

MY GAME PLAN



“HOW WELL DO I UNDERSTAND?”

MY GAME PLAN

LIVING LIFE ON PURPOSE

None of us are an accident. God created us for a purpose: to live a purpose driven life. We are called to balance God's five purposes for our life:

Worship: 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

It is our calling, our purpose as followers of Jesus to balance these five aspects of the life he has called us to. But how do you know if you are balancing the five purposes in your life? To help you evaluate your own life in light of the five purposes, we have put together the Purpose Driven Life Spiritual Health Assessment. The assessment involves rating yourself on a series of statements designed to get at the heart issues behind each of the purposes. Once you have completed the assessment you will have a snapshot of how well you are balancing the five purposes in your life. This snapshot will enable you to see areas in which you may need to pursue further growth and areas where you have a strength that you could share with others who may need your insight to help them grow in that area. We have included a health plan that gives some ways you can start to grow on purpose.

It is important to understand that this assessment and the items contained in it are only a starting point and are not intended to be all-inclusive of every aspect of life and faith. As a starting point, they are merely a way to begin thinking about how you are balancing God's purposes for your life. Remember, we will not be perfect this side of heaven so don't use this assessment to grade yourself in terms of perfection. The assessment is to be used as a way to help you see where you might want to pursue growth and to point you in the direction of growth opportunities. This will help you form a plan that will help you balance God's five purposes for your life.

The assessment is designed to be taken in the context of your small group and it is in the context of relationship that we are able to grow as we help keep each other on the path towards growth. This tool could be used to help you determine the overall health of your group to help you determine where you may need to focus as a group in terms of study, ministry, and activities and give you a snapshot of how you are balancing the purposes as a group. To determine this, average the total scores for each member of your group using the Spiritual Health Plan on page 6. This would give you a health plan for each individual in the group and one for the whole group itself. Our prayer is that God will use this tool to strengthen your life for Him, for others, and for the Great Commission he has called us to.

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HOW DO I USE THIS ASSESSMENT?

Passionately committing to Christ:

Make following Christ and becoming more like Him a priority in your life. Be sure you have committed your life to Christ and publicly proclaim your commitment by baptism.

Praying for the Holy Spirit's guidance:

It is important for us to realize that our spiritual growth does not ultimately take place by our efforts alone, but by the work of the Holy Spirit in our lives. Our spiritual growth isn't so much what we can do for God, but rather our being open and intentional about pursuing God so He can work in and through our lives.

Participating in accountability:

Spiritual growth does not happen in a vacuum. In any other area of life we rely on others to help us to reach our goals. The same is true for our spiritual health. Get involved in a small group or connect with another person who can help keep you accountable and can encourage you in your growth.

Planning your growth annually:

Taking this assessment will help you to determine how well you are balancing the purposes and where you may need to grow. After targeting those areas you will be able to develop a strategic plan to move you toward growth.

Plugging into growth opportunities:

To facilitate your growth on your spiritual journey, we are committed to having multiple growth opportunities. We will provide you with various resources and experiences designed around the five purposes. We want to help you learn and grow in the ways that work best for you. Take advantage of the opportunities available.

Progress assessment:

Set goals for yourself on an annual basis and then take some time to evaluate your growth by taking the health assessment again. You may find that your scores will drop because you have developed a more realistic assessment of yourself. That's natural. The important thing is that each of us continues to grow.

MY GAME PLAN

SPIRITUAL HEALTH ASSESSMENT

Spiritual Health Assessment

Fellowship: You Were Formed for God's Family

	Doesn't describe me	Partially describes me	Generally describes me
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
Fellowship Total _____			

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
Discipleship Total _____			

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
Ministry Total _____			

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
Evangelism Total _____			

Worship: You Were Planned for God's Pleasure

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
Worship Total _____			

Transfer your scores to the Spiritual Health Plan.

MY GAME PLAN

FRIEND-FEEDBACK ASSESSMENT

Friend Feedback Assessment

Fellowship: You Were Formed for God's Family

	Doesn't describe		Partially describes		Generally describes
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 _____

Worship: You Were Planned for God's Pleasure

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 _____

Transfer your scores to the Spiritual Health Plan.

MY GAME PLAN

PERSONAL SPIRITUAL HEALTH PLAN

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>
Worship How I scored myself _____ How my friend scored me _____			
Fellowship How I scored myself _____ How my friend scored me _____			
Discipleship How I scored myself _____ How my friend scored me _____			
Ministry How I scored myself _____ How my friend scored me _____			
Evangelism How I scored myself _____ How my friend scored me _____			

MY GAME PLAN

Fellowship

Using the chart below, choose a step you would like to take and transfer it to the Health Plan page.

ASSESSMENT QUESTION	CRAWL	WALK	RUN
I am genuinely open and honest with others about who I am.	Have a friend or spouse complete the Friend Feedback Assessment in the Spiritual Health Assessment. 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 mentor and meet with him or her about a specific issue in which you would like to grow.	Be a mentor 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.

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Discipleship

Using the chart below, choose a step you would like to take and transfer it to the Health Plan page.

ASSESSMENT QUESTION	CRAWL	WALK	RUN
There is little in my character that does not look like Christ.	Evaluate your character.	Have a friend take the Friend Feedback Assessment found in the Spiritual Health Assessment and get feedback on the results.	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.	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 mentor to help you.	Make confession and repentance a regular part of your time with God. Name the things you have done and commit to yourself to make 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.	Make spontaneous prayers a regular part of your day.
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.

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Ministry

Using the chart below, choose a step you would like to take and transfer it to the Health Plan page.

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.

MY GAME PLAN

Evangelism

Using the chart below, choose a step you would like to take and transfer it to the Health Plan page.

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.	Prayer walk through your neighborhood.
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.	Prayer walk 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.

MY GAME PLAN

Worship

Using the chart below, choose a step you would like to take and transfer it to your Health Plan page.

ASSESSMENT QUESTION	CRAWL	WALK	RUN
Pleasing God with my life 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.
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 Friend Feedback Assessment, in the Spiritual Health Assessment.	After your friend completes the health assessment on you, talk about why they scored you as they did. Take notes on some things you may need to change and set some goals to accomplish those things in your life.	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 by arriving at the service early and praying for the pastor, those leading worship, and that your own heart would be open to what God wants to say to you during that service.	Practice the presence of God in your everyday life by looking for ways to invite him into your everyday activities.