

Spiritual Health Assessments for Purpose Driven Groups

In Day 39 of the book, *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 (the five biblical purposes):



5 Biblical Purposes

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.

Each member of your small group is encouraged to take the assessment.

Instructions

Have each member take the assessment. You can do this together in group by bringing copies of the assessment, or have members take it at home before coming to group one day.

Add up scores for each category and use the scale at the bottom of the assessment to identify areas of strength and areas of growth.

Encourage members to share results with the group.

Begin to discuss ways that the group could serve or grow together. Use the questions below as a guide.

Interpreting Your Results

Look at the area in which you scored the highest - this is your spiritual superpower! This is an area where God has uniquely designed you to shine and to serve Him and others with that gift.

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Choose one area where you scored a little low and circle it below. Spend some time on a plan to grow in that area. Here are some ideas: (You only have to choose one or two things to work on! Don't try to do everything!)

To get connected with Nativity on any of these actions, please visit our Next Steps webpage at churchnativity.com/next-steps

Connection/Fellowship

1. Plan a dinner or coffee date for your small group.
2. Invite a friend, family member, or acquaintance to your small group.
3. Make a plan for your small group to attend mass together.

Growing in Discipleship

1. Find and suggest a bible study that your small group can do together over the summer.
2. Go through Nativity Discipleship Course 101 found on our NextSteps page of the website.
3. Commit to giving a percentage of your income to the church as an act of worship and discipleship.

Serving in Ministry

1. Find a practical need in your small group, the church, or in your community and fill that need.
2. Join a ministry team that matches your gifts and talents.
3. Lead a ministry team.

Sharing my Story through Evangelization

1. Write down your faith story by answering the following questions:(What type of faith was passed on to you from your family? At what point did you become most interested in your own faith? Who and what were the catalysts)
2. Share your story with Nativity by emailing stories@churchnativity.com
3. Get involved in Nativity Missions - serve with a local partner or go on a trip.

Prayer and Worship

1. Commit to a daily prayer time and sign up for the Daily Practice email from Nativity.
2. Download the weekly setlist for the Nativity Worship Band and worship in your car this week.
3. Read a book of the bible - the gospels or the Psalms is a great place to start
4. Go to confession and receive the Eucharist this week.

THE PURPOSE DRIVEN LIFE HEALTH ASSESSMENT

Want to find out how your life measures up to the five purposes of the purpose driven life? Take this simple test. Also helps you create a plan to help grow.

CONNECT: YOU WERE FORMED FOR GOD'S FAMILY

- I am developing authentic community within my church family
- I am more loving, grace giving and forgiving to others than I was a year ago
- I am intentionally cultivating my relationships with Christian friends and spiritual mentors
- I am regularly connecting with my immediate family relationships (parent, siblings, kids, spouse)
- I am resolving conflict with others biblically and supporting the leadership of my church family

	Doesn't describe					Generally describes				
	1	2	3	4	5	1	2	3	4	5
I am developing authentic community within my church family	1	2	3	4	5	1	2	3	4	5
I am more loving, grace giving and forgiving to others than I was a year ago	1	2	3	4	5	1	2	3	4	5
I am intentionally cultivating my relationships with Christian friends and spiritual mentors	1	2	3	4	5	1	2	3	4	5
I am regularly connecting with my immediate family relationships (parent, siblings, kids, spouse)	1	2	3	4	5	1	2	3	4	5
I am resolving conflict with others biblically and supporting the leadership of my church family	1	2	3	4	5	1	2	3	4	5

Membership Total _____

GROW: YOU WERE CREATED TO BECOME LIKE CHRIST

- I have a growing relationship with God through regular quiet time in his Word and prayer
- I respond to challenges with peace and faith rather than anxiety and fear
- I avoid using addictive behaviors (food, television, busyness, etc.) to meet my needs
- I have a relationship with someone that encourages spiritual health and personal growth
- I am honoring God with my finances (budget) and my personal giving to His work (tithing)

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I am honoring God with my finances (budget) and my personal giving to His work (tithing)	1	2	3	4	5	1	2	3	4	5

Maturity Total _____

SERVE: YOU WERE SHAPED FOR SERVING GOD

- I am expressing my unique God-given design as a way of life (home, work, and community)
- I am open and praying to be used by God and express my unique S.H.A.P.E. for ministry
- I am serving in a regular (once a month or better) ministry in the church or community
- I am sharing group ownership by assuming a small responsibility or facilitating a discussion group
- I am discovering new ways to cultivate and develop my unique S.H.A.P.E. for ministry

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I am discovering new ways to cultivate and develop my unique S.H.A.P.E. for ministry	1	2	3	4	5	1	2	3	4	5

Ministry Total _____

SHARE: YOU WERE MADE FOR A MISSION

- I am actively praying for and cultivating relationships with un-churched friends and family
- I am inviting seekers (un-churched people) to church and sharing my spiritual story with them
- I am seeking to connect unchurched people into our group or in the lives of our group members
- I am praying and considering where God can use me cross-culturally in the future
- I am regularly investing in the spiritual life of another person or group (spiritual reproduction)

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Ministry Total _____

WORSHIP: YOU WERE PLANNED FOR GOD'S PLEASURE

- I am faithfully attending church worship services for spiritual renewal and refreshment
- I have a personal plan and process to help me achieve my goals and dreams (health plan)
- I have a growing heart for worship to God through music and praise (personal, group, and church)
- I am honoring God with my physical and personal health (exercise and nutrition)
- I am pleasing God with every dimension of my life by balancing His purposes in my life

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I am honoring God with my physical and personal health (exercise and nutrition)	1	2	3	4	5	1	2	3	4	5
I am pleasing God with every dimension of my life by balancing His purposes in my life	1	2	3	4	5	1	2	3	4	5

Magnification Total _____

JUST BEGINNING
0-5

FAIR
5-10

GETTING GOING
10-15

VERY GOOD
15-20

WELL DEVELOPED
20-25

Optional Exercise: Have your parent(s), spouse, group leader and/or one additional Christian friend fill out a copy of this form before you complete the Purpose Driven Life Health Plan.