

Basic Spiritual Growth Process

REFLECT	REFINE	RESPOND	REVIEW
What area(s) of my spiritual life do I need to work on?	What specific area(s) of my life do I need to focus on?	What things do I need to do to grow in these areas?	What has God done in my life? How have I changed?
Take the Health Assessment & Reflect on the five purposes in your life.	Physical Spiritual Relational(Friendships, Group, Marriage, Family) Vocational	Set a Health Plan	Record & celebrate your spiritual learnings.
Thinkers like the reflect part of the growth process and will spend a lot of time evaluating and examining where they are at.	Relaters love the refine part of the process and can spend all of their time talking about their life and hearing about other's lives.	Doers love the respond part of the process and will put a doable/ measurable plan in place complete with deadlines and high accountability.	Influencers love the review part of the process as they love to track the big ideas they have learned to share with others and look forward to the next big learning they may have
Weakness: Spending too much time examining your life can lead to over analysis with little opportunity for growth steps to happen.	Weakness: Only talking about the issues in life could lead to good conversation but when the conversation is the goal by itself no action towards change takes place.	Weakness: Over concern with the task can cause a Doer to rush through the Reflection part of the process which could lead to tasks that don't lead to the most important growth.	Weakness: Only reflecting on big idea stuff and looking for the next big idea can cause Influencers to miss the change that needs to take place in the details of the Reflection-Refining part of the process.
Can see others who don't reflect as much as they do as shallow in their approach to growth.	Can see others who don't spend time talking about the issues in their lives as not concerned with the people part of growth.	Can see others who are not as detailed and dedicated to specific measurable growth goals and accountability as shallow and slackers.	Can see others who don't get excited about what God has done and take time to review and celebrate it as dry and lacking imagination when it comes to spiritual growth.

Five Purpose Questions

Worship

Based on how you are living right now, what are you centering your life around? What is getting in the way of you centering your life on Christ?

Fellowship

How are the relationships in the community of your life? In what ways are you causing conflict in your relationships?

Discipleship

How do other people see Christ reflected in your character? What flaws in your character need to be changed?

Ministry

How are you contributing to the kingdom of God with your life? What is getting in the way of giving your best contribution of your life to God?

Mission

If someone were to look at your life from the outside, how well do you think your life communicates the Gospel? What in your life holds you back from communicating the gospel to others?