



# Spiritual Health Assessment *AND* Spiritual Health Planner

*Test yourselves to make sure*

*you are solid in the faith.*

*Don't drift along taking*

*everything for granted.*

*Give yourselves regular checkups . . .*

*Test it out. If you fail the test,*

*do something about it.*

*2 Corinthians 13:5 (The Message)*

By Steve Gladen and Todd Olthoff

---



# Spiritual Health Assessment AND Spiritual Health Planner

---

By Steve Gladen and Todd Olthoff

## Acknowledgements

Since 1999, we have been developing this *Spiritual Health Assessment and Spiritual Health Planner*, both personally and in the field. This Assessment and Planner are based on *The Purpose Driven Life*, by Rick Warren. Each chapter of the book flows into the assessment.

Many people poured their lives into this project. We are grateful to the small group leaders and members at Saddleback Church and in the Purpose Driven community who have given us feedback throughout the years, along with our Area Leaders and Community Leaders who are applying this tool in the small group community day in and day out.

We want to thank Rick Warren, our Senior Pastor, who has made life simple by helping us learn to balance the five Biblical purposes in our lives. Pastor Rick models what he preaches, which means more to us than anything written in a book.

We would also like to thank Brett Eastman, Buddy Owens, Lance Witt, Erik Rees, Mike Constantz, Scott Benson, and Doug Clarkson who made this a better tool through their giftedness.

And thanks to our faithful wives, Lisa and Cheryl, who lovingly and patiently help us apply our Spiritual Health Plans to our daily lives . . . which is a nice way to say they keep us in line!

# Spiritual Health Assessment and Spiritual Health Planner

*Test yourselves to make sure you are solid in the faith. Don't drift along taking everything for granted. Give yourselves regular checkups . . . Test it out. If you fail the test, do something about it.*

2 Corinthians 13:5 (The Message)

In Day 39 of *The Purpose Driven Life*, Rick Warren introduces the concept of a spiritual health assessment. He says that to maintain our physical health, we need regular check-ups with a doctor who can assess our vital signs—blood pressure, temperature, weight, and so on. For our spiritual health we need to regularly check and balance the five vital signs of a healthy Christian life:

**Worship:** You were planned for God's pleasure.

**Fellowship:** You were formed for God's family.

**Discipleship:** You were created to become like Christ.

**Ministry:** You were shaped for serving God.

**Evangelism:** You were made for a mission.

The *Spiritual Health Assessment and Spiritual Health Planner* measures your health at a particular point in time. It is not a tool to see how you measure up against other people; nor is it a tool to see how close you are to perfection. We all know we'll never be perfect this side of heaven. Rather, this is a tool that will help you evaluate your spiritual health, and give you direction for developing a plan to bring God's five purposes for your life into balance.

# How To Use This Booklet

This booklet is divided into the five purposes of Worship, Fellowship, Discipleship, Ministry, and Evangelism. To get the most out of this booklet we suggest you do the following:

## 1. Take the Spiritual Health Assessment.

If you haven't already taken the *Spiritual Health Assessment* (on page 4), stop right now and take it. The assessment will give you a snapshot of your spiritual health, and pinpoint areas that may be out of balance. This will help you identify the purposes you would like to work on and those in which you are strong. We also highly recommend that you tear out the *Friend Feedback Assessment* in the back of this booklet and ask a friend or spouse to fill it out for you. Just as with your physical health, it can often be helpful to get a second opinion.

## 2. Find the Purpose You Want to Work On.

Find the purpose you would like to work on by transferring your assessment scores to the *Spiritual Health Plan* on the inside back cover of this booklet. We suggest you work on either the purpose with the lowest score on your *Spiritual Health Assessment*, or on a purpose the Holy Spirit may be nudging you to consider. When you have selected the purpose, locate the corresponding page in this *Spiritual Health Planner*.

## 3. Choose a Crawl, Walk, or Run Step to Get Started.

In this booklet you will find a table for each purpose with a beginning step (crawl), an intermediate step (walk), and a more advanced step (run) for each of the questions found in the *Spiritual Health Assessment*. Pick the step or steps you want to take for the area you have chosen to work on. You will also find a resource page for each purpose with recommended books, small group studies, classes, and practical suggestions that will take you further in your growth.

## 4. Transfer the Steps to Your Spiritual Health Plan.

Transfer the steps you have chosen to the *Spiritual Health Plan* on the inside back cover of this booklet.

## 5. Find a Spiritual Partner.

Many of us start out with good intentions but lack the discipline to follow through with our plans. Make it a point to pair up with a spiritual partner who can help you follow through on the growth steps you have chosen to take. A Spiritual Partner is an individual, usually of the same gender, who is committed on an ongoing basis to helping you deal with life and all that it offers. This person should be a good friend who encourages you, helps with accountability when needed, and actively supports you as you take spiritual risks and face challenges unique to your life. One of your fellow small group members is likely to be this kind of friend.



# Spiritual Health Assessment

## Worship: You Were Planned for God's Pleasure

	Doesn't describe me	Partially describes me	Generally describes me
How I live my life shows that God is my highest priority . . . . .	1	2 3	4 5
I am dependent on God for every aspect of my life . . . . .	1	2 3	4 5
There is nothing in my life that I have not surrendered to (kept back from) God . . . . .	1	2 3	4 5
I regularly meditate on God's Word and invite Him into my everyday activities . . . . .	1	2 3	4 5
I have a deep desire to spend time in God's presence . . . . .	1	2 3	4 5
I am the same person in public that I am in private . . . . .	1	2 3	4 5
I have an overwhelming sense of God's awesomeness even when I do not feel His presence . . . . .	1	2 3	4 5
<b>Worship Total</b>	_____		

## Fellowship: You Were Formed for God's Family

I am genuinely open and honest about who I am . . . . .	1	2 3	4 5
I regularly use my time and resources to care for the needs of others . . . . .	1	2 3	4 5
I have a deep and meaningful connection with others in the church . . . . .	1	2 3	4 5
I have an easy time receiving advice, encouragement, and correction from others . . . . .	1	2 3	4 5
I gather regularly with a group of Christians for fellowship and accountability . . . . .	1	2 3	4 5
There is nothing in my relationships that is currently unresolved . . . . .	1	2 3	4 5
There is nothing in the way I talk or act concerning others that I would not be willing to share with them in person . . . . .	1	2 3	4 5
<b>Fellowship Total</b>	_____		

## Discipleship: You Were Created to Become Like Christ

I am quick to confess anything in my character that does not look like Christ . . . . .	1	2 3	4 5
A review of how I use my finances shows that I think more about God and others than I do about myself . . . . .	1	2 3	4 5
I allow God's Word to guide my thoughts and change my actions . . . . .	1	2 3	4 5
I am able to praise God during difficult times and see them as opportunities to grow . . . . .	1	2 3	4 5
I find I am making better choices to do what is right when I am tempted to do wrong . . . . .	1	2 3	4 5
I have found that prayer has changed how I view and interact with the world . . . . .	1	2 3	4 5
I am consistent in pursuing habits that are helping me model my life after Jesus . . . . .	1	2 3	4 5
<b>Discipleship Total</b>	_____		

## Ministry: You Were Shaped for Serving God

I regularly use my time to serve God . . . . .	1	2 3	4 5
I am currently serving God with the gifts and passions he has given me . . . . .	1	2 3	4 5
I regularly reflect on how my life can have an impact for the Kingdom of God . . . . .	1	2 3	4 5
I often think about ways to use my God-given gifts and abilities to please God . . . . .	1	2 3	4 5
I enjoy meeting the needs of others without expecting anything in return . . . . .	1	2 3	4 5
Those closest to me would say my life is a reflection of giving more than receiving . . . . .	1	2 3	4 5
I see my painful experiences as opportunities to minister to others . . . . .	1	2 3	4 5
<b>Ministry Total</b>	_____		

## Evangelism: You Were Made for a Mission

I feel personal responsibility to share my faith with those who don't know Jesus . . . . .	1	2 3	4 5
I look for opportunities to build relationships with those who don't know Jesus . . . . .	1	2 3	4 5
I regularly pray for those who don't know Christ . . . . .	1	2 3	4 5
I am confident in my ability to share my faith . . . . .	1	2 3	4 5
My heart is full of passion to share the good news of the gospel with those who have never heard it . . . . .	1	2 3	4 5
I find that my relationship with Jesus comes up frequently in my conversations with those who don't know him . . . . .	1	2 3	4 5
I am open to going anywhere God calls me, in whatever capacity, to share my faith . . . . .	1	2 3	4 5
<b>Evangelism Total</b>	_____		

*Transfer your scores to the Spiritual Health Plan on the inside back cover of this booklet.*

## Spiritual Health Planner

Now that you have completed the *Spiritual Health Assessment* and transferred your scores to the *Spiritual Health Plan* on the inside back cover of this booklet, you are ready to take the next step toward living a healthy, balanced, purpose driven life.

Choose one purpose from the *Spiritual Health Plan* that you want to focus on. In the following pages you will find a table for each purpose with a beginning step (crawl), an intermediate step (walk), and a more advanced step (run) for each of the questions found in the *Spiritual Health Assessment*. Pick the step or steps you want to take for the area you have chosen to work on. You will also find a resource page for each purpose with recommended books, small group studies, classes, and practical suggestions that will take you further in your growth.

While you may need to challenge yourself to step up to the task, you also need to be realistic in your expectations, otherwise you might become discouraged and give up. So consider starting off with a crawl step—a target you can easily hit in the next thirty days. Then you can move on to a walk step—a tangible goal that will stretch you over the next sixty to ninety days. Finally, choose a run step—something that will require a leap of faith, but through the power of the Holy Spirit will bring you to a whole new level of spiritual maturity.

When you have selected the purpose you want to work on and the steps you want to take, we encourage you to share your decisions with a trusted friend who can help you stay the course by praying for you and holding you accountable. Don't try to do this alone. Isolation can lead to procrastination. But a loving friend can encourage you if you're feeling discouraged and help you up if you fall down.

*Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up! Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.* Ecclesiastes 4:9-12, NIV

# Worship

Using the chart below, choose a step you would like to take and transfer it to your *Spiritual Health Plan* on the inside back cover of this booklet.

ASSESSMENT QUESTION	CRAWL	WALK	RUN
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?	Spend time reading through the life stories of some of the people in the Old Testament. Journal about the characteristics in their lives that demonstrated that God was a priority. What principles could you implement in your own life?	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?
I am dependent on God for every aspect of my life.	Wake up with a prayer of thanks to God every morning.	Read through the Psalms. 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.
There is nothing in my life that I haven't surrendered (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. 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. The "Suggestions" section on the next page lists several helpful tips for fasting.
I regularly meditate on God's Word and invite him into 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 time 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.
I have a deep desire to spend time in God's presence.	Give God a one minute prayer every day.	Set aside some time 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.
I am the same person in public that I am in private.	Have a friend or spouse complete the <i>Friend Feedback Assessment</i> found on page 22.	Have a friend or spouse complete the <i>Friend Feedback Assessment</i> found on page 22.	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 the truth to you, and to hold you accountable.
I have an overwhelming sense of God's awesomeness even when I do not feel his presence.	Study the names of God using the Psalms. You may want to keep a journal to remind yourself what you have learned about God.	Prepare yourself for a worship time using the method outlined in the "Suggestions" section on the next page.	Practice the presence of God in your everyday life. Use the methods in the "Suggestions" section on the next page.

# Worship Resources

## Books

*The Purpose Driven Life* by Rick Warren (specifically Days 8 to 14)

*The Way of a Worshiper* by Buddy Owens

*The Unquenchable Worshipper: Coming Back to the Heart of Worship* by Matt Redman

*The Air I Breathe: Worship As a Way of Life* by Louie Giglio

## Small Group Studies (These resources are available at [www.PurposeDriven.com](http://www.PurposeDriven.com))

*40 Days of Purpose* (6 week video curriculum)

*Purpose Driven Life Small Group Series: Worship* (7 week video curriculum by Rick Warren)

*Doing Life Together: Surrendering Your Life for God's Pleasure* (6 week video curriculum)

*Surrendering to Christ Together: Six Sessions on Worship*

## Suggestions

**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 everpresent 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.

**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 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.

**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 a good worship CD. Wherever it is, make a habit of visiting this place regularly and worshipping God there.

**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.

**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 worshipping 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.

**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.

# Fellowship

Using the chart below, choose a step you would like to take and transfer it to your *Spiritual Health Plan* on the inside back cover of this booklet.

ASSESSMENT QUESTION	CRAWL	WALK	RUN
I am genuinely open and honest with others about who I am.	Have a friend or spouse complete the <i>Friend Feedback Assessment</i> on page 22. Discuss openly the differences between how your friend/spouse views you and how you view yourself.	Honestly share your faults and struggles with someone who will commit to praying for you on a regular basis.	Give a testimony to your group or church about how God helped you in your struggles.
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 small group or at church, and then meet that need.	Rally your small 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.
I have a deep and meaningful connection with others in the church.	Attend a worship service or class on a regular basis.	Take Class 101 or a similar church membership class, and become a member of your church.	Invite others to church.
I have an easy time receiving advice, encouragement, and correction 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.
I gather regularly with a group of Christians for fellowship and accountability.	Attend a small group weekly.	Invite others to your small group.	Lead a small group weekly.
There is nothing in my relationships that is currently unresolved.	Pray for someone you have a conflict with. Make this a regular prayer that will move you towards reconciling the relationship.	Make it a point to seek forgiveness or give forgiveness to someone you have a conflict with.	Mend a broken or hurting relationship in your life, and seek to reconcile with that person.
There is nothing in the way I talk or act concerning others that I would not be willing to 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.

# Fellowship Resources

## Books

*The Purpose Driven Life* by Rick Warren (Specifically Days 15 to 21)

*Connecting* by Larry Crabb

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

## Small Group Studies (These resources are available at [www.PurposeDriven.com](http://www.PurposeDriven.com))

*40 Days of Purpose* (6 week, church-wide campaign)

*The Purpose Driven Life Small Group Series: Fellowship* (7 week video curriculum by Rick Warren)

*Doing Life Together: Connecting With God's Family* (6 week video curriculum)

*Connecting in Christ Together: Six Sessions on Fellowship*

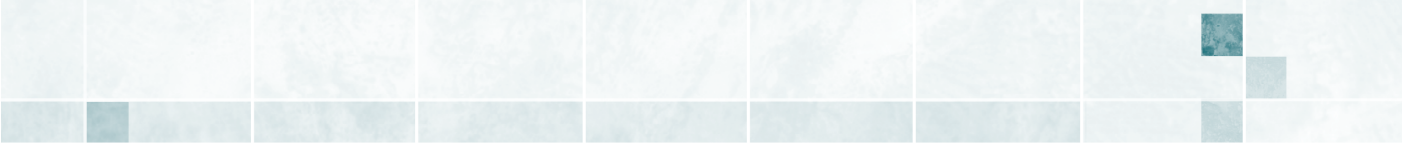
## Classes

*101: Introduction to Our Church Family* (or a similar membership class at your church)

## Suggestions

**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 consistent 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 want 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 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.



# Discipleship

Using the chart below, choose a step you would like to take and transfer it to your *Spiritual Health Plan* on the inside back cover of this booklet.

ASSESSMENT QUESTION	CRAWL	WALK	RUN
I am quick to confess anything in my character that does not look like Christ.	Evaluate your character.	Have a friend take the <i>Friend Feedback Assessment</i> found on page 22 and get feedback on the results.	Find a spiritual partner and establish a relationship of accountability.
A review of how I use my finances shows that I think more about God and others than I do about myself.	Give something to the church or someone in need.	Give the first 10% of your income to your church on a regular basis.	Give from your abundance above the first 10%.
I allow God's Word to guide my thoughts and change my actions.	Read one Bible verse a day.	Read the Bible straight through like a story or novel. See the "Suggestions" list on page 14 for more information on how to do this.	Make a regular habit of studying the Bible in depth. You may want to get some tools to help you or take a class at your church.
I am able to praise God during difficult times and see them as opportunities to grow.	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 church that specifically focus on meeting the needs of those who are struggling where you have struggled.
I find I am making better choices to do what is right when I am 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 temptation in your life. Find a spiritual 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.
I have found that 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 (see the "ACTS Model" or "The Lord's Prayer" in the "Suggestions" section on page 14).	Make spontaneous prayers a regular part of your day. (See "Flash Prayers" in the "Suggestions" section on page 14).
I am consistent in pursuing spiritual habits that are helping me model my life after Jesus.	Develop the spiritual habit of praying. After waking up, take a moment to offer a prayer to God.	Take Class 201 or a similar discipleship class at your church.	Commit to practicing regular spiritual habits on a daily basis such as quiet time, prayer, etc. Have a spiritual friend help you evaluate which habits you need to implement.

# Discipleship Resources

## Books

*The Purpose Driven Life* by Rick Warren (Specifically Days 22 to 28)

*Twelve Dynamic Bible Study Methods* by Rick Warren

*The Way of a Worshiper* by Buddy Owens

*Knowing God* by J.I. Packer

*Attributes of God* by Arthur W. Pink

*Knowledge of the Holy* by A.W. Tozer

*The Life You've Always Wanted* by John Ortberg

*The Pursuit of God* by A.W. Tozer

*What's So Amazing About Grace?* by Phillip Yancey

## Small Group Studies (These resources are available at [www.PurposeDriven.com](http://www.PurposeDriven.com))

*40 Days of Purpose* (6 week, church-wide campaign)

*The Purpose Driven Life Small Group Series: Discipleship* (7 week video curriculum by Rick Warren)

*Doing Life Together: Growing to be Like Christ* (6 week video curriculum)

*Growing in Christ Together: Six Sessions on Discipleship* (6 week video curriculum)

*1 Thessalonians 1: A Spiritual Road Map in a Mixed Up World* (6 week video curriculum)

*1 Thessalonians 2: A Spiritual Road Map in a Mixed Up World* (6 week video curriculum)

*James 1: Developing a Faith That Works* (6 week video curriculum)

*James 2: Developing a Faith That Works* (6 week video curriculum)

*Inside Out Living: Small Group Study on the Sermon on the Mount* (6 week video curriculum)

## Classes

*201: Introduction to Spiritual Maturity* (or a similar discipleship class at your church)

*Crown Financial Ministries*

*Examine the Evidence: Reasons to Believe for Skeptics and Believers*

*Foundations: 11 Core Beliefs to Build Your Life On* (Available at [Pastors.com](http://Pastors.com))

## Suggestions

**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, 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.

**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.

**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 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.

**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 prayers 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).

**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 presence 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 sanctuary. 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 Bible as 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.

**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 then help you budget with God's priorities in mind. If you need help with this it may be a good idea to see a Christian financial counselor.



# Ministry

Using the chart below, choose a step you would like to take and transfer it to your *Spiritual Health Plan* on the inside back cover of this booklet.

ASSESSMENT QUESTION	CRAWL	WALK	RUN
I regularly use my time to serve God.	See your family and/or job as a ministry.	Give one hour to serve at your church on a Sunday morning.	Commit to serve in a ministry at church that may require more time.
I am currently serving God with the gifts and passions he has given me.	Volunteer at your church.	Commit to serve in some kind of ministry.	Lead a ministry.
I regularly reflect on how my life can have an impact for the Kingdom of God.	List five ways your life can impact the Kingdom. Seek a pastor if you need help.	Take CLASS 301 or a similar ministry class at your church and discover your SHAPE for ministry.	Commit to serve within a ministry that best expresses your SHAPE for one year.
I often think about ways to use my God-given gifts and abilities to please God.	Take a spiritual gifts survey to discover your strengths.	Meet with your pastor to discover where your spiritual gifts and abilities can best be utilized in your church.	Start a new ministry in or through your church to serve others based on the gifts and abilities God has given you.
I enjoy meeting the needs of others without expecting anything in return.	Discuss with a friend five practical ways you can meet needs around you.	Pick one practical way to meet a need and do it.	Serve at the your church on a weekly basis helping out the staff.
Those closest to me would say my life is a reflection of giving more than receiving.	Serve at your church during the weekday helping out the staff.	Take on a volunteer project at your church.	Take on a leadership role within a ministry that best expresses your SHAPE.
I see my painful experiences as opportunities to minister to others.	Write out how Christ has healed or used a painful experience in your life for God's glory.	Share with a friend or your small group how Christ has healed or used this painful experience for God's glory.	Share this painful experience with your pastor to see if you can use it to help others in your church.

# Ministry Resources

## Books

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

*The Call* by Os Guinness

*Improving Your Serve* by Chuck Swindoll

## Small Group Studies (These resources are available at [www.PurposeDriven.com](http://www.PurposeDriven.com))

*40 Days of Purpose* (6 week, church-wide campaign)

*The Purpose Driven Life Small Group Series: Ministry* (7 week video curriculum by Rick Warren)

*Doing Life Together: Developing Your Shape to Serve Others* (6 week video curriculum)

*Serving Like Christ Together: Six Sessions on Ministry*

## Classes

*301: Discovering Your SHAPE for Ministry* (or a similar ministry class at your church)

## Suggestions

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

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

**Start a New Ministry:** You may have an idea for a ministry that does not currently exist at your church. Spend some time in prayer to determine if this ministry idea is something you would like to pursue. If it is, then contact your pastor or church leader who is in charge of ministries.

# Evangelism

Using the chart below, choose a step you would like to take and transfer it to your *Spiritual Health Plan* on the inside back cover of this booklet.

ASSESSMENT QUESTION	CRAWL	WALK	RUN
I feel personal responsibility to share my faith with those who don't know Jesus.	Take class 401 or a similar evangelism class if it is offered by your church.	Lead your small group through an evangelism curriculum.	Lead a small group for seekers.
I look for opportunities to build relationships with people who don't know Jesus.	Invite an unsaved neighbor over for dinner.	Host a "Matthew Party" with your small group where you invite unsaved neighbors or friends over for dinner, a time of fellowship, or a social event.	Lead a seeker small group using "The Passion" curriculum.
I regularly pray for those who don't know Christ.	Identify names of unsaved people and pray daily for their salvation.	Ask your small group for names of unsaved friends and hold each other accountable to share your faith with them.	Do a prayer walk through your neighborhood, where you walk the block praying for each neighbor and any specific needs they may have.
I am confident in my ability to share my faith.	Write out your testimony and share it with a friend.	Lead your small group through a study focused on evangelism.	Volunteer for a local cross-cultural mission project.
My heart is full of passion to share the good news of the gospel with those who have never heard it.	Do a prayer walk through your neighborhood.	Lead a seeker small group using "The Passion" curriculum.	Volunteer for a local cross-cultural mission project.
I find that my relationship with Jesus comes up frequently in my conversations with those who don't know him.	Write out your testimony and share it with a friend.	Lead your small group through an evangelism curriculum.	Lead a seeker small group at work or in your neighborhood.
I am open to going anywhere God calls me, in whatever capacity, to share my faith.	Pray for an unsaved people group.	Volunteer for a local cross-cultural mission project.	Explore serving on a short-term mission trip.

# Evangelism Resources

## Books

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

*Becoming a Contagious Christian* by Mark Mittelberg and Lee Strobel

## Small Group Studies (These resources are available at [www.PurposeDriven.com](http://www.PurposeDriven.com))

*40 Days of Purpose* (6 week, church-wide campaign)

*The Purpose Driven Life Small Group Series: Evangelism* (5 week video curriculum by Rick Warren)

*Doing Life Together: Sharing Your Life Mission Everyday* (6 week video curriculum)

*Sharing Christ Together: Six Sessions on Evangelism*

*Share Jesus without Fear* (small group study)

*The Passion, the Purpose, & the Person of Jesus Christ* (3 week video curriculum)

## Classes

*401: Discovering My Life Mission* (or a similar evangelism class at your church)

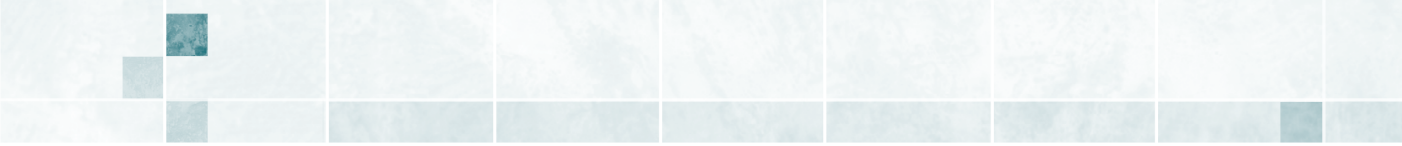
## Suggestions

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

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

**Deliver Food:** Set aside some time to volunteer at your local food bank with your family or small group. Make it a special day or evening out. Allow everyone to participate in the food delivery process. Go out for a meal or dessert afterwards and talk about how it felt to serve others. How was Jesus seen through your actions?





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

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

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

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

# Spiritual Health Assessment and Spiritual Health Planner

## Friend Feedback Assessment Instructions

You have a rare privilege! You have been given this *Friend Feedback Assessment* by someone who trusts you. By asking you to fill it out on their behalf, they are telling you that your opinion matters to them. Most likely, you are a close friend, a spiritual partner, or a spouse who knows this person well, and they know you will respond honestly and prayerfully to this assessment.

Why are they taking the *Spiritual Health Assessment*? To maintain physical health, we need regular check-ups with a doctor who can assess our vital signs—blood pressure, temperature, weight, and so on. For our spiritual health, we need to regularly check and balance the five vital signs of a healthy Christian life:

**Worship:** You were planned for God’s pleasure.

**Fellowship:** You were formed for God’s family.

**Discipleship:** You were created to become like Christ.

**Ministry:** You were shaped for serving God.

**Evangelism:** You were made for a mission.

Your friend has already completed a self-assessment of their spiritual health. But just as with our physical health, it can often be helpful to get a second opinion. That’s where you come in. Your role is really quite simple and should only take a few minutes of your time . . . but it could have a life-long impact on your friend. So here’s what we are asking you to do.

**Pray. Ask God to sharpen your mind and speak to your heart as you fill out the assessment.**

**Read each statement carefully, and respond to the best of your ability. If you can’t answer a particular question because you don’t know the person well enough, just give them a “3” for that question. You may want to mark those questions so your friend can identify them know when you return the assessment.**

**Return the assessment to your friend and offer to answer any questions they might have.**

Keep in mind that the *Spiritual Health Assessment and Spiritual Health Planner* measure our health at a particular point in time. It is not a tool to see how we measure up against other people; nor is it a tool to see how close we are to perfection. We all know we’ll never be perfect this side of heaven. Rather, this is a tool that will help your friend evaluate their spiritual health, and give them direction for developing a plan to bring God’s five purposes for their life into balance.

# Friend Feedback Assessment

## Worship: You Were Planned for God's Pleasure

	Doesn't describe	Partially describes	Generally describes
It is apparent by the way this person lives his/her life that God is his/her highest priority . . . . .	1	2 3	4 5
This person is dependent on God for every aspect of his/her life . . . . .	1	2 3	4 5
There is nothing in this person's life that he/she has not surrendered to (kept back from) God . . . . .	1	2 3	4 5
This person regularly meditates on God's Word and invites Him into his/her everyday activities . . . . .	1	2 3	4 5
This person has a deep desire to spend time in God's presence . . . . .	1	2 3	4 5
This person is the same person in public that he/she is in private . . . . .	1	2 3	4 5
This person has an overwhelming sense of God's awesomeness even when he/she does not feel His presence . . . . .	1	2 3	4 5

**Worship Total** \_\_\_\_\_

## Fellowship: You Were Formed for God's Family

It is apparent that this person is genuinely open and honest about who he/she is, with others . . . . .	1	2 3	4 5
This person regularly uses his/her time and resources to care for the needs of others . . . . .	1	2 3	4 5
This person has a deep and meaningful connection with others in the church . . . . .	1	2 3	4 5
This person has an easy time allowing someone that knows them, speak truth about them . . . . .	1	2 3	4 5
This person gathers regularly with a group of Christians for fellowship and accountability . . . . .	1	2 3	4 5
There is currently nothing in this person's relationships that is unresolved . . . . .	1	2 3	4 5
There is nothing in the way this person talks or acts concerning others that they would not be willing to share with them in person . . . . .	1	2 3	4 5

**Fellowship Total** \_\_\_\_\_

## Discipleship: You Were Created to be Like Christ

This person is quick to confess anything in his/her character that does not look like Christ . . . . .	1	2 3	4 5
A review of how this person uses their finances shows that he/she thinks more about God and others than he/she does about him/herself . . . . .	1	2 3	4 5
This person allows God's Word to guide his/her thoughts and change his/her actions . . . . .	1	2 3	4 5
This person is able to praise God during difficult times and see them as opportunities to grow . . . . .	1	2 3	4 5
This person finds he/she is making better choices to do what is right when tempted to do wrong . . . . .	1	2 3	4 5
This person has found that prayer has changed how he/she views and interacts with the world . . . . .	1	2 3	4 5
This person is consistent in pursuing habits that are helping them model his/her life after Jesus . . . . .	1	2 3	4 5

**Discipleship Total** \_\_\_\_\_

## Ministry: You Were Shaped for Serving God

It is apparent that this person regularly uses his/her time to serve God . . . . .	1	2 3	4 5
This person is currently serving God with the gifts and passions He has given them . . . . .	1	2 3	4 5
This person regularly reflects on how his/her life can have an impact for the Kingdom of God . . . . .	1	2 3	4 5
This person often thinks about ways to use his/her God-given gifts and abilities to please God . . . . .	1	2 3	4 5
This person enjoys meeting the needs of others without expecting anything in return . . . . .	1	2 3	4 5
Those closest to this person would say his/her life is a reflection of giving more than receiving . . . . .	1	2 3	4 5
This person is able to see his/her painful experiences as opportunities to minister to others . . . . .	1	2 3	4 5

**Ministry Total** \_\_\_\_\_

## Evangelism: You Were Made for a Mission

It is apparent that this person feels personal responsibility to share his/her faith with those who don't know Jesus . . . . .	1	2 3	4 5
This person looks for opportunities to build relationships with those who don't know Jesus . . . . .	1	2 3	4 5
This person regularly prays for those who don't know Christ . . . . .	1	2 3	4 5
This person is confident in their ability to share his/her faith . . . . .	1	2 3	4 5
This person finds that their relationship with Jesus comes up frequently in his/her conversations with those who don't know Him . . . . .	1	2 3	4 5
This person's heart is full of passion to share the good news of the gospel with those who have never heard it . . . . .	1	2 3	4 5
This person is open to going anywhere God calls them, in whatever capacity, to share his/her faith . . . . .	1	2 3	4 5

**Evangelism Total** \_\_\_\_\_

*Transfer your scores to the Spiritual Health Plan on the inside back cover of this booklet.*

## Additional Resources

### For Purpose Driven Lives, Churches and Pastors

#### **Continue the journey with your small group!**

At Purpose Driven we are constantly developing new and relevant curriculum specifically designed to deepen and strengthen the five purposes in your small group. We also have leadership tools and training materials to help small group leaders. Check us out at [www.PurposeDriven.com](http://www.PurposeDriven.com).

#### **Learn more about resources available for Purpose Driven lives at PurposeDrivenLife.com**

Visit [www.PurposeDrivenLife.com](http://www.PurposeDrivenLife.com) to learn more about resources that can support your journey toward living a purpose driven life. Register for free online daily devotionals, access Bible reading plans, and learn more about other offerings from Purpose Driven Life.

#### **Learn more about resources available for churches and pastors at PurposeDriven.com**

Visit [www.PurposeDriven.com](http://www.PurposeDriven.com) to learn more about *40 Days of Purpose*, *40 Days of Community*, and Purpose Driven conferences and regional events. You will find a wide variety of video-based small group curriculum to deepen the purposes in your congregation and community. You will also find practical insights and tools to help you apply the principles of *The Purpose Driven Church* to your church life. These principles have been implemented by pastors and church leaders of all denominations and sizes in America and around the world.

#### **More resources for pastors available at Pastors.com**

Pastors may register online at [www.Pastors.com](http://www.Pastors.com) to receive Rick Warren's weekly e-newsletter, *Rick Warren's Ministry Toolbox*. Pastors.com offers thousands of resources to assess, equip, and challenge both staff and congregation, as well as a comprehensive archive of sermons, articles, and key learnings geared to serve the unique needs of today's pastor.





# Spiritual Health Plan for \_\_\_\_\_ (your name)

I will share my plan with \_\_\_\_\_ who will be my spiritual partner  
to help me balance the five Biblical purposes in my life.

PURPOSES	PRACTICES	PARTNERSHIP	PROGRESS
<i>What purposes are out of balance?</i>	<i>What do I need to do?</i>	<i>How will my spiritual partner help me in this purpose?</i>	<i>What progress have I made?</i>
<b>Worship</b>  How I scored myself _____  How my friend scored me _____			
<b>Fellowship</b>  How I scored myself _____  How my friend scored me _____			
<b>Discipleship</b>  How I scored myself _____  How my friend scored me _____			
<b>Ministry</b>  How I scored myself _____  How my friend scored me _____			
<b>Evangelism</b>  How I scored myself _____  How my friend scored me _____			

# Spiritual Health Assessment and Spiritual Health Planner

In Day 39 of *The Purpose Driven Life*, Rick Warren introduces the concept of a spiritual health assessment. He says that to maintain our physical health, we need regular check-ups with a doctor who can assess our vital signs—blood pressure, temperature, weight, and so on. For our spiritual health we need to regularly check and balance the five vital signs of a healthy Christian life:

- **Worship:** You were planned for God's pleasure.
- **Fellowship:** You were formed for God's family.
- **Discipleship:** You were created to become like Christ.
- **Ministry:** You were shaped for serving God.
- **Evangelism:** You were made for a mission.

This tool will give you a snapshot of your spiritual health, pinpoint areas that may need attention, and help you develop a plan to bring God's five purposes for your life into balance.

## The Spiritual Health Assessment and Spiritual Health Planner includes:

- A self-assessment
- A *Friend Feedback* assessment to be filled out by a spiritual partner or mentor
- A *Spiritual Health Plan* form
- A table for each purpose containing recommended crawl, walk, and run steps for every question on the assessment
- Resource pages for each purpose with recommended books, small group studies, and practical suggestions

The CD-ROM version of these materials can be fully customized to meet the unique needs of your church or small group. You are permitted to print as many copies of the *Spiritual Health Assessment and Spiritual Health Planner* as you need for your church or small group members. All of the files are on the CD-ROM in Microsoft® Word and Adobe® PDF formats.

You can also purchase additional professionally printed copies of the *Spiritual Health Assessment and Spiritual Health Planner* booklet by visiting our website at [www.purposedriven.com](http://www.purposedriven.com), or by calling our toll free number: **800.633.8876**.

## The CD-ROM kit includes:

- A printed sample of the *Spiritual Health Assessment and Spiritual Health Planner*
- A CD-ROM containing customizable and printable files of the *Spiritual Health Assessment and Spiritual Health Planner*
- Legal permission to print as many copies of the *Spiritual Health Assessment and Spiritual Health Planner* as you need for your church or small group members