

# Spiritual Life Plan

*Cultivating my heart for God*



spiritualassessment

# Spiritual Life Covenant

*From this moment on...*

I am renewing my commitment to

**Connect**

in authentic community,

**Grow**

in my spiritual journey,

**Discover**

and use my gifts for ministry,

**Share**

my life to win lost people to Jesus, and

**Offer**

my heart in worship

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Signature

# Welcome to the Adventure

Our goal at the Collegedale Church is to offer you as many opportunities to grow in your walk with the Lord as possible. This booklet is designed to help you in that process. Central to the gospel are two great commands: "Love the Lord with all your heart and your neighbor as yourself" and "Go, therefore, and teach all nations what I have commanded you." Within these 2 great commands are embedded the 5 purposes for which you and the church were created. This booklet is provided as a personal spiritual assessment of how well you have integrated these purposes into your life.

After doing the assessment and identifying some areas in which you may wish to grow, additional pages are provided for you to write out a spiritual care plan. Share your plan with a prayer partner, spiritual mentor or your small group. Give them permission to ask you about how you are doing on keeping your promises to yourself. Ask them to pray for you. As you grow, you may wish to develop new goals. Several pages are added for that purpose. If you should need another booklet, feel free to ask for one at the church office.

May the Lord bless you on your spiritual quest.

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Small Group Leader, Spiritual Mentor, or Spiritual Partner

# Spiritual Assessment

# Notes

## Worship

- I am faithfully attending corporate worship services. **1 2 3 4 5**
- I am actively seeking to know and do what pleases God as a way of life. **1 2 3 4 5**
- I am honoring God by how I take care of my body. **1 2 3 4 5**
- I lead my family in daily times of worship. **1 2 3 4 5**

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

## Fellowship

- I am intentionally cultivating relationships with Christian friends and spiritual mentors. **1 2 3 4 5**
- I am cultivating authentic community by speaking the truth in love and creating healthy boundaries. **1 2 3 4 5**
- I am authentically connecting in my immediate family relationships in ways that honor God. **1 2 3 4 5**
- I am resolving conflict with others in a Biblical manner. **1 2 3 4 5**
- I am learning how to love, be more grace-giving and forgiving. **1 2 3 4 5**

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

## Spiritual Maturity

- I spend some time everyday in reading my Bible. **1 2 3 4 5**
- I have a quiet time everyday for meditation and prayer. **1 2 3 4 5**
- I give God a faithful tithe and an offering according to His blessing. **1 2 3 4 5**
- I volunteer time in community service. **1 2 3 4 5**
- I am involved in and committed to a small group for spiritual development. **1 2 3 4 5**

Maturity Total \_\_\_\_\_

## Ministry

- I have discovered and am seeking to develop my SHAPE for ministry. **1 2 3 4 5**
- I am serving in a regular ministry within this group of believers. **1 2 3 4 5**
- I attend the ongoing ministry training and support gatherings for my ministry. **1 2 3 4 5**

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

# Notes

## Mission

I am purposefully developing relationships with unchurched people.	1	2	3	4	5
I pray specifically and regularly for one of my unchurched friends.	1	2	3	4	5
I am inviting seekers to church and sharing my spiritual story with them.	1	2	3	4	5
I am shepherding another person or group in their relationship to Jesus.	1	2	3	4	5
I am praying and considering where God can use me in cross-cultural ministry (mission trips).	1	2	3	4	5

Mission Total \_\_\_\_\_

Spiritual Assessment Total \_\_\_\_\_

## Scoring

- 96-110** You are most likely to have had an intentional plan for spiritual development in place for some time. You are strongly committed to growing spiritually.
- 71-95** You are strongly committed to spiritual growth. We recommend that you look at specific areas where your score is lower, and focus on things that you feel convicted to change. Having a prayer partner or accountability partner may be helpful in your journey.
- 51-70** You demonstrate average levels of spiritual development. A more active focus in this area of your life will be highly beneficial and move you to a more satisfying and balanced spiritual life.
- 31-50** Your level of spiritual commitment is minimal. An intentional plan in all areas will reap significant spiritual benefits in your life. Involvement in a small group may help you in making this a primary focus of your life and help you grow in your commitment.
- 0-30** Your spiritual growth has not been a primary focus of your life. A specific plan in each area will enrich every aspect of your life. Having a prayer partner may give you the encouragement you need to develop and follow through on a spiritual plan.

<b>Purposes</b>	<b>Examples</b>	<b>Plan</b>	<b>Progress 30 days</b>	<b>Progress 60 days</b>	<b>Progress 90 days</b>
<p><b>Fulfill</b> your life purpose in worship. Rom. 12:1,2; Rev. 14:9-12</p> <p>How can I surrender my life in worship?</p>	<p>Cut out one TV program a week and spend that time in personal worship.</p>				
<p><b>Connect</b> with God's family. Heb. 10:24, 25; Eph. 2:19</p> <p>In what ways can I improve how I relate to the family of God?</p>	<p>Faithfully attend a small group.</p>				
<p><b>Grow</b> In your spiritual journey Col. 1:28; Eph. 4:15</p> <p>What do I need to do to develop my relationship God?</p>	<p>Attend class 201. Spend 10 min. everyday in prayer.</p>				
<p><b>Discover</b> your SHAPE for ministry. Eph. 4:11-13</p> <p>How can I further discover or develop my gifts in ministry?</p>	<p>Start the ministry I have always wanted to do. Invite Tom to The Third. Take small group leadership training.</p>				
<p><b>Share</b> your life mission in the world. Mt. 28:18-21; Acts 20:24</p> <p>How can I share Christ and fulfill my life mission in the world?</p>	<p>Begin to save money to go on the next trip to Cambodia. Volunteer at ...</p>				

Name: \_\_\_\_\_

Small Group Members' names:

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My Prayer Partner: \_\_\_\_\_

The friend for whom I am praying: \_\_\_\_\_