



**FLOURISH**  
DISCIPLESHIP AT THE GROVE

CONNECT • GROW • GO

SPIRITUAL HEALTH ASSESSMENT





## THE GROVE CHURCH

**We exist to glorify God by making disciples of Jesus, for the purpose of transforming our world.**

A disciple at The Grove Church is: A follower of Jesus who helps others follow Jesus.

The Spiritual Health Assessment survey is designed to give you a snapshot of your spiritual health and pinpoint areas that may be out of balance. This will help you identify which of the three aspects of The Grove Church's Vision (*Connect, Grow, Go*) you may need to strengthen and those in which you are already strong.

The survey results will also help The Grove Church as a whole, determine where our combined congregational strengths and weaknesses are.

You have three options for filling out the survey:

- Take the survey on [mygrovechurch.org/sermons](http://mygrovechurch.org/sermons).
- Use the link in the email sent on Sunday, April 7.
- Pick up a paper copy and return your response card to the church office drop box.

Thank you for taking the time to complete the Spiritual Health Assessment survey.

# Contents

<b>How To Use This Resource .....</b>	<b>3</b>
<b>Spiritual Health Plan .....</b>	<b>4</b>
<b>Spiritual Health Assessment Guide .....</b>	<b>5</b>
CONNECT .....	5
GROW .....	7
GO .....	9
<b>Spiritual Health Assessment Resources .....</b>	<b>11</b>
CONNECT .....	11
GROW .....	15
GO .....	18

## HOW TO USE THIS RESOURCE

- 1) **Take the Spiritual Health Assessment.** This resource is designed to give you a snapshot of your spiritual health and pinpoint areas that may be out of balance. This will help you identify which of the three aspects of The Grove Church's Vision, *Connect, Grow, Go*, you would like to strengthen and those in which you are already strong.
- 2) **Find One Aspect of The Grove's Vision You Want to Strengthen.** Find one aspect of The Grove's Vision (like *Connect*) you would like to strengthen by transferring your scores to the *Spiritual Health Plan*. We suggest you focus on the area with the lowest score. If you would like to be more deliberate, look over the lowest area and select the one question that you consider to reflect your *greatest challenge*. Enter this question number on the *Spiritual Health Plan* under the corresponding section and prayerfully consider making this your target focus over the next 30 days.
- 3) **Choose a Crawl, Walk or Run step and Get Started.** In this resource you will find a table for each aspect of The Grove Church's Vision followed by a beginning step (crawl), intermediate step (walk) and an advanced step (run) for each question in the assessment. Pick the step(s) you want to strengthen for the area that reflects your lowest score. You will also find resources for each area at the back of this booklet with recommendations for books, small group studies, spiritual exercises and other practical steps to help you along the journey.
- 4) **Transfer the Steps to Your Spiritual Health Plan.** Transfer the steps you have chosen to the *Spiritual Health Plan* 'Practices' column.
- 5) **Find a Spiritual Partner or Friend.** 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 so this journey is done in spiritual community. 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. Contact the pastoral staff with any questions or to assist and encourage you on your journey.

## SPIRITUAL HEALTH PLAN

Spiritual Health Plan for: \_\_\_\_\_ Date Taken: \_\_\_\_\_

I will share my plan with: \_\_\_\_\_ who will be my spiritual partner to help me balance *Connect, Grow and Go* in my life.

<u>Vision</u>	<u>Practices</u>	<u>Partnership</u>	<u>Progress</u>
What aspect of the Vision is out of balance in my life?	What steps do I need to take?	How will my spiritual partner help me in this process?	What progress have I made?
<b>CONNECT (1-13)</b> My overall score ____ My greatest challenge (Question #) ____			
<b>GROW (14-26)</b> My overall score ____ My greatest challenge (Question #) ____			
<b>GO (27-39)</b> My overall score ____ My greatest challenge (Question #) ____			

# SPIRITUAL HEALTH ASSESSMENT GUIDE

## CONNECT

	<b>Assessment Question</b>	<b>Crawl</b>	<b>Walk</b>	<b>Run</b>
1	I am committed to regularly attend (at least 2 times/month) The Grove worship services and glorify God with my praise.	Pray that God would make engaging in a local church a priority in your life.	Ask a friend to hold you accountable to consistently participate in all elements of worship. Prioritize getting to church on time.	Commit to membership at The Grove. Learn and understand what the benefits to membership are and be a committed presence at our church.
2	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 are your priorities shaped by a recognition of God's presence?
3	I am dependent 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 of the Psalms talks about his dependency on God. How do those words describe your own dependence 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. Do this on a regular basis.
4	There is nothing in my life I haven't surrendered to or kept back from 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. Ask a friend or spouse to hold you accountable to do this.	Regularly fast from the things you have trouble surrendering to God. (See "Fasting" on page 17 for more information).
5	I regularly meditate on God's Word and include Him in my everyday activities.	Meditate on a verse of Scripture on a daily basis. You may want to take some notes on what you have learned about God.	Set aside 15 minutes to study God's Word on a daily basis. Pray and ask God for insight into His Word and how it can apply to your daily life.	Memorize Scripture. Choose some Scriptures from your daily reading to memorize. Make it a priority to hide God's Word in your heart.
6	I have a deep desire to spend time in God's presence.	Give God a one minute prayer every day.	Set aside four to eight hours to go on a spiritual retreat to be alone with God (see "Spiritual Retreat" on page 17 for more information).	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.

7	<b>I know God is with me even if I don't sense Him.</b>	This week, reflect on one way you have seen God at work around you in creation, people and circumstances.	Read through Psalms 139-143 and Job. Look for examples of God being active even in the midst of silence or suffering.	Make "Practicing the Presence of God" a daily practice in your life. (See page 15 for more information on).
8	<b>I am the same person in public as I am in private.</b>	List one or two areas you think that are inconsistent about the way you carry yourself in public versus the way you are when no one is around.	Ask a friend or spouse if they see any inconsistency in the way you carry yourself in the public and private areas of your life. 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.
9	<b>I am quick to confess things in my life that are not Christ-like.</b>	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 more lasting change in one area of your character.	Find a spiritual partner and establish a relationship of regular accountability.
10	<b>I prioritize spending time with God each day through reading my Bible and prayer.</b>	Start each morning with a specific devotion time spending time in God's Word and talking and listening to God through prayer.	Journal about the time you spend with God, looking for repetitive themes or answered prayers. Take time to thank God for His connection with your life.	Engage a one-day prayer retreat where you spend a day in God's Word and prayer. Templates are available in the office through Pastor Scott Foster.
11	<b>I allow God's Word to guide my thoughts and change my actions.</b>	Read one Bible verse a day.	Read the Bible straight through like a story or novel. (See "Bible as a Story" on page 16 for more information).	Make a regular habit of studying the Bible in depth. (See "Book Study" on page 16 for tips on inductive Bible study).
12	<b>I am able to praise God during difficult times and see them as growth opportunities.</b>	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 The Grove that specifically focus on meeting the needs of those who are struggling where you have struggled.
13	<b>I am aware and seek to welcome guests or newer families and individuals to our church.</b>	Be aware of guests or newer families and individuals at our church and greet them on Sundays.	Introduce yourself to a newer family or individual and sit with them throughout the worship service.	Invite the family or individual to lunch after the service in a desire to build community and connect them to our church.

## SPIRITUAL HEALTH ASSESSMENT GUIDE

### GROW

	<b>Assessment Question</b>	<b>Crawl</b>	<b>Walk</b>	<b>Run</b>
14	I am now making better choices when 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 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.
15	Those closest to me would say my life is characterized more by giving than receiving.	Serve in a specific Sunday ministry as a way to give to God and His people.	Take on a specific faith-based volunteer project within the community in a desire to give to others and build bridges to God.	Take a leadership role within a specific ministry in our church.
16	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 whom you can approach and begin to share these areas with.	Honestly share your faults and struggles with someone who will commit to praying for you on a regular basis.	Share your story to a group or church about how God helped you in your struggle.
17	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.
18	I have deep and meaningful interactions with others at The Grove.	Attend a worship service or life-stage class on a regular basis.	Take the membership class and become a member of The Grove Church.	Invite others to church.
19	I have an easy time receiving encouragement 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 issue in which you would like to grow.	Be a spiritual partner to someone else.
20	I am currently serving God with the gifts and passions He has given me.	Volunteer at The Grove Church.	Commit to serve in one of The Grove ministries.	Join the leadership team of a Grove ministry.
21	I understand my spiritual gifts and use them at The Grove.	Take an online spiritual gifts inventory. A great one can be found here: <a href="https://gifts.churchgrowth.org/spiritual-gifts-survey/">gifts.churchgrowth.org/spiritual-gifts-survey/</a>	Take our elective class in the fall on spiritual gifts to better understand gifts, their purpose and use.	Find a ministry in which you can use your specific gifts to bless our church or engage the community.

22	There is nothing in the way I talk or act concerning others I would not 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.
23	A review of how I use my finances would show 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 giving at church according to how God has blessed you.	Give generously over and above your regular church giving. Consider supporting an outside ministry or parachurch organization.
24	I am regularly involved in a Growth Group.	Sign up to be in a Growth Group the next time they are offered.	Offer to co-lead or host one of the Growth Group sessions you are currently in.	Get involved in leading or co-leading your own Growth Group at The Grove.
25	I actively seek out advice from others regarding important life decisions.	Identify and pray for those who can become feedback people in your life.	Have one or two people become spiritual friends whom you share important decisions with.	Develop a mentor relationship with someone who is a generation ahead of you or who is spiritually further along in their journey with God.
26	I seek to restore relationships when I experience problems or conflict with people.	Begin to pray for the person that you have a strained relationship or conflict with.	Seek out the person you have a strained relationship with and make an attempt to reconcile with them (Matthew 5:23-24).	Read <i>The Peacemaker</i> by Ken Sande and consistently practice steps to peacemaking.

## SPIRITUAL HEALTH ASSESSMENT GUIDE

### GO

	<u>Assessment Question</u>	<u>Crawl</u>	<u>Walk</u>	<u>Run</u>
27	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 to prayer each week.
28	I am aware of the needs in my community and actively pursuing ways to meet those needs.	Study what the greatest needs are in our community and commit to engage one event a year to meet those needs.	Participate in a church sponsored ongoing community need and potentially get your Growth Group or community to engage as well.	Become a champion or advocate for a specific community of focus.
29	I regularly reflect on how my life can have an impact in the global world.	Go on an entry point mission trip.	Look to dialogue with unbelievers in a cross cultural setting.	Join a short term mission trip focusing on unreached people groups.
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 The Grove on a weekly basis helping out the staff.
31	I find that my relationship with Jesus comes up frequently in conversations with those who do not know Him.	Pray for specific people that God could bring into your life to talk about faith and Christ.	Attend community events with the sole purpose of building relationships with unbelievers.	Start a seeker Bible study with unbelievers you have established a relationship with.
32	I see my neighborhood as an opportunity to build relationships with unbelievers.	Invite an unbelieving neighbor over for dinner.	Host a dinner or BBQ with your Growth Group in which you invite unbelieving neighbors or friends.	Lead or co-lead a seeker Growth Group.
33	I regularly feel compelled to care for the poor, disenfranchised and needy in my community.	Go on an encouragement visit with the Care Team.	Identify those who are the neediest in your community and determine ways you can begin to serve. Volunteer your time.	Begin regularly serving at one of our local community partnerships (see "Serve Others" on page 20 for a list of options).
34	I feel personally responsible to share my faith with those who don't know Jesus.	Memorize Scripture and methods helpful in sharing the story of faith.	Lead your Growth Group through an evangelism curriculum.	Lead a Growth Group for seekers in your neighborhood.

35	<b>I look for opportunities to build relationships with unbelievers outside the church.</b>	Identify an unbelieving person you regularly interact with and develop a friendship with them.	Invite an unbelieving person you regularly interact with out to coffee, to lunch or over for dinner.	Begin a spiritual conversation with your unbelieving friend. Consider doing a seeker Bible study with them.
36	<b>I regularly pray for those who don't know Christ.</b>	Identify names of unbelieving people and pray daily for their salvation.	Do a prayer walk through your neighborhood, where you walk the block praying for each neighbor and any specific needs they may have.	Ask your Growth Group for names of unbelieving friends and hold each other accountable to share your faith with them.
37	<b>I am confident in my ability to share my faith.</b>	Write out your testimony and share it with a friend.	Lead your Growth Group through a study focused on evangelism.	Volunteer for a local cross-cultural mission project.
38	<b>I sense a clear direction on where God wants me to serve Him.</b>	Pray for a direction to serve.	Take a Spiritual Gifts Assessment. Ask for 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	<b>I am open to pursue short term mission opportunities with our partner missionaries.</b>	Begin to pray consistently for our missionaries and the global fields they represent.	Get involved in a short-term mission trip within the United States or with one of our global partners.	Lead a short term mission team to partner with one of our missionaries.

## SPIRITUAL HEALTH ASSESSMENT RESOURCES

### CONNECT

#### Books for Individual Study

- 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
- Intermediate    *The Unquenchable Worshipper: Coming Back to the Heart of Worship* by Matt Redman  
                    *Invitation to a Journey* by M. Robert Mulholland Jr. and Ruth Haley Barton  
                    *Knowledge of the Holy* by A.W. Tozer
- Advanced        *How to Study the Bible for all it's Worth* by Gordon D. Fee and Douglas Stuart  
                    *Celebrating the Disciplines* by Richard Foster  
                    *Knowing God* by J.I. Packer

#### Group Studies

- Christian Character* by Sterk & Scazzero (LifeGuide)  
*Essential Christianity: Practical Steps for Spiritual Growth* by Bill Hybels (Interactions)  
*Exodus: Journey Toward God* by John Ortberg (New Community)  
*John* by Max Lucado (Life Lessons)  
*Joy: How to Rejoice in Any Situation* by Phyllis J. Le Peau (Fruit of the Spirit Bible Studies)  
*Sermon on the Mount 1: Connect with God* by Bill Hybels (New Community)  
*The Character of a Follower of Jesus* (Design for Discipleship)

## Suggested Exercises

**Practicing the Presence of God:** Practicing the presence of God involves looking for God in every detail of 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.

**Worship:** Find a place where you can worship God privately. It may be a spot outdoors, in the privacy of your bedroom or even in your car while commuting to work with good worship music. Wherever it is, make a habit of visiting this place regularly and worship God there.

**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 for as many as you can, specifically that God would touch their hearts and souls during the service. During worship, try to picture Christ seated on the throne (read Isaiah 6:1-8) and thank Him for His sacrifice.

**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, 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.

**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 Method:** The ACTS prayer method 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. 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.

**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 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).

**Spiritual Retreat:** Since life can be so rushed and hurried, a personal retreat is an ideal way to slow down and create space for focused time with God. The *Individual Spiritual Retreat* guidebook, put together by the staff at Talbot Seminary’s Institute for Spiritual Formation, outlines scripture reading, spiritual exercises and reflection questions for a 24-hour or 48-hour personal retreat with 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’s 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.

## SPIRITUAL HEALTH ASSESSMENT RESOURCES GROW

### Books for Individual Study

Beginning	<i>Love Beyond Reason</i> by John Ortberg <i>On the Anvil</i> by Max Lucado <i>Small Groups with Purpose</i> by Steve Gladen and Rick Warren <i>Giving Wisely</i> by Jonathan Martin <i>Good Questions have Small Groups Talking</i> by Josh Hunt
Intermediate	<i>Connecting</i> by Larry Crabb <i>Reflections of a Prodigal Son</i> by Henry Nouwen <i>Sacred Marriage</i> by Gary Thomas <i>Servolution</i> by Dino Rizzo
Advanced	<i>Community that is Christian</i> by Julie Gorman <i>Life Together: The Classic Exploration of Faith in Community</i> by Dietrich Bonhoeffer

### Group Studies

*1 John: Love Each Other* by John Ortberg (New Community)  
*Acts: Building Community* by John Ortberg (New Community)  
*Connecting with God's Family* (Doing Life Together)  
*Getting Along with People* (Christianity Today)  
*How to have Great Small Group Meetings* by Neal F. McBride (NavPress)  
*Love: Building Healthy Relationships* by Peter Scazzero (Fruit of the Spirit Bible Studies)  
*Sermon on the Mount 2- Connect with Others* by Bill Hybels (New Community)  
*The Goal of Marriage* by Allender & Longman III (Intimate Marriage)  
*Determining How I Serve: Ministry* (Transforming Life)  
*Gifts: The Joy of Serving God* by Ortberg, Pederson & Poling

## Suggested Exercises

**Growth Groups:** Become a part of a Growth Group where you can grow as a follower of Jesus in small community. God has created us for community and, therefore, we are not to walk alone on the journey of faith. Growth Groups provide a place for you to grow in all areas of the vision: Connecting, Growing and Going. If you are interested in joining a Growth Group, fill out a Connect Card or email [office@mygrovechurch.org](mailto:office@mygrovechurch.org).

**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 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 behaviors you need to change and what 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 a 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 way we relate to others. Make it a point to explore these issues with a counselor, pastor or spiritual partner.

**Spiritual Gifts Assessment:** Spiritual gifts are tools God gives Christians to do the work of ministry. Every Christian receives at least one gift at the moment of salvation. Spiritual gifts are not rewards, natural talents or a place of service. Spiritual gifts are tools for building up the church and are the primary means by which the Holy Spirit ministers through the believer. They are a source of joy in the Christian life; a divine calling with a divine responsibility. For a free Spiritual Gifts Assessment type [churchgrowth.org/cgi-cg/gifts.cgi?intro=1](http://churchgrowth.org/cgi-cg/gifts.cgi?intro=1) into your browser.

**Serve Others:** Join an existing ministry at The Grove that best fits your spiritual gifts, interests, passions, talents, abilities, personality type and experiences. You can also 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.

**Join The Care Ministry:** This ministry exists to help and encourage those in our church body in times of illness or crisis in their lives. Care Ministry is always looking for volunteers to show simple acts of care and kindness to those in need like making phone calls to shut-ins, sending cards and notes, being on the prayer team or visiting and praying with those individuals. Contact Becky Swenson if you are interested in serving at [beckys@mygrovechurch.org](mailto:beckys@mygrovechurch.org).

## SPIRITUAL HEALTH ASSESSMENT RESOURCES GO

### Books for Individual Study

Beginning	<i>Becoming a Contagious Christian</i> by Mark Mittelberg and Lee Strobel <i>God Questions</i> by Hal Seed <i>The Art of Neighboring</i> by Jay Pathak and Dave Runyon <i>Live Sent: You Are a Letter</i> by Jason C. Dukes
Intermediate	<i>Operation World</i> by Patrick Johnstone <i>Ministries of Mercy</i> by Timothy J. Keller <i>Restoring At-Risk Communities</i> by John M. Perkins <i>The Externally Focused Church</i> by Rusaw & Suanson
Advanced	<i>Breaking the Missional Code</i> by Ed Stetzer and David Putnam <i>Perspectives of the World Christian Movement</i> by Ralph Winter and Steve Hawthorne

### Group Studies

*Acts* by Max Lucado (Life Lessons)  
*Send Me!* by Steve Hoke and Bill Taylor (World Evangelical Fellowship)  
*Serving Life Christ Together* (Experiencing Christ Together)  
*Sharing Your Life Mission Everyday* (Doing Life Together)  
*Making Room for Neighbors* by Max Lucado and Randy Frazee  
*The Tangible Kingdom* by Hugh Halter and Matt Smay

### Suggested Exercises

**Go to your Neighborhood:** As followers of Jesus we share God's love and good news with others in every relationship, every moment and in every way we can. (Matthew 28:18-20) We believe that God has strategically placed you in the neighborhood where you live, the job you work, the school where you learn and the areas where you play. (Mark 12:30-31) Go into your neighborhood and look for opportunities to grow relationships.

**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 The Grove. How has Jesus been seen in the city of Maple Grove through your actions?

Get involved with our Community Partners by serving and sharing as a church. To volunteer or find out more, contact Scott Foster at [scottf@mygrovechurch.org](mailto:scottf@mygrovechurch.org).

- Zanewood Community School
- KidPack
- CROSS
- Urban Ventures
- Robbinsdale Women’s Center

**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, or *God Questions* by Hal Seed.

**Short-Term Mission:** Choose to go on a short-term mission trip. These mission trips give you a chance to partner with career missionaries, gain a better understanding of people’s need for Jesus globally, and see God at work worldwide. Check out the mission opportunities available at The Grove at [mygrovechurch.org/missions](http://mygrovechurch.org/missions).

**Count Conversation:** 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 regular time in your day to pray for them.