denomination or faith tradition.	Serve at a community or church sponsored event with a Christian you know from a different church, denomination or faith tradition.
15. I am genuinely open and honest as to who I am.	Identify those areas that are difficult for you to be open about. Pray and identify someone with whom you can approach and begin to share these areas.	Honestly share your faults and struggles with someone who will commit to praying for you on a regular basis.	Share your story with a group about how God helped you in a time of struggle.
16. 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 Growth Group or at church, and then meet that need.	Rally your Growth 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.
17. I have deep and meaningful interactions with others in worship.	Attend a worship service on a regular basis.	Arrive early for worship and have conversations with people you don't know yet.	Take the New Members class and become a member and invite others to church.
18. I have an easy time receiving encouragement from others.	Ask God to help you establish a new friendship and share something of your life with that person.	Establish a discipleship relationship and discuss a specific issue in which you would like to grow.	Disciple someone else towards maturity in Jesus as a disciple who makes disciples.
19. I meet regularly with Christians for fellowship and accountability.	Watch videos from RightNow Media, attend an Equipping Class or become part of a Growth Group	Invite others to join you in a Growth Group, an Equipping Class or in a discipling relationship.	Offer to help teach an Equipping Class or facilitate a Growth Group.
20. There is nothing in my relationships that is currently unresolved.	Pray for someone with whom you have a conflict. Read the book of Philemon. Pray that you will move towards reconciling the relationship.	Make it a point to seek forgiveness or to forgive someone with whom you have a conflict.	Mend a broken or hurting relationship in your life and seek to reconcile with that person.
21. There is nothing in the way I talk about others that I would not share with them in person.	Pray that you won't participate in gossip.	Lovingly challenge those who gossip to speak with the person directly.	Make it a point to share directly with a person instead of talking about them behind their back.
22. My love and care for my family is a reflection of God's love for me.	Begin to share meals more regularly with your family.	Begin to pray with your family on a daily basis.	Have a family night each week. Spend time having fun, praying, telling stories, reading the Bible, playing games, etc.
23. I am regularly involved in a Growth Group or other small group.	Sign up to be in a Growth Group.	Offer to facilitate or host one of the Growth Group meetings.	Get involved in leading or co-leading a Growth Group
24. I actively seek out advice from others regarding important life decisions.	Pray for and identify those who can provide feedback in your life.	Have one or two people become spiritual friends with whom you share important decisions.	Develop a discipleship relationship with someone who is a generation ahead of you or who is further along in their journey with God.

Spiritual Health GUIDE

Loving Others

ASSESSMENT	CRAWL	WALK	RUN
25. I seek to restore relationships when I experience conflict with people.	Begin to pray for the person with whom you have a strained relationship or conflict.	Seek out the person with whom you have a strained relationship and make an attempt to reconcile with them (Matthew 5:23-24).	Make it a habit to initiate conflict resolution with people.
26. I have made peace with past hurtful or harmful relationships to the best of my ability.	Identify those hurtful relationships and how they affect your relationship with God and others.	Begin to pray for those who have hurt you (Luke 6:27-31).	Seek out a mature Christian who can help you work through unresolved hurts.

Spiritual Health GUIDE

Living Missionally

ASSESSMENT	CRAWL	WALK	RUN
27. I am involved in Equipping Classes to become better equipped to serve.	Attend a class next session.	Commit to attending a class each session in the coming year.	Ask to serve as an Equipping Class teacher or to help coordinate an Equipping seminar.
28. I am currently serving God with the gifts and passions he has given me.	Attend the SHAPE class.	Commit to serve in a specific ministry for a specific amount of time.	Develop your gifts by taking on leadership opportunities.
29. I regularly reflect on how my life can have an impact in the global world.	Go on an entry level Global Outreach trip (Mexicali, San Francisco, etc.)	Ask a Global Outreach Partner to put you on their email list and regularly pray for their ministry.	Consider becoming a Global Outreach Partner or to support a Global Outreach Partner financially.
30. 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 church on a weekly basis helping in a specific ministry area.
31. I find that my relationship with Jesus comes up frequently in conversation with those in my "other places" who do not know Him.	Pray for specific people that God could bring into your life to talk about faith and Jesus.	Intentionally build relationships with unbelievers in your "other places" with the goal of eventually sharing the good news of Jesus.	Take an open unbeliever you have established a relationship with through the First Step booklet.
32. I see my "other places" as an opportunity to build relationships with unbelievers so that I can share the Gospel with them.	Invite an unbeliever over for dinner or hang out with him/her in a social setting.	Host a dinner, game night or BBQ with your Growth Group in which you invite unbelieving neighbors or friends.	Intentionally model leading others to Jesus and help equip other younger believers to do the same in their "other places."
33. I regularly feel compelled to serve the poor, disenfranchised and needy in my community.	Go on a hospital or shut-in visit with the Congregational Care Team.	Identify those who are the neediest in your community and identify ways you can begin to serve. Volunteer your time.	Begin regularly serving at the Union Gospel Mission, Helping Hands Ministry or other ministry of mercy in your community.
34. I feel personally responsible to share my faith with those who don't know Jesus.	Memorize the Romans Road (Romans 3:10,23, 6:23, 5:8; 10:9-10) and other methods helpful in sharing the Gospel.	Practice sharing the Gospel and your faith with other Christians or with those in your Growth Group.	Share the Gospel and your faith with someone from your "other places."
35. I am intentionally building relationships with unbelievers in my "other places."	Prayerfully identify an unbelieving person with whom you regularly interact and develop a relationship with them.	Invite an unbelieving person with whom you regularly interact out to coffee, to lunch or over for dinner.	Begin a spiritual conversation with an unbelieving friend. Consider taking him/her through the First Step booklet.
36. I regularly pray for those who don't know Jesus.	Identify names of unbelieving people and pray daily for their salvation.	Do a prayer walk through your "other places." Walk the block, workplace, etc. praying for each person and for their eyes to open to Jesus.	Ask your Growth Group for names of unbelieving friends. Pray for each name and hold each other accountable to share your faith with them.
37. I am confident in my ability to share my faith.	Write our your testimony and share it with a friend.	Share your faith with an unbelieving friend.	Dedicate yourself to discipling a newer believer so that they become a disciple who makes disciples.

Spiritual Health GUIDE

Living Missionally

ASSESSMENT	CRAWL	WALK	RUN
38. I sense a clear direction on where God wants me to serve Him.	Pray for a direction to serve.	Take the SHAPE class and ask input from others regarding your giftedness to serve.	Own a specific aspect of ministry and dedicate yourself to it for an extended period of time.
39. Those closest to me would say my life is characterized more by giving than receiving.	Serve at church during a one time event (Winter Sanctuary, Christmas Mall, Harvest Carnival, etc.)	Volunteer at a regular serving ministry (Bridges, Greeters, Union Gospel Mission, etc.) or go on a Global Outreach trip.	Take on a leadership role within a ministry that best expresses your gifting (student ministries, men's or women's ministries, Growth Groups, etc.)

Spiritual Health PLAN

Spiritual Health PLAN for: _____ Today's date: ____ / ____ / ____

I will share my plan with: _____ who will be my spiritual partner to help me balance **LOVING GOD, LOVING OTHERS** and **LIVING MISSIONALLY** in my life.

VISION What aspect of the vision is most out of balance in my life?	PRACTICES What steps do I need to take?	PARTNERSHIP How will my spiritual partner help me in this process?	PROGRESS Record the progress you make in this aspect.
LOVING GOD (1-13) My overall score: _____ My greatest challenge (Question #: _____)			
LOVING OTHERS (14-26) My overall score: _____ My greatest challenge (Question #: _____)			
LIVING MISSIONALLY (27-39) My overall score: _____ My greatest challenge (Question #: _____)			

Spiritual Health RESOURCES

LOVING GOD

BOOKS FOR INDIVIDUAL STUDY

Crawl (Beginning)

God Questions by Hal Seed
Seven Guides to Effective Prayer by Colin Whittaker
The Air I Breathe: Worship As a Way of Life by Louie Giglio
Crazy Love by Francis Chan

Walk (Intermediate)

Don't Waste Your Life by John Piper
Mere Christianity by C.S. Lewis
Practicing the Presence of God by Brother Lawrence
How to Study the Bible for All It's Worth by Gordon Fee and Douglas Stuart
Radical by David Platt

Run (Advanced)

Celebration of Discipline by Richard Foster
Knowing God by J.I. Packer
Systematic Theology by Wayne Grudem

RIGHTNOW MEDIA VIDEOS FOR STUDY

The Story (Randy Frazee)
Prayer (Philip Yancy)
Gospel in Life (Tim Keller)
Crazy Love (Francis Chan)
Don't Waste Your Life (John Piper)
Not a Fan (Kyle Idleman)
One Way Love (T. Tchividjian)
Surprised by Hope (N.T. Wright)
God's at War (Kyle Idleman)
The Basic Series (Francis Chan)

SUGGESTED EXERCISES

Practicing the Presence of God:

Practicing the presence of God involves looking for God in every detail of your life. To do this you may want to think of God as ever-present in every situation and remember you are never alone. Look at everything you do not as something you do by yourself, but something you do together with God. Spend time speaking with Jesus as if He were right there with you. Take some time to think about Him every hour of the day.

Preparation for Corporate Worship:

Spend some time preparing yourself for Sunday's worship service. As you approach the building, take a moment to stop and thank God for your church. Before the service begins, say a prayer of thanks to God. Tell Him you are looking forward to meeting Him in worship. Pray that God would prepare your heart to worship Him. Spend some time praying for the pastor and everyone involved in worship that day. Look around at those entering the church and pray specifically for as many as you can that God would touch their hearts and souls during the service. During worship, try to picture Christ seated on the throne and thank Him for His sacrifice. Read Isaiah 6:1-8.

Worship as a Lifestyle:

Make it a point to see every action as a worship sacrifice to God. When you wake, thank Him for the day. As you go to work or school, sing praise music or adore Him for who He is. Throughout the day, try to commit every word, thought and action to Him as a way of thanking Him and worshiping Him, realizing every breath is His gift to us. At home, bring God into every activity. Talk with others about the things God has done in your life.

The Bible as a 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.

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, and what the author's message is, who he is speaking to, and what the book's purpose is. 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.

Meditate on God:

Take some time to meditate on who God is and get a sense of His greatness. You may want to use the Psalms as a guide. Read through a Psalm and note what the psalmist says about God's character and about His experiences with God. Take some time to praise God for who He is and for what He has done in your life.

The ACTS Model:

The ACTS model prayer involves breaking our prayers up into different 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. Thank God for who He is and what He has done. The "S" stands for supplication, which involves bringing our requests before God.

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 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 prayer 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).

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. We recommend consulting a physician before fasting from food. Remember, the goal is to develop a focus on God. In order to fast you may want to consider the following:

- Have a clear purpose for the fast.
- Begin with something small like one meal or one time slot.
- During the fast, commit the time you would have spent eating or watching TV 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.

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 help you budget with God's priorities in mind. If you need help with money management see a Christian financial counselor, commit to attending an appropriate Equipping Class or watch a RightNow Media financial video series.

Spiritual Health RESOURCES

LOVING OTHERS

BOOKS FOR INDIVIDUAL STUDY

Crawl (Beginning)

Love Beyond Reason by John Ortberg

On the Anvil by Max Lucado

Walk (Intermediate)

Connecting by Larry Crabb

Reflections of a Prodigal Son by Henry Nouwen

Sacred Marriage by Gary Thomas

Real-Life Discipleship by Jim Putman

Run (Advanced)

Community That is Christian by Julie Gorman

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

RIGHTNOW MEDIA VIDEOS FOR STUDY

Discipleship Explored (Barry Cooper)

One Anothers (Tony Evans)

Prodigal Perspectives (Chris Seay)

Outlive your Life (Max Lucado)

Aha (Kyle Idleman)

What If... (Alan Danielson)

SUGGESTED EXERCISES

Growth Groups:

Become a part of a Growth Group where you can grow as a follower of Jesus in small group community. God has created us for community. We are not meant to walk alone on the journey of faith. Spiritual families provide a place for you to grow in all areas of the vision: Loving God, Living Missionally, and especially Loving Others.

Discipleship 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 time to meet together. It could be through email conversation or in person. This needs to be a person with whom you can openly share your struggles and ask for prayer, discuss behaviors you need to change, share devotional insights you have learned in your personal study of scripture, 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 of 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 relationship that come from false perceptions or hurts we have chosen to harbor. 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 often critical of yourself and others? As you reflect on your answers to these questions, 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 a pastor before you seek reconciliation.

How Do You Relate?

What relationship 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 way we relate to others. Make it a point to explore these issues with a counselor, pastor or spiritual partner.

Celebrate Recovery:

The purpose of Celebrate Recovery is to fellowship and celebrate God's healing power in our lives through the "Eight Recovery Principles." By working and applying these biblical principles, we begin to grow spiritually. We become free from our addictive, compulsive and dysfunctional behaviors. This freedom creates peace, serenity, joy and most importantly, a stronger personal relationship with God and others.

Congregational Care:

This ministry exists to help and encourage those in times of illness or crisis in their lives. The Congregational Care Team is a group of volunteers who show simple acts of care and kindness to those in need like making phone calls to those who are housebound, sending cards and notes, or visiting and praying with individuals. Contact Pastor Dan Wade if you are interested in serving.

Spiritual Health RESOURCES

LIVING MISIONALLY

BOOKS FOR INDIVIDUAL STUDY

Crawl (Beginning)

The Walk by Stephen Smallman
Becoming a Contagious Christian by Mark Mittelberg and Lee Strobel
Improving Your Serve by Chuck Swindoll
Multiply by Francis Chan and David Platt

Walk (Intermediate)

The Master Plan of Evangelism by Robert Coleman
Ministries of Mercy by Tim Keller
The Externally Focused Church by Rusaw & Suanson
Counter Culture by David Platt

Run (Advanced)

Breaking the Missional Code by Ed Stetzer
Perspectives of the World Christian Movement edited by Ralph Winter

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SUGGESTED EXERCISES

Take on the Life of Another:

As followers of Jesus, our most fundamental command from Jesus is to make disciples. As we grow as disciples, we are to be making disciples of others. Living missionally starts with being intentional in our relationships and in our “other places” (where we naturally exist with non-believers). As a disciple, you should always have someone in your life ahead of you (Paul) and someone behind you (Timothy).

Count Conversations:

Often we can put too much pressure on ourselves to convert someone or to have all the right answers. It is the Holy Spirit who transforms lives, not us. All you have to do is talk about the Gospel (see Matthew 28:18-20). This starts with being intentional in your “other places”, where you naturally exist with non-believers. Through engaging in relationship you build a platform which will earn you the right to speak the Gospel into their lives. Instead of counting the number of people you have led to Jesus, 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 in your “other places”. You may want to write their names down on a piece of paper or in your prayer journal. In addition, let your Growth Group or someone else close to you know to keep you accountable. Set aside regular time in your day to pray for them.

Join a Ministry:

Join an existing ministry at River City Christian that fits your spiritual gifts, interests, passions, talents, abilities, personality type, and experiences. Take the S.H.A.P.E class and 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.

Be Ready to Care:

Be ready to care for the hungry or needy wherever you go. Carry gifts certificates from your local grocery store and department store to give to those who have need, without worrying about cash. Also, get involved at serving at Winter Sanctuary and/or the Christmas Mall to be around those in need to grow more of a heart of compassion.

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, by meeting the needs of others. Look for ways to take your faith outside the walls of River City Christian.

Short-Term GO Trip:

Choose to go on a short-term Global Outreach trip. Through these trips you get a chance to partner with career Global Outreach Partners, gain a better understanding of people's need for Jesus, and see God at work worldwide.

