

# SPIRITUAL HEALTH ROAD MAP



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## Spiritual Health Assessment Process

**Your spiritual journey as a follower of Christ began the moment you admitted personal sin and placed your trust in Christ as Savior and Lord. From that point, until death or the return of Christ, your life's call is to grow in Christlikeness.**

Jesus summarizes the disciple's call in Mark 8:34, *Whoever wants to be my disciple must deny themselves and take up their cross and follow me.* (CSB)

Accomplishing such a challenging assignment requires growing in your understanding of what it means to be a Christian, expanding your personal knowledge of biblical truth, and applying daily what you learn. Through the presence of His indwelling Spirit, God enables you to know, obey, and serve Him.

God expects His children to grow spiritually and His Word encourages personal examination as an element of growth.

- *Let us search out and examine our ways...* (Lamentations 3:40)
- *Now, the Lord of Hosts says this: "Think carefully about your ways."* (Haggai 1:5)
- *Search me, God, and know my heart; test me and know my concerns. See if there is any offensive way in me; lead me in the everlasting way.* Psalm 139:23-24
- *But each person should examine his own work, and then he will have a reason for boasting in himself alone, and not in respect to someone else.* Galatians 6:4
- *Pay careful attention, then, to how you walk—not as unwise, but as wise.* Ephesians 5:15

This assessment process can help you complete an examination and careful search of your spiritual growth. Follow these simple steps to complete the process.

1. Complete the **Spiritual Growth Assessment**

The assessment helps you think carefully about your spiritual development related to six specific disciplines: abiding in Christ, living in the Word, praying in faith, fellowshiping with believers, witnessing to the world, and ministering to others. Before completing your responses, ask the Lord to guide your evaluation. Since most of these statements require a subjective response, His guidance is the key to an accurate appraisal.

2. Draw and evaluate your **Discipleship Wheel**

3. Begin working on a **personal growth plan.**

The **Annual Spiritual Growth Plan** worksheet helps you formulate an intentional plan for growth. Use the **Recommended Actions for Spiritual Growth Guide** to discover suggestions for actions to include in your plan. We encourage you to find someone to work with you through this final process. This person serves as an encourager and provides support.

**Remember, becoming like Christ centers on His work in us and not our work for Him. God desires heart change over religious actions.**

## Spiritual Health Assessment

As you complete the assessment, avoid rushing. Listen for God’s voice to encourage and challenge you. Consider this experience as one-on-one time with Him. Be intentional in your growth towards Christlikeness. Use the scale below to respond to each statement.

**Never – 1      Seldom – 2      Occasionally – 3      Frequent – 4      Always - 5**

SPIRITUAL DISCIPLINES	RESPONSE
<b>ABIDE IN CHRIST</b>	
1. I practice a regular quiet time and look forward to that time with Christ.	
2. When making choices, I seek Christ’s guidance first.	
3. My relationship with Christ is motivated more by love than duty or fear.	
4. I experience life change as a result of my worship experiences.	
5. When God makes me aware of His specific will in an area of my life, I follow His leading.	
6. I believe Christ provides the only way for a relationship with God.	
7. My actions demonstrate a desire to build God’s kingdom rather than my own.	
8. Peace, contentment, and joy characterize my life rather than worry and anxiety.	
9. I trust Christ to help me through any problem or crisis I face.	
10. I remain confident of God’s love and provision during difficult times.	
<b>Abide in Christ Total</b>	
<b>LIVE IN THE WORD</b>	
1. I regularly read and study my Bible.	
2. I believe the Bible is God’s Word and provides His instructions for life.	
3. I evaluate cultural ideas and lifestyles by biblical standards.	
4. I can answer questions about life and faith from a biblical perspective.	
5. I replace impure or inappropriate thoughts with God’s truth.	
6. I demonstrate honesty in my actions and conversations.	
7. When the Bible exposes an area of my life needing change, I respond to make things right.	
8. Generally, my public and private self are the same.	
9. I use the Bible as the guide for the way I think and act.	
10. I study the Bible for the purpose of discovering truth for daily living.	
<b>Live in the Word Total</b>	

<b>PRAY IN FAITH</b>	<b>RESPONSE</b>
1. My prayers focus on discovering God's will more than expressing my needs.	
2. I trust God to answer when I pray and wait patiently on His timing.	
3. My prayers include thanksgiving, praise, confessions, and requests.	
4. I expect to grow in my prayer life and intentionally seek help to improve.	
5. I spend as much time listening to God as talking to Him.	
6. I pray because I am aware of my complete dependence on God for everything in my life.	
7. Regular participation in group prayer characterizes my prayer life.	
8. I maintain an attitude of prayer throughout each day.	
9. I believe my prayers impact my life and the lives of others.	
10. I engage in a daily prayer time.	
<b>Pray in Faith Total</b>	
<b>FELLOWSHIP WITH BELIEVERS</b>	
1. I forgive others when their actions harm me.	
2. I admit my errors in relationships and humbly seek forgiveness from the one I've hurt.	
3. I allow other Christians to hold me accountable for spiritual growth.	
4. I seek to live in harmony with other members of my family.	
5. I place the interest of others above my self-interest.	
6. I am gentle and kind in my interactions with others.	
7. I encourage and listen to feedback from others to help me discover areas for relationship growth.	
8. I show patience in my relationships with family and friends.	
9. I encourage others by pointing out their strengths rather than criticizing their weaknesses.	
10. My time commitments demonstrates that I value relationships over work/career/hobbies.	
<b>Fellowship With Believers Total</b>	

<b>WITNESS TO THE WORLD</b>	<b>RESPONSE</b>
1. I share my faith in Christ with non-believers.	
2. I regularly pray for non-believers I know.	
3. I make my faith known to my neighbors and/or fellow employees.	
4. I intentionally maintain relationships with non-believers in order to share my testimony.	
5. When confronted about my faith, I remain consistent and firm in my testimony.	
6. I help others understand how to effectively share a personal testimony.	
7. I make sure the people I witness to get the follow-up and support needed to grow in Christ.	
8. I encourage my church and friends to support mission efforts.	
9. I am prepared to share my testimony at any time.	
10. My actions demonstrate a belief in and commitment to the Great Commission. (Matthew 28:19-20)	
<b>Witness to the World Total</b>	
<b>MINISTER TO OTHERS</b>	
1. I understand my spiritual gifts and use those gifts to serve others.	
2. I serve others expecting nothing in return.	
3. I sacrificially contribute my finances to help others in my church and community.	
4. I go out of my way to show love to people I meet.	
5. Meeting the needs of others provides a sense of purpose in my life.	
6. I share biblical truth with those I serve as God gives opportunity.	
7. I act as if other's needs are as important as my own.	
8. I expect God to use me every day in His kingdom work.	
9. I regularly contribute time to a ministry at my church.	
10. I help others identify ministry gifts and become involved in ministry.	
<b>Minister to Others Total</b>	

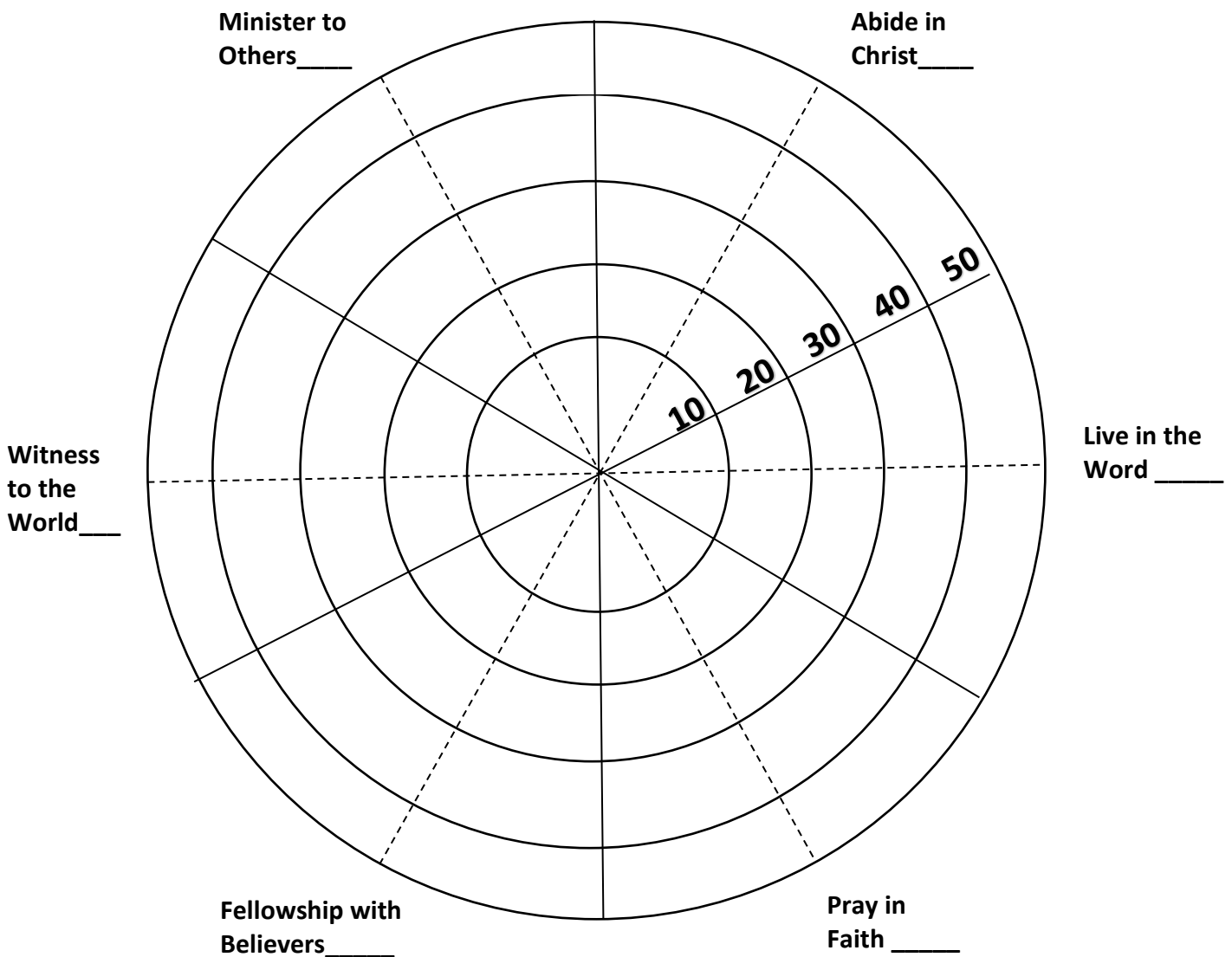
# Your Discipleship Wheel

For a visual representation of your spiritual assessment complete the following steps:

**Step One:** On the dotted line in each discipline section of the circle, plot a point corresponding to your total score for that discipline. Place similar points on the solid lines to the immediate right and left of each line. You can also put the score number under the corresponding title.

**Step Two:** connect the plotted points with curved lines similar to the lines of the circle.

**Step Three:** Using a pencil or marker, shade the areas in each section between the lines you drew and the center of the circle. The shaded areas reveal your personal discipleship wheel at this point in your spiritual journey.





**Step Four:** Ask yourself these questions:

1. Which areas have the most shading? At this point in your spiritual journey, you see these as the strongest elements of your spiritual growth. List below one benefit these strengths bring to

a. You personality: \_\_\_\_\_

b. Your family: \_\_\_\_\_

c. Your church: \_\_\_\_\_

d. Your community: \_\_\_\_\_

2. Which areas have the least shading? At this point in your spiritual journey you see these as the elements needing the most improvement. List below one reward growth in these disciplines would bring to:

a. You personally: \_\_\_\_\_

b. Your family: \_\_\_\_\_

c. Your church: \_\_\_\_\_

d. Your community: \_\_\_\_\_

**Step Five:** Make specific plans to grow spiritual this next year. Complete the **Annual Spiritual Growth Plan**.

# Annual Spiritual Growth Plan

**Date Started** \_\_\_\_\_

Decide on actions for spiritual growth.

- On the blanks following numbers 1, 2, 3, 4 write in the seasons on the year beginning with the coming season. For example: You completed the assessment in November. Number 1 would be “Winter.”
- Use your discipleship wheel to determine actions. For example, looking at areas of less shading, what is the next step for your growth in that area? (knowing more about what God expects, building skills in this discipline, just doing it, or joining a group that does this discipline).
- Next, consider the areas of more shading. What is the next step for your growth in those areas? (leading others in knowing this discipline, leading others in doing this discipline, or building consistency in doing this discipline)

Consider enlisting a support partner who will encourage you through each season in your spiritual journey.

1. \_\_\_\_\_ During these months I will

- a. Improve my understanding of God’s standard for the following discipline through individual and/or group study.

Discipline: \_\_\_\_\_

Name of study: \_\_\_\_\_

- b. Set an action goal. Use the Recommend Actions Guide for suggestions.

2. \_\_\_\_\_ During these months I will

- a. Improve my understanding of God’s standard for the following discipline through individual and/or group study.

Discipline: \_\_\_\_\_

Name of study: \_\_\_\_\_

- b. Set an action goal. Use the Recommend Actions Guide for suggestions.

3. \_\_\_\_\_ During these months I will

- a. Improve my understanding of God’s standard for the following discipline through individual and/or group study.

Discipline: \_\_\_\_\_

Name of study: \_\_\_\_\_

- b. Set an action goal. Use the Recommend Actions Guide for suggestions.

4. \_\_\_\_\_ During these months I will

- a. Improve my understanding of God’s standard for the following discipline through individual and/or group study.

Discipline: \_\_\_\_\_

Name of study: \_\_\_\_\_

- b. Set an action goal. Use the Recommend Actions Guide for suggestions.

## Recommend Actions for Spiritual Growth Guide

The following actions can help you complete your annual intentional plan for your spiritual growth. See these as suggestions to get you started rather than as a list of the only possibilities. Trust God to guide you in your choices. The key to growth will be His work in you as you intentionally seek His kingdom first.

### Abide in Christ

1. Attend a corporate worship experience weekly.
2. Prepare yourself (mentally, emotionally, spiritually) for worship. (See comments below)
3. Set aside a specific time and location for a regular time in God's Word.
4. Learn about biblical fasting and understand the purpose of fasts.
5. Practice fasting as the Lord directs. (See comments below)
6. Regularly thank God and give Him praise in all situations.
7. Make a list of things that hinder your spiritual growth and seek God's help to remove those hindrances.
8. Examine the areas of your life where you struggle with temptation. Develop a plan to handle temptation.
9. Evaluate your character.
10. Enlist an encouragement partner to give encouragement and support in your walk with Christ.

### Suggestions:

**Preparation for Corporate Worship:** Spend some time preparing yourself for your church 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.

**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 would 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.

## Live in the Word

1. Set aside a specific time and location for a regular time in God's Word.
2. Meditate on a verse(s) of Scripture on a daily basis.
3. Memorize one Scripture verse(s) each week.
4. Memorize passages of Scripture.
5. Establish a regular time for personal Bible study. Take notes from the study and evaluate how the biblical truth applies to your life.
6. Participate in an ongoing small group Bible study.
7. Take notes from the pastor's sermon and other Bible study experiences each week. Evaluate how the study applies to your life.
8. Use supporting commentaries and other study resources to enrich Bible study.
9. Read one chapter from the Bible each day. Discover one action required and do it.
10. Read one chapter from the Bible each day. Meditate on the character of God described in the chapter.
11. Discuss with the staff about the possibility of leading a new small group.

## Suggestions:

**Meditate on God:** Take some time to meditate on who God is and to 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.

**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.

**Apply the Scripture:** As you read, reflect, and meditate upon the scriptures, make sure you are asking what changes and applications do I need to make in my life. To help you think through the passages, you might want to ask these questions: Is there an attitude to adjust...a promise to claim...a priority to change...a lesson to learn...an issue to resolve...a command to obey...an activity to stop...a truth to believe...an idol to tear down...a new direction to take...and/or a sin to confess. When you are reading narratives in the scripture, reflect on these things within the story: people, place, plot, point, principles, present, parallels, personal, and plan.

## **Pray in Faith**

1. Commit to pray every day (start with One Sentence or Flash Prayers)
2. Use the ACTS model or the Lord's Prayer model to guide your prayer time
3. Journal your prayers and record God's answers.
4. Prayer Walk or Prayer Drive your neighborhood or the neighborhood around your church.
5. Participate in the Prayer Warrior ministry of BHBC. See Pastor Sammy for more information.
6. Enlist a prayer partner and meet regularly for prayer.
7. Commit to "On the Spot" prayers whenever someone asks you to remember them in prayer.
8. Pray each day. Set aside a specific place and time to pray. Start with 2-3 minutes each day. Then expand that time as God leads.
9. Pray the scriptures.

## **Suggestions:**

**Flash Prayers:** Frank Laubach talked about "flashing" prayers at anyone you meet. He explained how he would pray silently for those he came into contact with and ask for God's joy and present in their lives. He would "flash" these prayers at anyone he saw, people on the bus, the street, in a plane, etc. Take some time to experiment with this approach to prayer. At church you may want to flash prayers at those you pass by or see in the worship center. In every instance ask for God's joy and presence in the person's life. Then look for the response. Do you notice a difference in them?

**The ACTS Model:** The ACTS model of prayer involves breaking our prayers up into different phases or 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.

**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.

## **Fellowship with Believers**

1. Ask family members to identify ways you can improve your relationships with each one.
2. Ask friends to identify ways you can improve your relationships with each one.
3. Make a list of people who have hurt you and ask God for help to forgive them.
4. Honestly share your faults/struggles with someone who will commit to pray for you on a regular basis.
5. Participate in an ongoing small group to build relationships with other believers.
6. Complete an individual study related to building godly relationships in your marriage.

## **Suggestions:**

**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 partner.

**Get Involved:** The best way to build relationships is to find a group or activity and get involved. Find a small group that meets on Sunday mornings. Participate in the Wednesday evening activities such as the meal and group studies. Look for weekly or monthly events, such as Thursday morning Game Day, to attend. Involvement is the catalyst to building relationships and fellowship.

## **Witness to the World**

1. Make a list of non-believers you know and begin praying regularly for their salvation
2. Begin building relationships with the non-believers in your sphere of influence.
3. Write out your testimony and practice sharing it with another believer. Become familiar enough in sharing your testimony that you do not have to read it.
4. Share your testimony as God provides the opportunity
5. Pick up the *3 Circles: Life Conversation Guide* pamphlet in the Commons. Familiarize yourself with the 3 Circles method of sharing your faith. If needed, give the individual your copy of the pamphlet.
6. Invite an unchurched friend to worship or Bible study.
7. Participate in a short-term mission experience.
8. Take evangelism classes or training when offered by BHBC.
9. With your encouragement partner list places you visit in a normal week. Brainstorm creative ways of witnessing to the people you regularly see at these places.

## **Suggestions:**

**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 for them.

**Write Out Your Testimony:** One's testimony will include at least three parts. Write down how your life was before you decided to follow Christ. Then share about the time you realized that you needed a Savior and how you came to realize that Jesus was that Savior. This part should talk about that Jesus is that Savior because he died on our behalf for our sin. Because he paid the price for my sin, I now can say yes to the gift of life and forgiveness that God extends. The final part of the testimony is how one's life is different after the decision to follow Jesus as Lord and Savior.

**Short-term Missions:** 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.



## **Minister to Others**

1. Complete a SHAPE inventory. See Suggestions.
2. Volunteer to serve in a ministry in your church where you can use your spiritual gifts, passions, and abilities.
3. Serve others by sending them encouragement notes.
4. Visit one homebound person each week.
5. Volunteer to serve meals at a local shelter (Lubbock Impact)
6. Volunteer to tutor students or help in a classroom at a local school (Nat Williams)
7. Live with this motto: See a need...meet a need.
8. Do a kind act—Kindness culture.

## **Suggestions:**

**Be Ready to Care:** Be ready to care for the hungry or needy wherever you go. Carry gift cards to your local grocery store and give them to those who have need, without worrying about cash.

**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. Bacon Heights supports the ministry of Lubbock Impact and partners with Williams Elementary. Look for ways to take your faith outside the walls of your church.

## Resources:

### **Abide in Christ:**

*The Purpose Driven Life* by Rick Warren  
*Knowledge of the Holy* by A.W. Tozer  
*The Pursuit of God* by A.W. Tozer  
*Rightnow.org* Right Now Media (Ask a staff person)  
*Youversion.com* (Youversion Bible app)

### **Live in the Word:**

*Twelve Dynamic Bible Study Methods* by Rick Warren  
*Blueletterbible.com*  
*Rightnow.org* Right Now Media (Ask a staff person)  
*Youversion.com* (Youversion Bible app)

### **Pray in Faith:**

*From Duty to Delight: Finding Greater Joy in Daily Prayer* by Ron Parrish  
*Prayer: Experiencing Awe and Intimacy with God* by Timothy Keller  
*Rightnow.org* Right Now Media (Ask a staff person)

### **Fellowship with Believers:**

*The Purpose Driven Life* by Rick Warren (Specifically Days 15 to 21)  
*Life Together: The Classic Exploration in Faith in Community* by Dietrich Bonhoeffer  
*Everybody's Normal Till You Get to Know Them* by John Ortberg  
*Rightnow.org* Right Now Media (Ask a staff person)

### **Witness to the World:**

*The Purpose Driven Life* by Rick Warren (Specifically Days 36 to 40)  
*Becoming a Contagious Christian* by Mark Mittelberg and Lee Strobel  
*Tell Someone: You Can Share the Good News* by Greg Laurie  
*Concentric Circles of Concern* by W. Oscar Thompson, Jr.  
3 Circle Pamphlet (Find in the Commons)  
*Rightnow.org* Right Now Media (Ask a staff person)

### **Minister to Others:**

*The Purpose Driven Life* by Rick Warren (Specifically Days 29 to 35)  
*Improving Your Serve* by Chuck Swindoll  
The SHAPE Discovery Tool (Find in the Commons)  
*Rightnow.org* Right Now Media (Ask a staff person)