

# FAITH FULL

## Individual Workbook



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# INDIVIDUAL WORKBOOK INFORMATION

The individual guide gives space for you to answer all the questions at the end of each chapter and includes some activities to enhance your learning. If you are working through the book alone or with one or two others, then the individual guide will serve you well. If you are working through the 8-week curriculum, then the group workbook is what you should use.

Faith Full is written in a progression from personal engagement with God's Word, to interacting with God through the spiritual disciplines, to discipling others. The book concludes with a few tools for evangelism and the call to put everything learned into action. This guide is intentionally here to slow you down, encouraging you to really reflect on what you've learned and seek ways to put what you've learned into practice.

Make sure you read the "Quick Tips As You Read Through This," and "Before you Begin" sections.

## ASSESSMENTS:

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Some chapters will include a QR code linking you to a multiple-choice assessment that evaluates your spiritual maturity in 9 different areas. Information about the assessments and assessment result information can be found at the end of this guide. Know the assessment are:

- 1) Designed to allow you to see where you are in your faith so you can know what next steps to take. They are not meant to discourage you or frustrate you.
- 2) For you only. Individual results will not be seen by anyone but you.
- 3) Based on honestly answering the questions of where you are, not where you wish to be. An honest approach will give the clearest steps to growth.
- 4) There to help move you toward becoming a "Spiritual Parent," so be sure to look at the "Spiritual Parent" description of each assessment to know what the goal is.

## ACTIVITIES:

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There are some supplemental activities which will help put the disciplines to practice. You may find some of the activities are easier than others, but don't neglect the difficult ones. Often times the most stretching activities produce the most growth.

## QUICK TIPS AS YOU WORK THROUGH THIS:

**Be aware of the Spirit:** As you read and engage in these questions be in prayer. This workbook is not here to rush to completion. It's a guide to give you space to take what you've read, and the questions at the end of each chapter and ponder, mull over, and allow the challenge of engaging in your faith to sink deeper.

**Mine for answers:** Often the first answer you think of is the easy answer. As you think about responding to each question, don't settle for quick. Instead, mine your thoughts for answers, seeking if there is more there than what easily pops into your mind.

**Head to heart:** Anything we learn can be just that, knowledge we have. Try to direct your thoughts to discover how each of the things you are reading about can and will be applied to help you love Jesus and live out His calling on your life.

**The desire is growth for you AND others:** I want you to have a full faith that connects your heart to Jesus in a way that has you helping others connect their hearts to Jesus. This study is not just for you, it's for you to help others fully live out their faith as well.

## BEFORE YOU BEGIN... Don't skip this

The title of this book is slightly misleading. At face value, it may lead you to believe your faith depends on you. In other words, 'faithful living' is all about fulfilling a list of "to-do's." While a desire to implement tools to increase your faith is good, if your approach isn't rooted incorrectly, these tools can frustratingly weigh you down. They could be received as obligations with a belief your relationship with God is based on your work.

Both the starting and enduring perspective which is needed revolves around the Gospel. The Gospel is the eternal story of God's pursuing love, humanity's constant rejection of God, and failure to live out His perfect will. It's the beauty of God's willingness to answer the problem we created, conquering sin and death, and the invitation for us to enter into the story of a faithful God. Faith Full will equip you with tools to deepen and live out your faith, but it's God's grace and God's strength that makes a faith full life possible. The Gospel is incredible in so many ways. It is an encouragement to trust the God who has proven His love for us in that while we were still sinners, He sent His son to die for us. (Romans 5:8) It is a reminder that there is no amount of effort we can put forth to earn righteousness.(Eph 2:8-9)

It is an invitation to die to self, to live for Christ (Romans 14:8), not because God angrily requires this, but because He is God and He knows best.

The Gospel is the nucleus of a faith full life because it places Jesus at the center, not ourselves, our strength, our "holiness." The Gospel doesn't excuse us to live however we want. Instead, it reveals that living the way you want, apart from Christ, is terrible, harmful and tears apart the perfection God created us to live in. God, not you, is the answer to "How to FULLY live out your faith." Jesus is the way, the truth, and the life (John 14:6) and His Spirit guides us (John 16:13). So, as you gain tools to fully live out your faith, read each chapter with faith in Jesus Christ, God incarnate, who came to the earth to die for your sins because He loves you. Remember He rose from the dead and invites you to trust and follow Him because He and He alone offers life to the fullest.

I wrote a lullaby to my kids when they were younger. The words echo what I want you to remember throughout your reading. The first three stanzas reflect my heart, as a father, to my precious, loved, helpless, needy, and infinitely cherished children. It is an affirmation that they've done nothing to deserve my love, that there is nothing they can do to earn more of it. The words remind them my love existed before they even knew me. The lullaby is a pledge of my faithfulness to my children simply because they are mine. In the same way, God sings his better song over you, reminding you the work of Christ is finished, the price has been paid, and you are His child. The first step, and daily step, of FULLY Living out your faith is "nothing you can do," but is rooted in simply, and only, receiving the love of the Father, who says:

Hush little baby, don't you cry  
Daddy's gonna sing you a lullaby

Hush little baby, I love you  
There is nothing you can do

I love you with all my heart  
I've loved you from the very start

You've no idea how much you're loved  
By both me and the one above

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# PREPARING YOUR HEART AND MIND

While “Faith Full” will give you tools to fully live out your faith, you will quickly notice the tools are primarily directed at your relationship with God. It’s not until the third part of the book where you will be challenged and equipped in two areas: discipleship and evangelism.

This may seem odd. “How practical is a book that doesn’t dive into real life scenarios and walk me through how to handle those circumstances in the context of my faith?” The practicality of how faith is applied in real life situations is found in developing a living, focused relationship with God.

There is no way each nuance of life can be addressed specifically by a book, but there is a God who knows each nuance, knows you, loves you, and walks with you in all of life’s highs and lows. This is the essence of practical guidance- guiding you to a relationship with God where you know His presence and you respond in the way He would want, even when you don’t feel like, because you love Him.

So, as you move through this book and workbook, I pray each tool is seen as an opportunity to interact with God in a way that draws your heart to reflect His and has you living every area of your life full of faith.

Take time to ponder and write down the answer to all the questions:

How do you hope this book will help in your faith journey? Why?

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What do you see in other’s faith that you desire? Why?

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When have you felt closest to God? What contributed to that closeness?

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When have you felt most distant from God? Is there anything about that time that gives reason to that distance?

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What areas of your life have you seen grow the most in Christ-likeness?

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What areas of your faith do you desire to grow the most?

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What do you think it looks like to “Fully Live Out” your faith?

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Write out a prayer in response to your answers above:

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# INTRODUCTION- MORE

Pray that God would speak to you as you read Hebrews 12:1-17

Here the author gives an encouragement and an intense challenge. He points to the work of Christ for salvation and for motivation to live the way God asks. He also doesn't unburden the reader with assumptions of ease. The way of Christ doesn't come without trail or discipline, but even in the tough time, it does come with a God who loves us, cheers us on and even strengthens us to live for Him... if we rely on Him and not ourselves.

How does this verse connect with what you read in the introduction "More"?

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What thoughts did God bring to your mind as you read these verses?

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## Reflection questions from "More"

- In what you read in "More", what resonates most strongly with you? Why?

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- What is the most challenging part of living out your faith?

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- What are some areas about your faith with which you are unsatisfied or which you want more?

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- What are your most significant barriers to growth (i.e., busyness, lack of motivation)? How can you overcome those barriers as you read this book?
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# Part One: The Fuel to Live

## Chapter 1: TRANSFORMATIVE BIBLE READING

Pray for focus and for God to speak to you as you read James 1:19-25

James makes a distinction between those who interact with the Word in a non-transformative way, and those who partake to be changed, to live differently. One of the primary ways God teaches us and communicates with us is through His Word.

How does this verse connect with what you read in the introduction “Transformative Bible Reading”?

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What thoughts did God bring to your mind as you read these verses?

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### Reflection questions from “Transformative Bible Reading”

- Are you reading the Bible regularly? Why or why not?

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- For most, the default reading approach is “informational.” Is that true for you?

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- How might you intentionally approach God’s Word in a more “transformational” way?

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- If you are regularly studying God’s Word, what was it that spurred on that discipline?

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- If you aren’t, which of the three reasons given define you? (confusing, boring, time) Or is there another one?

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- Who is someone you know who regularly reads the Bible, and what can you glean from them to develop a better, more consistent engagement with God’s Word?

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ASSESSMENT: RELATIONSHIP WITH GOD



# Chapter 2: THE RIGHT APPROACH MAKES ALL THE DIFFERENCE

Pray for focus and for God to speak to you as you read Deuteronomy 6:4- 9

The section of scripture is known as the “Shema”. “Shema” mean “hear” in Hebrew with assumptions that hearing means taking action. These verses were the central prayer in Jewish society. The prayer would be prayed multiple times a day to remind oneself of the necessity of hearing and responding to God, reflecting on His commandments in all you do, to guide your life.

How does this verse connect with what you read in the introduction “The Right Approach Make All The Difference”?

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What thoughts did God bring to your mind as you read these verses?

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## Reflection questions from “The Right Approach Makes All The Difference”

- In which of the two types of study (Breadth and Depth) do you most often participate?

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- What would it mean for your life if each time you studied God's Word, you allowed it to shape your actions and attitudes?

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- What areas of your life have you not allowed God's Word to transform?

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- Do you understand the difference between eisegesis and exegesis? If so, write down, in your own words, the difference. If you have any questions for clarification, write those down and seek out someone to answer them.

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- "God's Word trumps the culture's perspective." This includes your own bias and how you think things should be. Are there any areas of your life where you are making excuses not to align with what God's Word says? Explain

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**ASSESSMENT: BIBLICAL ENGAGEMENT**



# Chapter 3: CONTEXT IS KEY

Pray for focus and for God to speak to you as you read Jeremiah 29:11

What, if reading this verse by itself, does it seem to claim?

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Now read all of Jeremiah 29:1-23

Who is this written to?

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What seems to be the state of those who this claim is made for?

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What is the immediate result for those this claim is being made? (See verse 10)

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With some of the context of this verse understood how does this change from the often used Christian quote for things to go well and as a statement to all who follow Jesus?

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## Reflection questions from "Context is Key"

- What are some Bible verses you know or have heard...go back to those and read the surrounding verses or chapter and reflect on the expanded contextual understanding of the verse. How has the verse gained meaning? How might it have lost some of the meaning you thought it had? How does the literary context help you use the verse properly? (HOW WAS THIS FOR YOU?)

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- Historical context is often not found in the literary context since the authors were writing to the people of that time, so how might you gain a better understanding of historical context? (hint: see pg. 64)

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- C.S. Lewis used the term “chronological snobbery” to describe “the assumption that whatever is new is true with an uncritical acceptance of the most current thought.”<sup>2</sup> Truth isn’t to be assumed just because an idea is new. If that were the case, we could have no confidence in what we now believe because the future will be new and supplant our current truth. Instead, we must evaluate things based on their inherent claims. Not based on newness or the current cultural assumptions. How might your twenty-first-century mindset incorrectly influence your interpretation of the Bible? What areas of the Bible make you uncomfortable because they are in tension with our current social climate?

# Chapter 4: SEEING JESUS EVERYWHERE

Pray for focus and for God to speak to you as you read and reflect on Genesis 22

How is this a foreshadowing of Jesus?

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As this account changes from a statement about what you must do (Be willing to sacrifice whatever) to what God will do (willing to sacrifice His son), how does it change the way God is interacting with you as you read?

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## Reflection questions from “Seeing Jesus Everywhere”

- Have you ever read the Old Testament with a perspective of finding foreshadowing of Jesus? If so, how did that impact your reading? If not, how does this approach change your perspective of the Old Testament?

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- Read Exodus 12 and 1 Peter 1:17-25: How is the Exodus story a foreshadowing of Christ?

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- Read 2 Samuel 7:11b-17 (Samuel is referring to Solomon throughout this quote) and Luke 1:26-22. How is Solomon's life and reign a foreshadowing of Christ? (hint: Luke 11:31)

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# Chapter 5: A.I.M. AND OTHER TOOLS

We're going to work through a verse that emphasizes what you've been reading the last few chapters.

Pray for focus and for God to speak to you as you read.

Read Matthew 10:34-36

Without looking at context, what do you make of this verse?

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Now Read Matthew 10:34-39

With a little more context, what do you understand about this verse a little clearer?

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Now read Matthew 10:26-42

With a little more context, what do you understand about this verse a little clearer?

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Now Read all of Matthew 10

With a lot more context, what do you understand about this verse even more clear?

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Now go to the resource given to you [www.soniclight.com](http://www.soniclight.com) and read what Dr. Constable has to say about these verses.

How did reading the verse in context help you understand the meaning and with that understanding how did God speak to you through these verses?

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## Reflection questions from “A.I.M. and Other Tools”

- How does reading the Bible for the author’s intended meaning help you avoid misinterpretation?

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- How might discovering the A.I.M. enhance your understanding and application of a passage?

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- What did you think about the section on individualism? What issues do you have with a corporate interaction and responsibility to God? Spend time talking to God about that.

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- Use your own words to explain the difference between prescriptive and descriptive passages.

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- Have you ever used a commentary? Why or why not?

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## ASSESSMENT: BELIEFS



# Chapter 6: S.O.A.P.ing

Prayerfully work through the S.O.A.P.ing method with John 3.

Observations:

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Application:

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Prayer:

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## Reflection questions from “S.O.A.P.ing”

- What was the easiest part of SOAPING?

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- What was the most challenging part?

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- How did this help you focus and gain better retention?

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# Chapter 7: KEEPING UP THE HABIT

Studies have shown that it takes an average of about 2 months to form an automatic habit... as we've covered the significant value of spending time in God's Word, who can you ask to help you build the habit through accountability?

How are you going to ask them to help you build this habit?

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## Reflection questions from "Keeping Up The Habit"

- What is the most challenging part of spending regular time in God's Word?

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- What can you do to enhance your enjoyment of reading the Bible?

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- Who in your life has been an example of consistently inputting God's Word into their life?

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- Do you have someone in your life who you can regularly talk to about your reading and what God is doing in you? If so, what value have you found in being able to have those discussions? If no, how will you seek out this opportunity?

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- How can you keep a perspective of approaching God's Word to know Him, and not just to "read the Bible" or "know the Bible"?

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# Part 2: Engaging With God In Other Ways

*“Engaging with God in other ways” looks at multiple options to spend time with God outside of Bible reading. This does not mean they replace Bible reading, but they are opportunities to connect with God on top of being in His Word. As I said at the beginning of this workbook, spending more time with God, knowing Him, and being drawn to allow Him to lead you should carry itself into all areas of your life. While these disciplines may be seen to exist in a bubble of each of their experiences, they are meant to strengthen your awareness of the ever-present God who is guiding you in all areas of your life, in all decision you make, and in all interactions you have.*

## Chapter 8: CHURCH

Pray for focus and for God to speak to you as you read 1 Corinthians 12

What do these verses say about the church as a whole?

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What implications do these verses have on you in context of the church?

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What is God saying to you specifically through these verses?

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### Reflection questions from “Church”

- What is the most challenging part about getting connected?

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- What can you do to discipline yourself to be more known and to know others more?

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- What areas of serving can you involve yourself in the church?

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- What is keeping you from greater involvement?

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- How can you participate in being a supernaturally loving community?

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Activity- Spend time praying for your church leadership and the impact your church community is making in building God's Kingdom. Pray for Godly wisdom. Pray for your involvement in the church body. Pray each time you go to the church gathering that you would be focused on glorifying God and helping others see His love. Make this a regular practice.

#### ASSESSMENT: THE CHURCH



# Chapter 9: WORSHIP

Pray for focus and for God to speak to you as you S.O.A.P. Colossians 3: 1-17

Journal your observations, application, and prayer.

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## Reflection questions from “Worship”

- What is the best worship experience you’ve had? Why would you qualify as “the best”?

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- Have you had any seasons in your life where you didn’t feel like worshipping God? Explain.

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- What helped you proceed through that “blockage” to worship?
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- What does it look like for you to worship God outside the weekend church gathering?  
In your work? At home?
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- How do you best engage in worship?
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- How can you engage in worship with the extreme love and submission God deserves?
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Activity- Take time to observe the things you really enjoy. How can you make these acts of worship?

Prior to the “singing worship” in church, pray your heart is focused on God and praising Him, and not the many distractions that can take attention away from that goal. Make this a regular practice.

ASSESSMENT: MONEY



# Chapter 10: PRAYER

Pray for focus and for God to speak to you as you S.O.A.P. through Matthew 6:5-15

Journal your observations, application, and prayer.

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Reflection questions from “Prayer”

- What is the most challenging part of praying?

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- Have you ever had an especially good prayer time? Describe the circumstances that helped lead to that.

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- What about “the Lord’s Prayer” as a pattern, stood out to you the most? Why?

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- Which of the listening practices have you tried? How was that experience?

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- Who is someone you know that loves to pray?

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- Ask them what they do to foster a passion for prayer and write down what you learned.
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Activity- At least 4 times this week, spend time practicing the different ways to pray: writing out your prayer free-flowing, writing out a prayer patterned after the Lord’s prayer, writing a note from God to you, and praying out loud.

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# Chapter 11: MEDITATION

Pray for focus and for God to speak to you as you S.O.A.P. through Matthew and Psalm 1

Journal your observations, application, and prayer.

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## Reflection questions from “Meditation”

- Have you ever practiced Christian meditation? If you have, how was the experience for you? If you haven't, why not?

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- What do you think would be the toughest thing about meditation?

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- What do you think would be the greatest benefit of meditation?

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- What are you thankful for?

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- As you reflect on your thankfulness, did anything come to your mind that surprised you?

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- Do you think using your imagination will be easy or difficult for you? Why?

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- What do you think imagination could do to enhance your interaction with God?

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- What might God be showing you about Himself as you practice this discipline?

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- What might He be trying to show you about yourself?

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Activity- Choose a verse, write it down, and take it with you wherever you go. Set a reminder on your phone to read the verse every hour or so for the entire week. As you read the verse calm your mind and really focus on the words, asking God to allow His Word to resonate in your heart and mind.

# Chapter 12: CONFESSION

Pray for focus and for God to speak to you as you S.O.A.P. through James 5:13-20

Journal your observations, application, and prayer.

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## Reflection questions from “Confession”

- What were your thoughts when reading about confession?

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- What was your background or understanding of confession before reading this?

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- How has your perspective changed after reading this?

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- What do you think about the idea of “eagerly entering into confession”?

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- Do you have someone you trust with your confessions?

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- Explain the difference between confession and truly repentant confession (true confession).

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Activity- Take time to do a “sin inventory” of your life. Without hesitation prayerfully ask God to expose any and all sin in your life. Write down whatever comes to mind. Take time to prayerfully, and out loud, confess each sin to God, asking for forgiveness. If there are any you’ve written down that you feel prompted to confess to others do so.





- If you were to fast, what would you fast from and what would you fast for?

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- Have you ever known anyone who has fasted? Ask them about their experience.

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Activity- Set aside at least 24 hours sometime this week to fast, focusing on God. Journal about your experience after.

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- The purpose of Christian solitude isn't to be alone; it's to be alone with God. What would it look like to have fruitful solitude with God? What would you need/need to do?

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- What is keeping you from regular solitude with God, and how can you eliminate that barrier? (Remember it may be 5-10 minutes, don't automatically think this is an all-day exercise)

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Activity- Create some space this week for Solitude. It could be an hour, it could be a whole day, but get away somewhere quiet. Put your phone on "do not disturb". Begin with prayer, telling God this time is set aside for Him to speak. Open your Bible, or listen to a Bible app for a little, then sit with your journal open and write down your thoughts/ what God brings to mind. Enjoy just being with God.

# Chapter 15: CELEBRATION

Pray for focus and for God to speak to you as you S.O.A.P. through Philippians 4:1-9

Journal your observations, application, and prayer.

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## Reflection questions from “Celebration”

- What questions do you have about this discipline?

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- How can you incorporate this discipline into your life?

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- A Christian's life should be filled with celebration. Why do you think we're not known for our celebration, and how can you be a person known for living in celebration?

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- How would your relationship with God be affected if you practiced celebration more?

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Activity- Schedule a time with friends to celebrate what God has done in your life. Share recent and past stories of how you've seen Him work.

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# Chapter 16: SERVING

Pray for focus and for God to speak to you as you S.O.A.P. through Romans 12:1-8

Journal your observations, application, and prayer.

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Reflection questions from “Serving”

- If you are serving somewhere, what is the best part about serving, and what is the most challenging part?

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- How have you grown through serving?

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- If you aren't serving somewhere, what is keeping you from it?

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- What talents and resources do you have that you can use to serve others?

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- Would others look at how you spend your time and resources and say, "you are a servant"? Why or why not?

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Activity- If you're not serving somewhere, sign up to serve somewhere, consistently at your church.

ASSESSMENT: SERVING



# Chapter 17: GUIDANCE

Write down your prayer as you think about the opportunity to pour into others. Share with God your worries, what hesitations you may have, and write down where you need God to provide strength and wisdom to pursue discipling others.

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## Reflection questions from "Guidance"

- Have you ever sought guidance from another Christian? What was that like?

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- Have you ever offered guidance to someone else? What was that like?

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- Is there someone in your life right now from whom you can seek guidance? What do you need to do to make that happen?

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- Is there someone in your life right now to whom you can offer guidance? What do you need to do to make that happen?

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- What are some qualities that describe the perfect mentor/ guide? Seek that out.

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Activity- Begin praying for opportunities to be guided and to guide others in their relationship with God.

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# Part 3: Drive the truck

## Chapter 18: SPIRITUAL GIFTS

Write down the results of your Spiritual Gift test:

Spend time praying about how God wants you to put these to use.

### Reflection questions from “Spiritual Gifts.”

- Do you know what your spiritual gifts are? If so, how have you put them to use? If not, what are some talents that you have that God might want to use to bring Himself glory?

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- Whether a new concept or not—how does your perspective change knowing that God’s Spirit dwells inside of you and He wants to empower you to do “even greater things”?

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- How do you think your community and the world would be different if Christians engaged in their spiritual gifts?

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- Who is someone you see and think, “God is using them”? What is it about their lives that makes you think that?

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- What did your spiritual gifts tests reveal about you? Was there anything surprising?

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- What do you need to involve yourself in to see if your assumed gifts are your actual gifts?

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- Who can you seek advice from when it comes to Spiritual gifts?

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Activity- Have someone close to you complete one of the Spiritual Gift tests for YOU. Discuss your results with them and how you can (Or how you already) put them to use.

## Chapter 19: DISCIPLESHIP...MENTORSHIP

*WARNING: As you read this and the following chapters whatever title given (Discipleship...Mentorship) this calling may stir anxiety. What I'm talking about in these chapters is simply intentional friendship. We are called to disciple people in their faith in Christ, so don't be afraid of that responsibility. I see discipleship, mentoring or intentional friendships as synonymous- taking on the role of walking along-side someone, helping them engage in an initial and deeper relationship with God. I'm aware that any sort of formal title may feel awkward, so let me remind you- a title never needs to be given- but a way of living, intentionally desiring and helping others love and follow Jesus is a responsibility for all who follow Jesus.*

Pray for focus and for God to speak to you as you S.O.A.P. through John 15:1-17

Journal your observations, application, and prayer in light of your job of mentoring others.

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Reflection questions from “Discipleship...Mentorship”

- Do you want to be mentored? What is keeping you from it?

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- Who do you see in your life that can be a mentor? What is it about them that makes them “mentor” material?

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- What would it take for you to ask to be mentored, and what would you want mentorship to look like?

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Activity- Pray that God brings you someone to mentor and seek that out. Share with someone who will commit to praying for you and encourage you as you develop intentional relationship.

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# Chapter 20: MOVING TOWARD MENTORING

Pray for focus and for God to speak to you as you S.O.A.P. through John 15:18-27

Journal your observations, application, and prayer.

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## Reflection questions from “Moving Toward Mentoring”

- What scares you most about being a mentor? Why do you think that is?

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- Have you ever been mentored? Was it helpful? What was most beneficial?

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- If you had to list the reasons you don't want to/can't mentor others, what would your top two excuses be?

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- On a scale of 0-10 ("0" meaning no integrity to "10" full of integrity), how would you rank your integrity? Why that number?

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- In what areas of your life, specifically, do you need to move up your integrity number?

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- How can you surround yourself with a mentor to increase your integrity? Name that person and write down what you need to talk to them about...then do it.

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- Who has God surrounded you with that you need to be intentional in getting to know?

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- How can you "practice mentorship" this week?

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Spend time praying about what God wants you to do and who God might want you to mentor.

Activity- Begin to have conversations with those God has placed on your heart, inviting them to meet regularly to talk about life and faith.

ASSESSMENT: CHRISTIAN LIFE



# Chapter 21: HOW TO MENTOR

Pray for focus and for God to speak to you as you S.O.A.P. through Luke 12:1-12

Jesus gives this direction and encouragement, reassuring those who are persecuted that the Holy Spirit will guide them. While this is given in context of persecution, reliance on the Holy Spirit strengthens us with Godly wisdom all the time. As you mentor others you are called to the same reliance, allowing the Holy Spirit to guide you as you guide others. When you do that, the Spirit will give you the wisdom you seek.

Journal your observations, application, and prayer.

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## Reflection questions from “How To Mentor”

- Of the mentoring options—Bible study, topic, accountability, life processing—which do you think you’d be best at? Why?



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- Which do you think you'd be the worst at? Why?

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- Which would you like to be mentored in?

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- What do you like about each different style of mentorship?

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- What is keeping you from mentoring someone else?

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**ASSESSMENT: FRUIT OF THE SPIRIT**



# Chapter 22: MAKING YOUR MENTORSHIP WORK

- Who is someone in your life who asks great questions? What is it that makes them great question askers?

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- How do you feel after you've talked to that person? Why is that?

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- How are you with asking questions, and what can you do to improve?

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- Does asking tough questions come easy to you, or is it difficult? Why do you think that is?

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- Where might your “curse of knowledge” affect your mentorship? What can you do to fight it?

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- What do you like to do in your free time or what do you enjoy that you may be able to invite someone you're mentoring to do along with you?

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- How do you typically deal with silence in a conversation?

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- Between follow up and follow through: which is more difficult for you? Why? What can you do to improve on each of these?

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- Who might God be calling you to pour into?

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**Activity-** Seek mentorship from someone else (no matter how seasoned you are).

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# Chapter 23: EVANGELISM

Pray for focus and for God to speak to you as you S.O.A.P. through Matthew 28

Journal your observations, application, and prayer.

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Reflection questions from "Evangelism"

- Do you think you have the gift of evangelism? Why or why not?

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- What makes you most nervous about sharing your faith? Why?

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- Does “pointing out the obvious” help reframe how you approach evangelism? Talk about that.

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- Who are three people you will be praying for, asking God for the opportunity to develop an intentional relationship?

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- What was most helpful in this chapter for you?

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- What did God stir in you as you read this?

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Activity- Write down the names of people you will regularly pray for, who you want to follow Jesus, asking God for an opportunity to talk about your relationship with Him. Be ready to respond when those opportunities come, prayerfully seeking God’s strength and boldness to talk about Jesus.

ASSESSMENT: RELATIONSHIP WITH OTHERS



## Chapter 24: LIVE IT OUT

What do you need to do to make sure you don't fall back into the traps of your fears? Of apathy?

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Who can you call right now who can help you continue to fully live out your faith?

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Who is someone you can take through this material to help them develop their faith?

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# ASSESSMENT RESULTS

## Spiritual Maturity Assessment

Thanks so much for taking this spiritual maturity assessment! This evaluation is set up to help you see where you are in your relationship with God and how the impacts your life. The questions you will be answering will fall into one of 9 categories-

1) Biblical engagement.....	52
2) Fruit of the Spirit.....	53
3) Beliefs.....	54
4) Relationship with God .....	55
5) The Church .....	56
6) Serving.....	57
7) Christian life.....	58
8) Money.....	59
9) Relationships with others. ....	60

Each category, as well as your overarching score will be evaluated as to where your answers place you in your spiritual maturity. We have assigned “life stage” names to these descriptions because the terms are easy to understand in their correlation to the functions of life. In sequence from youngest to ideal-

- 1) Not Yet Alive
- 2) Spiritual Infant
- 3) Spiritual Child
- 4) Spiritual Young Adult
- 5) Spiritual Parent

The titles we’ve given are not meant to insult you, but to correlate with “life stages” and draw an awareness to opportunities to move to the next stage of life.

This is meant to be a helpful assessment, and to get the proper results you must be honest with your answers. Read each statement slowly, and honestly evaluate your actions and attitudes. Do not answer what you think the answer should be, or what you wish would describe you.

At the end of each assessment, you will automatically be given a score that correlates to a life stage in each category.

### How to Interact with the Results

After you receive your score, circle which life stage you are in and then there are two main life stage descriptions you should pay close attention to:

- 1) The life stage you are in. Read the “C” (Characteristics of the life stage ) and the “N” (What is Needed for growth) to see what you can be working on, praying about, and seeking help in.
- 2) Read the description of the “Spiritual Parent” in each category. This is what we desire you to move towards. Essentially, this is the target we are aiming at. By reading what the target is, what you are striving for should become clearer and you can continually evaluate your growth toward that goal.

There is space included to put your percentage score for the next few years, to revisit the assessment each year to show your progress.

C= Characteristics of the maturity level revealed in your answers

N= Needed for growth to the next maturity level (next steps)



# Biblical Engagement-

My percentage this year \_\_\_ year 2 \_\_\_ year 3 \_\_\_ year 4 \_\_\_

This section measures how often and serious you take reading God's Word.

## Not Yet Alive (0-26%)

C=No belief in the Bible as God's Word to us, and no moral guidance gained from the Bible

N= To be introduced to the fullness of who Jesus is and what He has done with help to understand what role the Bible plays in the life of those who follow Him.

## Spiritual Infant (27-46%)

C=Has accepted Jesus as their savior but have a very minimal understanding of what the Bible is and does not apply the Bible as a guide to their life.

N= Help in understanding what the Bible is, why it's important and how we read it not just to learn about stories and principles, but to help us love God more and live for Him.

## Spiritual Child (47-73%)

C= They understand the value and importance of the Bible, holding it in high regard, but are not regularly reading and studying it for themselves. Bible knowledge still comes mainly from other's teaching and application of the Word is spotty.

N= Tools and encouragement as well as continued development of their understanding of the Word to be regularly reading, studying, praying about and applying what they've read.

## Spiritual Young Adult (74-93%)

C=Reading the Bible is a regular part of their life and the guide for their life but they may not have the tools need to navigate some of the more complex ideas of the Bible

N=Resources and teaching on how to understand the more complex ideas of the Bible and people to discuss those ideas (and their reading) with.

## Spiritual Parent (94-100%) (IDEAL= WHAT WE WANT TO HELP YOU BECOME)

C= Reading the Bible is foundational to their lives and they have a good grasp of how the Bible is all tied together in Christ. They have the tools and "know how" in seeking proper information when clarification is needed. Their lives are submitted to Jesus and the Bible is precious to them.

N=To be encouraged to take the understanding they have and seek and disciple others in their understanding and enthusiasm of the Bible and how to apply it.

Steps I can take to grow in how often and serious I take reading God's Word:

# Fruit of the Spirit-

My percentage this year \_\_\_ year 2 \_\_\_ year 3 \_\_\_ year 4 \_\_\_

This section measures how your relationship with Jesus (if you have one) is reflected to the world in your character.

## Not Yet Alive (0-20%)

C= There may be characteristics of godly behavior but that is because of general grace, not due to an active relationship with God.

N= Help in understanding and embracing that any good behavior doesn't make us right with God, but we are made right by accepting Jesus' as their savior

## Spiritual Infant (21-40%)

C= There is the beginning of character traits of the fruit of the Spirit (Love, joy, peace, patience, kindness, goodness, gentleness, faithfulness, self-control) which are emerging because of their relationship with God. Often these fruits seem unnatural.

N= Help seeing where the fruits have manifested themselves in their life. Help in understanding that growing closer to God will produce more of characteristic, but that doesn't exclude simple obedience living out these characteristic.

## Spiritual Child (41-60%)

C= Their relationship with God is richer and is the motivation for pursued fruit of the Spirit and they are starting to get a better grasp of how the holy Spirit effects all areas of their life.

N= Continued encouragement in their growth and a reminder that the best way for the fruits to be produced is through a developing relationship with God. They also need to know that the fruit of the Spirit is something that we should be committed to even when it feels unnatural. Someone who will call out characteristic that are against the fruit of the Spirit.

## Spiritual Young Adult (61-80%)

C= A relationship with Jesus has produced the fruit of the Spirit in most all areas of their life. Still others may attribute them to being a nice person.

N= To be challenged to see how their interactions with others, which are flavored with the Fruit of the Spirit, are being used to draw others to Christ.

## Spiritual Parent (81-100%) (IDEAL= WHAT WE WANT TO HELP YOU BECOME)

C= The Fruit of the Spirit is so evident in their life that others know the root of their fruit is Jesus. Love, joy, peace, patience, kindness, goodness, faithfulness and self-control, are centered around the Gospel and are influencing those around them.

N= To disciple and train others in manifesting the fruit of the spirit in a way that effects those they come into contact with.

## Steps I can take to grow in the fruit of the Spirit (Galatians 5:22-23)

# Beliefs-

My percentage this year \_\_\_ year 2 \_\_\_ year 3 \_\_\_ year 4 \_\_\_

This section measures your understanding and agreement with core Biblical understanding and alignment with who God is.

## Not Yet Alive (0-29%)

C= Doesn't believe in Jesus, in an objective truth, or basis their evaluation of themselves and the world on how good we are.

N= A foundational understanding of who God is, what He has done, and why He is the standard of truth and His Word is our primary guide.

## Spiritual Infant (30-46%)

C= Believes in Jesus, but still holds on to a worldly evaluation of right and wrong. Still has many questions about foundational Christian teaching and probably doesn't know that some of the perspectives they have contradict the Bible's teaching.

N= To be led to a better understanding of foundational Christian principles as well as guidance with how those connect directly to our actions and attitudes. Also, need help in understanding contradictions they believe in.

## Spiritual Child (47-73%)

C= Believes in Jesus and has a basic understanding of core Christian orthodoxy, but their confidence in why and how those work as well as a commitment to those principles is not strong.

N= Loving guidance in helping them grasp that a cognitive agreement with Christian orthodoxy should lead to an alignment of their life, in all areas, to Jesus' Lordship. Correction and encouragement to move from understanding to living out their stated beliefs.

## Spiritual Young Adult (74-93%)

C= Are confident in their understanding of who Jesus is and His offer of salvation in a way that joyfully affects the way that they live.

N= A push, accountability, and encouragement to move their interaction with Jesus from just affecting their lives, to intentionally helping others see and respond to that Truth.

## Spiritual Parent (94-100%) (IDEAL= WHAT WE WANT TO HELP YOU BECOME)

C= Have a solid understanding of who Jesus is, what He has done and why the world so desperately needs to know this truth. Their beliefs are confident in Christ, and they live for Him eager to share their beliefs with those in their lives.

N=Prayer support, and peer encouragement to help navigate the many tensions of presenting their beliefs and experiences to those in their lives.

Steps I can take to grow in my understanding of the Bible and God:

# Relationship with God-

My percentage this year \_\_\_ year 2 \_\_\_ year 3 \_\_\_ year 4 \_\_\_

This section measures how much authority God has in your life and how developed your relationship with God is.

## Not Yet Alive (0-25%)

C= Have not accepted Jesus into their life and don't have a relationship with him.

N= To take the first step in trusting who Jesus is and what he has done.

## Spiritual Infant (26-45%)

C= Has accepted Jesus sacrifice but is just beginning to understand what Him being "Lord" means, but their life isn't significantly yet affect by it.

N= Investment in and from Christian community to increase understanding and what the outworking of a commitment to Jesus looks like.

## Spiritual Child (46-70%)

C= God is more important in their life, and they are growing in their love for him. Prayer, time in the Word and Christian community is becoming more important in their relationship with God.

N= Continually deepening relationships with other Christians who are helping them develop their relationship with Christ. Encouragement to continue growth. Discipline, leadership, and possible rebuke from staying in a childish mindset.

## Spiritual Young Adult (71-90%)

C= God is central to their thoughts and how they see the world, and they have a desire to continue to develop that relationship.

N= To take what they know and are passionate about and find ways to disciple others

## Spiritual Parent (91-100%) (IDEAL= WHAT WE WANT TO HELP YOU BECOME)

C= Centers their lives around Jesus by daily dependence on Him, seeking ways to help others grow in their relationship with Him

N= A group of peers who encourage and hold accountable to their relationship with God.

Steps I can take to grow in my relationship with God and His authority in my life:

# The Church-

My percentage this year \_\_\_ year 2 \_\_\_ year 3 \_\_\_ year 4 \_\_\_

This section measures how you interact with the Body of Christ (the church) both in your perspective, participation, and opportunities.

## Not Yet Alive (0-27%)

C= Doesn't go to church, or goes only on special occasions.

N= To understand that the "church" is the "body of Christ"-the continual expression of God's love to the world and that together the church is more than a weekend event, but should be centered around Jesus' sacrifice for us.

## Spiritual Infant (28-45%)

C= Has a low value of church as something that is either an inconvenience, or a "nice extra" but does not align their life to a committed attendance due to their lack of understanding of what the church gathering is for.

N= Instruction to a fuller, more correct understanding of the church, and an instilling of the value of regular participation in the church.

## Spiritual Child (46-75%)

C= Church attendance is more regular, and they may even be serving here and there, but they are still not committedly consistent because the primary evaluation of church is "what I get out of it." Often times there is a struggle of "wanting to leave" and "not feeling connected." Finding issues with the church comes easy.

N= Continual reminding (and correcting) in their self-centered perspective of church, and be challenged to see the church correctly and align their lives with participating in "being the church."

## Spiritual Young Adult (76-91%)

C= Have a high value of church in attending, participating and serving. See the church as an avenue to connect, encourage and grow with others, worship God, and be reminded of God's truth. They understand that church is not here to serve their needs, but is here for them to participate in building God's kingdom.

N= Challenge and opportunities to take their commitment to building God's kingdom outside just the walls of the church. To be inspired to take their passions for Christ and "be the church" to their neighbors, co-workers, and classmates.

## Spiritual Parent (92-100%) (IDEAL= WHAT WE WANT TO HELP YOU BECOME)

C= Are regularly church attenders, servers, and participators and come to church on Sunday's thinking "how can I serve and encourage others during this time." They evaluate a church based on it's adherence to scripture and the promotion of Jesus, and look for ways to partner with the church to evangelize to non-Christians, and grow Christians. They see church as a launching point to be the church in their community the rest of the week.

N= Ideas and resources in how to develop relationship with those inside and outside the church to pour into them. Inspiration to keep up the good fight because it's brutal outside the walls of the church.

Steps I can take to grow in my perspective, participation, and opportunities in the church:

# Serving-

My percentage this year \_\_\_ year 2 \_\_\_ year 3 \_\_\_ year 4 \_\_\_

This section measures how you see serving, how you participate in serving, and your heart for using your life as a servant.

## Not Yet Alive (0-32%)

C=No relationship with God so serving others from a Godly perspective doesn't exist

N= To come to know and accept that God came down to earth, in Jesus Christ, to serve us, and His servant-ness cost him his life out of love.

## Spiritual Infant (33-52%)

C= For many reasons they feel they are not ready to serve. Often time church attendance is the extent of their involvement and they face a danger, that if they don't mature in their thinking, they will become perpetual attenders and not move to participators.

N= Church is evaluated by "what I get out of it" and they need to understand that church is about the body of believers participating to pour into one another and that serving is a route to growth.

## Spiritual Child (53-76%)

C= Serving may be here and there, but it is not consistent. Perhaps when the pastor make a plea for a short term need, but there is a lack of regular commitment to serving. When serving they take on a supporting role, but don't lead anything.

N= Someone to notice their gifting and personally encourage them to step into and step up in their serving. They need to be reminded that some of the greatest opportunities for growth is serving, even when you "don't feel ready."

## Spiritual Young Adult (77-92%)

C=Are actively and regularly serving others. Serving is a natural outpouring of their relationship with God, even when they don't feel like it. They both respond to needs in serving and seek opportunities to serve others.

N= Be given opportunities to and encouragement to lead and may need help in understanding unique gifts God has given them and how that can be used both inside and outside the church.

## Spiritual Parent (93-110%) (IDEAL= WHAT WE WANT TO HELP YOU BECOME)

C=Are regularly serving others both inside and outside the church and are often already or eager to lead others in serving. Their eyes are open for opportunities to serve those in their lives, not waiting solely on the church for ways to serve. They know that God has served them, so in all they do they look to serve others. To personally encourage, challenge and invite others to serve with them.

N= To be reminded to disciple others as they serve: to lead both those they are serving and identity and encourage others to step up to lead. To personally encourage, challenge and invite others to serve with them.

Steps I can take to grow using my life as a servant:

# Christian Life-

My percentage this year \_\_\_ year 2 \_\_\_ year 3 \_\_\_ year 4 \_\_\_

This section measures your perception of the Christian life as well as your actual lived out value of your life for Christ.

## Not Yet Alive (0-32%)

C= Believes that Christianity is about being good and getting your life together, and hasn't accepted Jesus as their savior

N= Guidance in understanding who Jesus is, what He has done, and that Christianity is about a relationship with God.

## Spiritual Infant (33-52%)

C=Has accepted Jesus as savior, but either doesn't have the tools or hasn't applied many tools in how to develop their relationship with Christ. Being a Christ follower has little to no effect on their life.

N= People in their life to challenge their stated belief and help them understand that believing in Jesus leads to participating in their relationship with him. Need to be taught that following Christ is done in community and does ask us to align our lives with Him.

## Spiritual Child (53-76%)

C= There is still a lingering assumption that being a Christian means being good. There is an acknowledged agreement for a need of active participation in their faith journey with other believers, yet their schedule and actual practice of involving themselves in serving, community and helping others grow in their faith is minimal.

N= Programs to help them plug into community and a regular reminder of the need to develop their relationship with Christ. To be taught that it is by a deepening love for Jesus transforms all we do. To be pushed to being in intentional community with other believers. A more maturity spiritual brother or sister to invite them to participate with them in serving and community.

## Spiritual Young Adult (77-92%)

C= Is involved with a community of Christians who know them well and grow together in their relationship with God. Has a developed love for God with an understanding that as they grow in their relationship with God, their actions and attitudes should more quickly align to what He says is the best way of living. Their relationship with God moves them to serve in the church and help others.

N= To be encouraged and challenged to look for those who are not, or are less connected and personally invite them to plug in. Need to be given opportunities to lead and reminded that the Christian community is not here for a "holy huddle" but to move us all beyond these walls to living our Christian faith in a way that effects those in our spaces outside of church. A more mature brother or sister to regularly support and encourage them in discipling others and sharing their faith.

## Spiritual Parent (93-100%) (IDEAL= WHAT WE WANT TO HELP YOU BECOME)

C= Have a solid relationship with Jesus that has transformed the way they live in all aspects of their life. They are involved in discipling others in church and look for opportunities to do so outside of church. They have a good group of Godly friends who continually encourage them to live for Jesus.

N= Resources of people who they can disciple. Encouragement to keep running the race. Prayer.

Steps I can take to grow in living out what I believe in all areas of my life:

# Money-

My percentage this year \_\_\_ year 2 \_\_\_ year 3 \_\_\_ year 4 \_\_\_

This section measures the way you approach and handle your money in submission to God.

## Not Yet Alive

C= Don't have a relationship with God so no interest in the connection between how to handle our money and relationship with God

N= To understand and accept God's abundant gift of Jesus Christ's sacrifice and come to know that what Jesus asks of us is because he wants the best for us.

## Spiritual Infant

C= Has a low appreciation and understanding of how the use of finances reflects and effects our relationship with God. They are usually uncomfortable or tune out when the church talks about money, and giving is very sporadic.

N= To better understand the Bible's teaching on money as significantly tied to our hearts. To develop into their perspective a realization that money isn't a bad thing, but that it is a dangerous thing that we need to place in a much lower priority than God, and by giving we are making a faith statement.

## Spiritual Child

C= Giving is not consistent and often comes because of a sense of guilt or a lack of joy. Giving comes with an expectation of how church should be run and if they are unhappy with things then giving is withheld. Giving is not built into their budget and while there may be an understanding of the significance of our relationship between God and money their actual actions don't reflect that.

N= A close spiritual guide to ask the tough questions about finances and help guide them to aligning their actions with their understood value. Tools to structure in giving and a regular reminder that obedience is not easy, but it affirms the faith they claim and aligns their heart with God's Kingdom. Stories that show them the difference committed sacrificially giving makes.

## Spiritual Young Adult

C= Giving is a regular practice that they have scheduled out in their budget and are committed to. While the commitment is there giving is mainly seen as an act of obedience and is usually not done with great joy. "Committed" would be a better word to describe young adults than "Joyfully sacrificial."

N= Those who are spiritual parents to share how they moved from young adult to parents. Encouraged commitment to praying that God would give them a heart of joyfully sacrificial. Affirmation that obedient giving is amazing, because it is not based on emotional alignment but faithful commitment

## Spiritual Parent (IDEAL= WHAT WE WANT TO HELP YOU BECOME)

C= These people could be described as joyfully sacrificial givers. They fully understand that all they have is a gift from God and they deeply desire to use the resources God has given them to build his Kingdom. There is no greater use of their money than this.

N= To seek those who are less spiritually mature and be bold and humble about sharing their journey to becoming a joyfully sacrificial giver. Need to know that this is a discipleship opportunity and that the value of sharing their heart helps people see the act of joyful, regular giving is a significant part of aligning their life with Jesus.

Steps I can take to grow in the way I approach and handle money in submission to God:



# Relationship with Others-

My percentage this year \_\_\_ year 2 \_\_\_ year 3 \_\_\_ year 4 \_\_\_

This section measures your involvement in sharing the Gospel with others.

## Not Yet Alive (0-26%)

C= There is no relationship with Jesus so talking about Him with others is not part of their life.

N= To be shown that Jesus loves them and invited into a relationship with Him.

## Spiritual Infant (27-46%)

C= Faith may be new or old, but the outward production of faith is still minimal, especially when it come to sharing their faith. When They have opportunities to share fear keeps them silent.

N= Help in developing their understanding of the Jesus as well as their confidence and conviction in sharing the Gospel.

## Spiritual Child (47-73%)

C= Their lives reflect Jesus and church is enough part of their life that they invite others to join them, and while they may be nervous about talking about Jesus, when a clear opportunity presents itself, they will.

N= Encouragement to not depend on the church to do the “evangelizing” but to seek opportunities with those in their lives to share about their relationship with Jesus. Further tools and instruction on how to start conversations about Jesus is very helpful too.

## Spiritual Young Adult (74-93%)

C= My still be nervous about sharing their faith but do so anyways with joy and boldness. Those in their life know they are a Christian not just because they go to church, but because they talk about their relationship with Jesus.

N= There may still be too much of a reliance on the church to evangelize, so they need to be empowered to help their friends understand the Gospel and invite them to follow Jesus.

## Spiritual Parent (94-100%) (IDEAL= WHAT WE WANT TO HELP YOU BECOME)

C= Are eager and looking for opportunities to talk about Jesus with others and invite them to follow Him. Have a firm understanding that God has empowered them to share the Gospel and all of their relationships are seen through an eternal lens: praying for and pursuing a relationship with a desire they come to know Jesus.

N= To bring along and teach other Christians to share the Gospel. Other believers to participate in their evangelism through support with prayer and surrounding their friends in Christ centered community.

Steps I can take to grow in my involvement in sharing the Gospel with others: