



SPIRITUAL INVENTORY: NEXT STEPS GUIDE

It's one thing to know our weaknesses and another to actually do something to improve upon them. After taking some time to reflect on your completed spiritual assessment, pray about the areas you would like to tackle first. Ask the Holy Spirit to guide you to action that will transform you. We have come up with some possible practical action steps to potentially help you in that transformation process and they are listed below. Take some time to read through the action steps for the categories and questions where you would most like to experience change and then pick one or two to get started. Remember, these are just ideas! Feel free to come up with your own or ask a mentor or friend to help you come up with some ideas that are more specific to you.



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BELIEFS & UNDERSTANDING

QUESTION 1 I believe Jesus provides the only way to have a relationship with God.

- Journal or have a discussion with someone you trust in order to process why you struggle to believe this to be true.
- Explore books on apologetics to help gain discernment.
- Commit to praying and asking God to give you faith, open your heart, and reveal Jesus to you more fully. Set up a schedule and ask someone to keep you accountable.
- Commit to reading through a Gospel together with a mentor or friend.

QUESTION 2 I believe my prayers impact my life and the lives of others.

- Read books or listen to resources that address this struggle and give practical action steps like “God on Mute” by Pete Greig.
- Begin praying regularly about specific things, documenting your prayers and journaling about the changes you see. This will take time and commitment.
- Ask someone who you know has a strong prayer life about their experiences with prayer.

QUESTION 3 I believe the Bible is God's Word and provides vital instructions for my life.

- Commit to reading scripture regularly for a certain amount of time with accountability. Start small and work your way up to longer periods of time.
- Read the Bible with someone regularly, committing to making action steps during each meeting.
- Read/skim the bible all the way through. Consider finding a Bible reading plan that takes you quickly through the Bible to see the big picture, or even commit to reading the Bible through in a year.
- If you are struggling to relate to scripture or see it as relevant, try a different version of the Bible that is more conversational and reads in an easier way such as “The Voice” or “The Message”.
- If you are struggling to relate to scripture or see it as relevant, watch “The Chosen.”

QUESTION 4 I acknowledge my personal guilt of sin and need for salvation.

- Pray and ask God to lovingly show you ways that are unlike him and ask Him to give you a heart of repentance. Pursue hearing his answers through scripture, especially the Psalms. The Bible often acts as a mirror for us to see our sin.
- Journal or have a conversation with someone you trust to process why exactly this is a struggle.
- Take a free enneagram test online and read “The Road Back To You” in an effort to understand your personality and the weaknesses you may fall prey to.
- Ask someone you trust to lovingly point out areas of both strength and weakness in your life.

QUESTION 5 I have trusted Christ as my Savior.

- Have a discussion with someone you trust about what may be holding you back from this decision.
- Pray and ask God to give you faith to make this decision in the midst of doubts you may have. Commit to doing this regularly for a certain amount of time with someone you trust.
- Start putting some rhythms in your life that will help you discern what your next faith step might be. ie: going to church, reading the bible, reading a book or listening to a podcast about salvation, start regularly participating in a faith community, going through a reading plan on YouVersion with a friend that is geared toward this topic.
- Begin to learn more about Jesus either through a book or reading one of the Gospels.



BELIEFS & UNDERSTANDING

QUESTION 6 | I recognize that everything belongs to God and is to be used for him.

- Begin practicing gratitude with a gratitude journal. Write three things you are thankful for each day.
- Take an inventory of all you have and how you use it. This includes but isn't limited to evaluating your time, personal finances and mental energy. Then identify the ways in which you could better use the things you have been given to serve God and others.
- Commit to regularly practicing generosity in an habitual way. While giving monetarily in a sacrificial way is wonderful, also consider giving your time and other resources in ways that stretch you. Ask for accountability in this and set up times to evaluate how this may be changing your attitude towards stewardship.

QUESTION 7 | I evaluate cultural ideas and make life decisions based on biblical standards.

- Test to see if God's word is true and wise. Begin with small acts of obedience that DO make sense to you and build those trust muscles in God and His word. Over time, you will gain trust and confidence in God's standard of living.
- Begin reading the Bible regularly, but also commit to action steps as you read.
- Start having open and honest conversations with people you trust about areas in which you are struggling to agree with scripture. Pray for humility in these conversations and even consider reading a book with someone you trust on your topic of confusion.
- Obedience flows from love. Do what you can to cultivate a deeper love for God and ask him to show you how much he loves you.

QUESTION 8 | I understand basic Christian doctrine.

- Go through a book with a spiritual mentor about basic christian doctrine.
- Ask to meet with a pastor at a local church and ask them to explain Christianity to you and what being a Christian means for someone practically.

QUESTION 9 | I can describe the key differences between the Old and New Testaments.

- Read through the Bible.
- Engage in content that informs you about the basic makeup of the Bible, like The Bible Project.

QUESTION 10 | I live without guilt and shame because I truly believe in Christ's forgiveness.

- Take some time to process through the areas in which you feel guilt and shame. Consider talking to someone about those areas, maybe even a professional counselor, and praying that God would reveal his forgiveness to you more fully.
- Write down your guilty/shameful thoughts one by one, and then counter each one with scripture. Feel free to use the internet or a close trusted friend to help you find what the Bible says about those areas of guilt and shame in your life.
- Engage regularly in worship and practice gratitude daily. Training your mind to dwell on how God is blessing you is essential in learning how to accept His other gifts of forgiveness, grace and mercy.



SPIRITUAL RHYTHMS

QUESTION 1 I maintain an attitude of prayer throughout each day.

- Consider setting timers throughout the day to remind you to pray. Consider using apps such as Echo or Hallow.
- Commit to beginning each day with prayer in a quiet place or on a walk, learning to recognize God's presence with you at all times. Ask the Holy Spirit to make you aware of his presence in little moments throughout the day.
- Consider using built in times to pray, like when you go to the bathroom or when you are driving or eating.
- Pray the Examen each day.

QUESTION 2 I regularly participate in corporate worship.

- Identify what may be holding you back from worshipping with others and then take conscious steps to remedy those hang ups.
- Start by arriving at church on time, if not a little early in order to pray and prepare yourself to be fully engaged. This will give you time to pray for God to ready your heart to engage with His Spirit.
- Consider being more intentional about building relationships with people in your faith community and make sure you attend corporate worship with people you know. Often we make the incorrect assumption that corporate worship is all about our experience, but knowing the stories and lives of the people around you who are also worshipping, allow you to be more engaged with the words, praying on their behalf and worshipping together.

QUESTION 3 I engage in a consistent prayer time.

- Consider setting timers throughout the day to remind you to pray.
- Commit to beginning each day with prayer in a designated quiet place or on a walk, learning to recognize God's presence with you at all times.
- Consider using built in times to pray, like when you go to the bathroom or when you are driving or eating.
- Read through the psalms or consider memorizing a psalm or other prayers from scripture.
- Download a prayer app to guide you through daily prayers. (Lectio 365, Lectio For Families, Hallow, Prayer Mate, Echo, Inner Room)

QUESTION 4 I pray about decisions before I make a commitment.

- Develop a daily prayer rhythm so that your regular prayers allow you to fully process your thoughts and actions.
- Build time into your week in which you have accountability, asking others to pray about your decisions, and also praying for theirs.
- Create a prayer list and regularly pray for those things and invite others to pray with you.
- Before making a big decision, have a predetermined amount of time you commit to praying about it before you make the decision. Inform other people of your commitment so they can pray and process with you.
- Consider asking a trusted spiritual mentor or friend to help you discover whether or not the Bible has anything to say about your decision. Oftentimes we pray in order to hear God's voice and opinions on situations when we have his entire Word at our disposal, not realizing he may have already spoken.

QUESTION 5 Regular participation in group prayer characterizes my prayer life.

- Ask someone you trust to pray with you once a week..
- Begin to prioritize prayer in your weekly interaction with other believers. If you are part of a community group or even with your family, it would be good to discuss with them the idea of praying together more regularly and faithfully.
- When spending time with people, begin to boldly ask how you can be praying for them, or offer to pray with them when they share meaningful information.



SPIRITUAL RHYTHMS

QUESTION 6 I regularly pray for non-believers I know.

- Use a prayer calendar to pray for a few people in different compartments of your life each day (work, family, neighbors etc...)
- Start small. Praying for non-believers can feel overwhelming. Remember that God knows them better than you do and even something short and simple for just a few people is a good place to start. You can't do everything, but you can do something.
- Consider using a prayer app or setting reminders on your phone to pray for people throughout your week.

QUESTION 7 I consistently read and study the Bible.

- Start small. Read the verse of the day on a bible app, get a verse of the day calendar to put in your bathroom or pick a verse, write it on a notecard, and put it in your car or on your mirror for a week to try and memorize it.
- Plan out the time and space you will read each day and put it in your calendar as though it were a meeting you were having with a friend. Make it a priority.
- Remember that you don't have to write a theology textbook when you study the Bible. Commit to writing down one simple thought or spend a few minutes thinking through what you read. Build from there.
- Read a plan on a Bible reading app such as YouVersion and allow it to send you reminders each day at a specific time. Consider asking a friend to do it with you for accountability.
- Use different study methods as you read scripture like KDS or HEAR.
- Learn about the scripture you are reading by watching intro videos from The Bible Project, or listening to podcasts that go through the scripture with you like, "Exploring my Strange Bible" or "Through The Bible".

QUESTION 8 I am pursuing habits that are helping me become more like Jesus.

- Take some time to brainstorm what habits or rhythms Jesus had in His life that you also aspire to have. Pick one to learn about and work on over the next month. Bonus points if you get a friend to do it with you.
- Identify habits you have in your life that are detrimental to your growth. Commit to cutting those out with accountability.
- Consider reading a book about spiritual practices and implementing them into your life.
- Start reading your Bible regularly and when you read it, also commit to an action step from your reading.

QUESTION 9 I meet regularly with a group of Christians for fellowship and accountability.

- Begin attending a weekly church gathering.
- If you feel as though you just do not know people, consider meeting with a pastor or spiritual leader that could help connect you to other people looking for a faith community.
- Consider serving at church or another non-profit. This often helps people connect as they serve together and fosters true community and connection within the church.
- Begin asking people you know to spend regular time with you in a spiritual context. Consider asking a friend or family member if they would like to read through a book of the bible or another faith based book and meet regularly to discuss it together.
- Begin praying regularly for God to bring Jesus followers into your life. Take the opportunities when they come your way.

QUESTION 10 I take regular time for silence and solitude away from my phone, email and distractions.

- Take a social media fast.
- Give your phone a nap time and bed time, as though it were a child and you were the parent.
- Schedule a time in your calendar, as though it were an important meeting, for silence and solitude.
- Consider taking a Sabbath day where your phone is turned off the entire day. Over time, consider making this a weekly habit.



RELATIONSHIPS

QUESTION 1 | I allow other Christians to hold me accountable for spiritual growth.

- Build in regular times to both listen to and share confessions with a friend or other person you trust. Commit to praying with and for one another in your areas of struggle.
- Pick one person you trust and ask them to honestly speak into you about what they see as your strengths and weaknesses. Consider making this a regular practice in your life.
- Take some time to reflect and write down some short term and long term spiritual goals and then share them with someone you trust, asking for accountability. This may look like scheduling out meetings every few months for the sole purpose of touching base about your progress.

QUESTION 2 | I have an easy time receiving advice, encouragement, and correction from other Christians.

- Make it a priority to foster regular times of community that include confession and encouragement. This time should be characterized by honesty and transparency.
- Pick one person you trust and ask them to honestly speak into you about what they see as your strengths and weaknesses. Consider making this a regular practice in your life.
- Identify areas of struggle in your life where you know you tend to feel defensive or feel your hackles rise when they are brought up. Take time to pray and admit those areas to God and why. Talk to someone about them and start praying that God would give you a heart of humility.

QUESTION 3 | I allow people in my Christian group to know the real me.

- Study scripture about your identity in Christ, working on confidence in who he says you are so you no longer feel the need to hide.
- Take some time to journal about why you may not be transparent with the people around you asking these diagnostic questions.
Am I harboring shame or embarrassment about parts of myself that I don't want people to see? What does God's word have to say about my areas of shame? Are there certain people that I specifically do not want to share things with that get in the way of my transparency? Why? Is there any way to remedy that? Are there experiences from my past when trying to be transparent that have burned me or hurt me in a way that I am now unwilling to be open? Are there any practical steps I can take to heal those wounds? Is there anyone in my life with whom I WOULD feel comfortable being transparent with?
- Commit to picking just one person from your Christian friends to meet with and discuss parts of yourself that you feel like you may have been hiding or that you would like to be more open about. Ask them to hold you accountable to being more open in a group.

QUESTION 4 | I have a group of Christian friends that I can call on when there is a crisis in my life.

- Start serving people and being a person that other people will call.
- Begin asking other people for help. Often we don't want to be a burden or seen as needy, but an aspect of hospitality is allowing others to take part in serving you and being a part of your growth... Jesus didn't need help and yet he humbly allows us to take part in his mission. He allowed people to house him and cook for him and serve him. If He can, then we can.
- Commit to asking one person to help you with one thing you know is happening in your life. It may be a house project or organizing your garage.
- Take some time to think through why you feel you don't have anyone to call. Is it because you are withdrawn? Do you struggle deep down with pride and do not want to be seen as weak or "needy"? Do you struggle with trust? Do you not want to burden people? Is there a way you have been burned in the past when you have called someone and they didn't respond?



RELATIONSHIPS

QUESTION 5 | I am gentle and kind in my interactions with others.

- Take some time to think through why you may have trouble being gentle and kind. Explore your family history, how you were raised, or different times in the past that have influenced your gentleness or kindness.
- Begin praying and asking God to produce those fruits of the spirit in you. Begin to study or memorize scripture that talks about gentleness and kindness.

QUESTION 6 | I help others to move toward maturity in their faith.

- Use the BLESS method with one person in your life.
- Think of one person you believe you could help grow in their faith and consider doing the following:
 - Begin to pray for them.
 - Start asking them more intentional questions about how they think they need to grow or how you can be praying for them.
 - Begin to be more open with your spiritual walk so they are able to see how YOU are growing and maturing.
 - Ask someone to study scripture, attend a church gathering, or start praying with you.

QUESTION 7 | My actions demonstrate a commitment to the Great Commission (Matthew 28-19:20)

- Take time to learn more about what the Great Commission requires of you. This could mean studying scripture or reading a book.
- Take inventory of different parts of your life and how the Gospel has changed you personally. Once we are able to recognize how God's story has changed our story, we can then start sharing that with others.
- Take time to consider what roadblocks may be in your way to sharing the Gospel with people around you and begin to focus on removing those!

QUESTION 8 | I cultivate friendships with unbelievers in order to lead them to Christ.

- Start asking non-christian people around you to spend time doing something together. Start with building a normal friendship.
- Be open and friendly. They aren't a project! This might mean asking them to go out for drinks or to come over for dinner or a game night. This also may include asking them to help you and allowing them to have value in your life.
- Intentionally pursue new activities that will help you meet new people that are not in Christian circles.
 - Consider starting a book club in your neighborhood.
 - Ask a new neighbor over for dinner each week or to come over for wine or a game night.
 - Consider joining a short term club or sports team for a season to meet new people that have the same interests as you.
 - Take a class at a community college about something that interests you or go to community events regularly to meet people.
 - If you have kids:
 - Go to playgrounds and strike up conversations with other parents.
 - Ask your child's teacher at school to help you connect with the parents of your child's favorite friends.
 - If your child is involved in sports or other activities, take time to talk to parents at their practices and games.



RELATIONSHIPS

QUESTION 9 | I understand the biblical responsibility to care for others.

- Begin volunteering somewhere. This may be at a local non-profit, at church or in your community.
- Start practicing gratitude regularly. Being content with all you have allows you to see where people may be in need and give you the desire to help them.
- Start sending cards and thank you notes to people each week or sending intentional text messages to people you care about.
- Pick someone to pray for and serve and put a reminder in your phone to do something intentional for them each week. Consider also building into your relationship with them by spending time with them or calling them on the phone to check in.

QUESTION 10 | I am respectful of others' opinions.

- Ask a trusted friend to have a conversation about a topic that typically riles you up and have them intentionally play devil's advocate with the goal of helping you learn to respond graciously.
- Pick a topic you have strong beliefs about and read a book that supports the opposite opinion.
- Plan to do something kind and caring for a person you usually butt heads with.
- Practice listening without sharing your opinion unless you are asked.
- Identify the areas in which you are tempted to devalue people for their opinions and remind yourself of their value to God.
- Begin praying and asking God to help you see people the way he does and love people the way he loves them.

CUSTOMER

CUSTOMER



CHARACTER

QUESTION 1 **Generally, my public and private self are the same.**

- Take some time to think and pray about the aspects of your character that you are hiding. Consider writing them down and reflecting on why you are hiding those parts of who you are.
- Consider talking to someone who is around you both privately and publicly. Ask them how you are different and then also ask for accountability in this area. Give them permission to point out moments when you are acting differently in different settings.

QUESTION 2 **I have a teachable spirit.**

- Spend some time in prayer, asking God to give you a humble spirit and provide opportunities for growth in this area. Ask him to change your heart to desire growth and sanctification more than comfort and confidence.
- Begin reading the Bible and then putting it into action. This will cultivate a heart for obedience and an attitude of submission. Practicing doing this with God will help you do this with others.
- Consider asking someone you trust where they believe your weak points are. Pray beforehand for a gentle and humble spirit and that God would speak through them to help you grow. After they speak to you, thank them and ask them to help you brainstorm practical steps to work on the areas they shared with you.
- Consider asking those who are in positions of authority over you for their feedback. It is easier to be teachable when we are the ones pursuing it. Commit to yourself to be teachable and to not be defensive as they give their responses.

QUESTION 3 **My actions demonstrate a desire to build God's kingdom rather than my own.**

- Begin to serve at a non-profit or place that benefits others and not yourself.
- Make it a goal to serve someone once a week for a predetermined amount of time without them asking.
- Begin to pray that God would change your heart to desire His kingdom growth more than your own.
- Begin to practice gratitude regularly. This will inevitably shift your understanding of the things you have as gifts that have been given, rather than things you have earned or have built yourself.
- Start having intentional conversations with people around you about Jesus, His word, and how He has changed you.
- Begin to pray for your neighbors and other non-believers in your life. Ask God to open up doors for you to grow in your relationships with them so that you might share Him with them.

QUESTION 4 **Peace, contentment, and joy characterize my life rather than worry and anxiety.**

- Consider memorizing scripture regularly so that you might call it to mind when you are feeling hopeless or anxious. (Philippians 4:6-7, Matthew 6:25-27, 1 Peter 5:7, Psalm 94:19 etc.)
- Consider going to a counselor or meeting with someone you trust regularly who might be able to help you and hold you accountable in this area.
- Begin practicing gratitude regularly.
- Consider building other disciplines in your life that help you remain rooted and connected to God. This might include:
 - A regular prayer time where you intentionally talk to God about things that are worrying you or producing anxiety in you.
 - Regularly beginning your day in God's word.
 - Intentionally listening to music that helps you dwell on the truth of the gospel.
- Find an area where you are able to serve regularly. Extra points if it allows you to serve people that are struggling or in need.



CHARACTER

QUESTION 5 *I forgive others when their actions harm me.*

- Make a list of different people you are struggling to forgive, what they did to offend you, and why you are having a hard time forgiving them.
- Start praying. Be honest with God about where you are on your forgiveness journey and why. He already knows these things and learning to say things out loud to him that are TRULY in your heart will lighten the burden that resentment can bring.
- Consider reading and then praying Psalms 3, 7, 35, 69, and 109. David, the author, often talked to God about when he was wronged and wanted justice to be done.
- Begin praying for people you are having a difficult time forgiving.
- Find someone you trust to discuss why you are struggling to forgive.
- Consider reading a book on forgiveness.

QUESTION 6 *I seek forgiveness from those I've hurt.*

- Start practicing asking God to forgive you regularly in prayer. As you experience the immediate forgiveness He gives, you will begin to rely on his forgiveness for your security rather than the forgiveness of others. This will help you to feel confident asking someone else for their forgiveness, knowing you have already received His.
- Ask someone you trust to have a practice conversation with you to practice saying you are sorry and ask for forgiveness.
- Write letters to people you may need to ask for forgiveness from. If you are comfortable, send them. If not, begin to pray for God to give you the strength and humility to send them.
- Learn to initiate conversations with those that you love, asking them if there have been any ways you have not loved them well lately. In so doing, you will create an opportunity for yourself to apologize and seek forgiveness.
- Make a list of people you have hurt and take time to think through why you have not asked for forgiveness. Begin to pray for the opportunity and humility to make these things right.

QUESTION 7 *I stop and think about my words before I speak them.*

- Begin praying for self control along with a gentle and quiet spirit.
- Ask God to begin to change your heart and mind so that the things you say without thinking are good, kind, loving and full of His Spirit.
- Make a practice of praying before your conversations with others, asking God to give you the strength to listen quietly and silently in order to love those people well.
- After your conversations, reflect on the things you said. If anything you said was because of a lack of self control or had selfish motivation, take time to confess that to God and maybe even ask that person you were speaking to for forgiveness.

QUESTION 8 *I am able to praise God through difficult times.*

- Begin to read and pray through the Psalms, Lamentations, or do a study through Job.
- Consider reading a book on lament.
- Start small. Commit to listening to worship music in the car, ask people to pray for your relationship with God in the midst of difficulties, consider doing guided prayers in an app like YouVersion, Hallow, Dwell, or Lectio 365.
- Begin to pray honestly, telling God where you are. He will meet you there.



CHARACTER

QUESTION 9 *I manage my money wisely.*

- Ask a trusted friend to look at your finances/budget with you and give them permission to ask you questions.
- Consider going through an official budgeting program or class.
- Find someone who IS wise with their finances and ask them for any advice they might give to you.
- Take some time to journal or talk with a trusted friend about your relationship with money. What are your weak points and why? Are you looking for money to give you security? Do you overspend in an effort to self medicate or find comfort?

QUESTION 10 *My sexual ethics align with God's standard.*

- Give yourself grace and understand that realigning with God takes time and a lot of the Holy Spirit. This is about trusting God, loving Him, and allowing him to change you. It is not about trying to earn your way into His approval by behaving a certain way.
- Begin reading scripture and other resources that talk about what the Bible has to say about sexual ethics.
- Build a community of people around you that are supportive and that you trust to push you to Jesus and not just to what you want.
- Find accountability.
- Ditch things in your life that are setting you up for failure...
 - Apps that foster unhealthy romantic relationships or lust.
 - Sexual relationships that do not meet God's standard.
 - Friendships that tempt you to drift from God's plan.
 - Settings where you experience more temptation.

OUTPUTS

CUSTOMER

OUTPUTS

CUSTOMER



SERVICE

QUESTION 1 | I sacrifice time on my calendar to bless others.

- Look at your calendar and identify time you have that you could potentially use to do this.
- Take some time to brainstorm about who you could bless or what you could do and pick one thing to do each week for a month.
- Commit to asking one person a week/month how you can help them. Do what they ask, no matter what it is and when it is.

QUESTION 2 | I recognize that everything belongs to God and is to be used for him.

- Begin practicing gratitude either with a gratitude journal or in some other way daily.
- Take an inventory of all you have and how you use it. This includes but isn't limited to evaluating your time, personal finances and mental energy. Then identify the ways in which you could better use the things you have been given to serve God and others.
- Commit to practicing regular generosity. While giving monetarily in a sacrificial way is wonderful, also consider giving your time and other resources in ways that stretch you. Ask for accountability in this and set up times to evaluate how this may be changing your attitude towards stewardship.
- Begin praying and asking God to show you different resources you have that could be put to better use for Him.

QUESTION 3 | I serve others expecting nothing in return.

- Begin asking people if they need help.
- Make it a goal to insert a compliment or encouragement into every conversation you have with people throughout the week.
- Start writing encouraging texts or notes to people.
- Serve and give anonymously. This might look like taking out someone's trash, doing a chore around the house without telling anyone, sending someone a gift, card, note, etc.
- Take time each day to practice gratitude to God. Often when we realize how much we have been given that we are unable to repay, it helps us set healthier more realistic expectations in our other relationships.
- When you find yourself expecting repayment or resenting someone who didn't meet your expectations, confess it to God or to a trusted friend.

QUESTION 4 | I act as if other's needs are as important as my own.

- Start praying that God would open your eyes to ways to creatively fulfill the needs of others.
- Begin asking people you see regularly if there is a way you could help or serve them that day or week.
- Begin serving or giving to a non profit. Begin supporting a missionary.
- Create baggies of food and other helpful items and keep them in your car for when you pass by someone begging on the street.
- When possible, allow others to go before you. i.e. While merging on the highway or turning into a parking lot, making sure your family has their dinner before you, looking to see if you could let someone go before you in the checkout line at the store who has less items, holding the door open for people even when it is inconvenient.
- For a month, do not buy something for yourself unless you are also buying something for someone else.
- Consider acts of service that take effort from you:
 - Commit to picking one family a week and taking them dinner, even if they didn't ask for it.
 - Offer a family with kids free weekly babysitting for a month.
 - Shovel your neighbors sidewalk.
 - Offer to mow a neighbor's lawn when they are gone for a trip or vacation.
 - Take a neighbor's trash can in after trash pick up.



SERVICE

QUESTION 5 | Take the initiative to meet the needs of others.

- Start praying that God would open your eyes to ways to creatively fulfill the needs of others.
- Begin asking people you see regularly if there is a way you could help or serve them that day or week.
- Begin serving or giving to a non profit. Begin supporting a missionary.
- When possible, allow others to go before you. i.e. While merging on the highway or turning into a parking lot, making sure your family has their dinner before you, looking to see if you could let someone go before you in the checkout line at the store who has less items, holding the door open for people even when it is inconvenient.
- For a month, do not buy something for yourself unless you are also buying something for someone else.
- Consider acts of service that require sacrifice:
 - Commit to picking one family a week and taking them dinner, even if they didn't ask for it.
 - Offer a family with kids free weekly babysitting for a month.
 - Shovel your neighbors sidewalk.
 - Offer to mow a neighbor's lawn when they are gone for a trip or vacation.
 - Take a neighbor's trash can in after trash pick up.
- Don't wait for people to tell you they need something. Just do it without them asking.

QUESTION 6 | Understand my spiritual gifts and use those gifts to serve others.

- Take some time to reflect on your life and the things you do to serve. Is there anything else you could do that excites you or would better utilize your talents and gifts that you could implement into your life?
- Take a free spiritual gifts test and then read up on your results. What are your strengths and how might they be best utilized?
- Ask a trusted friend who knows you well to tell you what they see as your strengths and how you might better utilize them.
- Take any kind of personality test and read up on your strengths. As you learn more about yourself, begin asking God to open up doors for you to use your strengths more fully to serve Him.
- Start serving somewhere. Try a new thing each week until you land on something that appeals to your strengths.

QUESTION 7 | Sacrificially contribute my finances to help others in my church and community.

- Take time to analyze your budget and look at your spending habits the last few months. Are there any areas you have been spending too much or in a way that isn't something you need? Could you commit to relocating those funds to a church or non profit whose mission is something you believe in?
- Start small and begin a habit of giving regularly rather than random amounts at random times. Commit to giving that amount regularly for a set amount of time.
- Instead of setting up automatic payments, put a reminder in your phone to go and physically give to something each month.
- If you give regularly to a church or non-profit already, consider setting aside an additional amount of money from your budget. Each month decide with your family how you want to use that money to bless a person, family or organization. Consider this your "Fun Fund".
- What is something you don't need, but regularly buy for yourself (i.e. eating out, coffee shops, hair, beauty products, clothes, alcohol)? Consider challenging yourself to go without that thing for a month and instead use the amount you would have spent to bless another person, family member, or organization.



SERVICE

QUESTION 8 *I go out of my way to show love to people I meet.*

- Begin praying that God would grow your love for people in such a way that it leads to action. Pray that He would put people on your mind and show you ways to love them well.
- Put a post-it in your car that reminds you to smile at others who are driving around you or people you encounter throughout the day.
- Challenge yourself to write an encouraging note to at least one person every week.
- Instead of just liking pictures or videos on social media, challenge yourself to comment and say something extra encouraging.
- When you meet someone new, consider following up with them and asking them to grab a meal or go get coffee. Ask them about themselves and be curious!

QUESTION 9 *Meeting the needs of others provides a sense of purpose in my life.*

- Start praying that God would open your eyes to ways to creatively fulfill the needs of others.
- Begin to pray for God to open your eyes to needs around you that also cater to the gifts and abilities He has already given you. What is something you can do that no one else (or few people) has the time, resources, or ability to do?
- Start researching different non-profits in your local area. Find their wishlist online and donate items from it anonymously.
- Find a non-profit that you are truly passionate about and get involved.
- Begin asking people you see regularly if there is a way you could help or serve them that day or week.
- For a month, do not buy something for yourself unless you are also buying something for someone else.
- Consider acts of service that take effort from you:
 - Commit to picking one family a week and taking them dinner, even if they didn't ask for it.
 - Offer a family with kids free weekly babysitting for a month.
 - Shovel your neighbors sidewalk, offer to mow their lawn when they are gone, or take their trash can in after trash pick up.

QUESTION 10 *I am quick to listen, slow to speak and slow to get angry.*

- Begin praying that God would grow the fruit of self control in your life through the power of the Holy Spirit. Along these lines, also pray that God would grow your love for others, your compassion, empathy for them, and your humility as well. Often when these skills grow, we have a more sober view of ourselves and are able to listen more attentively and intentionally to others.
- Before going into any meeting or conversation, write a reminder on your phone to pray for the strength to listen first and be compassionate and loving when you speak.
- In conversations where someone is sharing something with you, make it a practice to, before you respond with your own thoughts, repeat your understanding of what they shared back to them. This helps you be a more active listener and promotes empathy and understanding rather than judgment and opinions.
- Try to make a habit of asking more questions than sharing your opinions. In order to grow in this area, ask God to grow your curiosity and care for others in your life.
- Before you share your thoughts with someone, consider asking them if they are open to hearing your feedback and then honoring their response.
- When you realize you are getting angry with someone quickly, consider pausing and taking a few deep breaths in and out before you respond.
- Learn how to take breaks in conversations where your emotions are rising. This may even mean memorizing a sentence for when your emotions are starting to overwhelm you so that you are ready to press pause at any given moment. An example of this might be, "Hey I'm realizing that I'm having some emotions I didn't anticipate right now. I'd love to have a little bit of time to sort them out before we continue so that I can respond well. Can we set up a time to finish this conversation later?"
- Seek forgiveness from those that have been affected by your anger, lack of compassion and verboseness. Ask them to hold you accountable to doing better in this area.



EVANGELISM

QUESTION 1 I feel comfortable explaining the Gospel to others.

- Become acquainted with your story and how the Gospel has played itself out in your life. Make it personal.
- Practice! Try sharing the gospel with yourself in the car.
- Acquaint yourself with God's words and start putting it into action. It is easy to talk about things that we are already doing and thinking about and taking part in regularly.
- "Gospel" just means good news. Consider taking time to reflect each day and practice thinking of or writing down one way the Gospel changes the way you view your day. This will give you the ability to grow your hope in the gospel so that it flows out of you more readily with other people.

QUESTION 2 I expect God to use me every day in His kingdom work.

- Pray that God would open your eyes to see the ways He is already using you. Take time to write those things down and thank Him. Think of ways you can be even more intentional.
- Begin praying daily that He would show you new and creative ways to use you and then pray for the strength and discipline to say "yes" when you see an opportunity.
- Consider finding a friend or mentor to regularly discuss with you how you are impacting the world around you. Oftentimes building in that accountability makes us more aware and gives us the strength to step in and do things we wouldn't otherwise do.

QUESTION 3 My actions demonstrate a commitment to the Great Commission (Matthew 28:19:20)

- Take some time to assess your personal spiritual life and make sure you are staying spiritually nourished yourself. This includes a thriving prayer life and consistently reading the word and being in community. Remember... you are just a branch on the vine. If you don't stay connected, you will no longer produce fruit.
- Begin to grow your enthusiasm for evangelism. This might look like reading a book about it, getting more involved in the evangelistic ministries at your church, and praying for the desire and boldness to share your faith in conversations with others.
- Be more intentional about cultivating relationships with non-believers. Often we stay in our comfortable relational and don't take initiative to meet new people. Some way to do this include: Joining a sports league, starting a book club in your neighborhood, take a class to learn a new hobby and meet people with the same interests as you. Try becoming a regular somewhere that is conducive to meeting people like a trivia night, live music place, karaoke bar, or dance club. If you have kids, stay after school to play on the playground and meet new parents or enroll your kids in lessons of some sort to meet new families.
- Begin regularly praying for the lost.

QUESTION 4 I cultivate friendships with unbelievers in order to lead them to Christ.

- Start asking non-christian people around you to spend time doing something together. Start building a normal friendship. Be open and friendly. They aren't a project! This might mean asking them to go out for drinks or to come over for dinner or a game night. This also may include asking them to help you and allowing them to have value in your life.
- Intentionally pursue new activities that will help you meet new people that are not in Christian circles.
- Consider starting a book club in your neighborhood.
- Ask a new neighbor over for dinner each week or to come over for wine or a game night.
- Consider joining a short term club or sports team for a season to meet new people that have the same interests as you.
- Take a class at a community college about something that interests you or go to community events regularly to meet people.
- If you have kids:
 - Go to playgrounds and strike up conversations with other parents.
 - Take time to talk to parents at your kids practices/activities instead of scrolling on your phone.
 - Ask your child's teacher at school to help you connect with the parents of your child's favorite friends.



EVANGELISM

QUESTION 5 I share my faith with non-believers.

- Take some time to reflect on why. Do you lack relationships with people that are non-believers? Is there fear that keeps you from speaking up? Do you not have opportunities to talk about faith related things? Do you lack confidence in your ability? Are you afraid your past discredits you in their eyes from speaking up about Jesus now that He has changed you? Are the people you want to share Jesus with too well acquainted with your shortcomings so that you believe that they will not want to hear what you have to say or see you as a hypocrite? Begin praying about those things and asking God to bring about solutions, whether it is bringing people in your life or opening up doors for you to have conversations with people in order to build spiritual trust with them.
- Consider starting to share or be more open about your faith on social media. This might include sharing a video that really sticks out to you or a verse that you love or even a song. This also may include being more open about your own personal story.
- Ask non-believers in your life if they can pray for you when you have something going on in your life.
- As you develop relationships with the non-believers you know, consider asking them more intentional questions about how they are doing or what is stressing them out. Promise them to pray for them or even ask to pray for them in the moment and then make sure you follow up about it.

QUESTION 6 I look for opportunities to share what God has done in my life to encourage others.

- Start praying that God would grant you opportunities to share your story with others.
- Complete our storytelling training and become familiar with the strengths of your story, brainstorming ways it may intersect with other people's experiences. (i.e. when someone is sad, know what chapters of your story include times when you struggled with sadness and what God did in and through you in that season)
- Make a commitment to sharing more of your real life on social media. Consider sharing things on your stories or captions that point to what you have been learning or ways God is a part of your life.
- Be more intentional about getting together with friends and acquaintances. Ask intentional questions when you get together with them and be open about your personal life.
- Make a personal commitment to responding truthfully and intentionally when someone asks how you are doing, what's new, or asks what's up. This may take some practice and discernment. Often people ask in passing and don't have time to sit there and talk to you for 15 minutes, but sometimes they do. Take a moment to pause and tell them you want to answer truthfully and then give them a real answer!

QUESTION 7 I teach others how to share their faith with non-believers.

- Begin praying that God would bring relationships into your life with people that are eager to make disciples with you. This often means stepping into humble situations and asking people to learn alongside you rather than waiting until you feel you are 100% ready to lead someone else.
- Start sharing your faith with people who do not have a relationship with Jesus. As you gain experience, people will start to follow your example.
- Ask a spiritual leader to help you grow in this area and help you find someone to disciple.

QUESTION 8 I see my painful experiences as opportunities to minister to others.

- Consider going to counseling or some other form of talk therapy in order to reconcile yourself with the brokenness you carry and heal in such a way that you see the benefits God has graciously and miraculously brought out of your pain.
- Consider joining or starting a support group or ministry that includes people with similar experiences and ask God to help you be an encouragement to them. (i.e. Divorce Care, ReGeneration, AA, support groups for physical conditions like infertility, cancer etc.)
- Consider reading a book that helps you lament your brokenness and repurpose it.
- Consider using whatever platforms you have to share about your pain. This might include social media or your workplace. Often when we are more open, people who have our same pain come out of the woodwork creating support and comfort.



EVANGELISM

QUESTION 9 My time commitments demonstrate that I value lost people coming to know Jesus over work/hobbies.

- Commit to regular prayer about this topic.
- Create space in your calendar so that you have the ability to say yes when opportunities for relationships and evangelism come along.
- Take some time to think through and write down the following:
 - Intentionally identify your priorities.
 - Identify the things you are already doing to effectively live with those priorities in order, as well as center them around discipleship.
 - Identify the practices you regularly participate in that disorder your priorities and prevent you from implementing your discipleship to Jesus within them.
 - Brainstorm actions you can take to reorient your life around discipleship.
 - What priorities or activities might you need to cut out?
 - What priorities or activities might you need to add in and how will you do this in a way that maintains healthy margin?
 - What parts of how you are already living need to be reprioritized or adjusted so that you are more effectively living a life centered on discipleship?
- Make a practice of asking yourself intentional questions before adding anything to your calendar.
 - Is this helping me fulfill my basic needs to survive?
 - Is there a way I can use this time and opportunity to intentionally grow relationships that may foster discipleship to Jesus for me or others?
 - Is there something better I could do with this time instead that is more aligned with my priority to make disciples?

QUESTION 10 I can answer questions about life and faith from a biblical perspective.

- Memorize this answer, or some form of it, to any hypothetical faith related question: "I don't know. Why don't we look into it together and talk about what we find out?"
- Make reading scripture and prayer a regular part of your routine. You can't know what God might say about something if you don't know His word and don't talk to Him yourself.
- Consider reading a book of common questions about faith and theology. Often children's books are very helpful with this because the answers are conversational, easy to understand, and are full of love and understanding.
- Begin to pray and ask God first for love and compassion for anyone with whom you engage in conversation. Ask that your words would be covered in grace and that His Spirit would speak through you. We often get caught up in theology and arguing when people's questions are actually rooted in their need to know they are known and loved by God.
- Pray and ask God for humility as you answer questions. We often feel the need to preserve our image by pretending to have the answers when all we have is an opinion or when we don't actually have the knowledge to answer the questions people are asking us.