

Introduction

As part of Growing Leaders there is an opportunity for a 'spiritual health check'. It is designed to help you to take stock of how things are going as someone who wants to follow Jesus. Whether you have just started out on the journey or have been a Christian a long time, we hope it will help you grow in your effectiveness and contentment as a disciple of Jesus. This material is based on a health check designed by Highfield Church, Southampton under the name 'Discipleship for Life', and we are very grateful for permission to include it in Growing Leaders.

THERE ARE CERTAIN ASSUMPTIONS BEHIND IT...

- Discipleship is foundational to healthy leadership.
- God is interested in every part of our life so discipleship involves it all – not just the obviously 'churchy' or spiritual activities.
- In a fast-moving world it is good to reflect on how things are going and to look ahead to the next stage of the journey.
- This reflection will be more effective if you involve your mentor, or someone in a friendly listening role, to introduce a degree of objectivity and to help you to grow in openness.

Using Your Spiritual Health Check

STEP 1: USE THE SPIRITUAL HEALTH CHECK FORM DURING A TIME OF PERSONAL REFLECTION

Set aside an hour or so in which you are unlikely to be disturbed. Choose somewhere comfortable. This is meant to be a pleasant experience. It is NOT a test or appraisal process. You can use the spaces provided to jot down your answers and reactions or you may want to make separate notes. You are the only person who will see your form.

STEP 2: MEET YOUR MENTOR TO REFLECT ON YOUR ANSWERS

At least a day or two after filling in the form meet whoever you have chosen to help you reflect on your answers. They should have a copy of the questions with them. We suggest you go through the form in order paying particular attention to any section that concerns or surprises you. If there is anything that you would like communicated back to the church leaders (e.g. the fact that you'd like to do a particular course or gain experience in an area of church life or mission), then the mentor/reflector can do this for you via a separate action form. They will check that you are happy with what they have noted. This is all they will feed back. All other aspects of your conversation will be confidential. Remember this is *your* spiritual health check and *your* agenda.

STEP 3: IN YOUR OWN TIME ACT ON ANY DECISIONS YOU MAY HAVE MADE

Reflection normally leads to action. You might decide to start a new hobby, to write a letter, to relinquish a responsibility or to take up a new one. In particular, following the focus in session 2 on spiritual disciplines, which discipline(s) do you think you need to work on? Set your own timetable and try to stick to it. Pray about your intentions. Keep the form in a safe place so that you can refer to it when you next reflect on how things are going for you as a disciple of Jesus.

STEP 4: REVIEW HOW THINGS ARE GOING WITH YOUR MENTOR

At the start of Part 2 and 3 of Growing Leaders we suggest you review how things are going, and in particular the area of spiritual disciplines.

HISTORY

Beginnings

Think back to when you were first aware of being on the journey of faith. When and how did you become a Christian?

The Journey So Far

What have been the most difficult or testing times so far?

Think of one or two major milestones or highlights along the way. Why were these important?

In what ways do you feel God has equipped you to serve him?

YOUR PRESENT SITUATION

In Relationship With God

What are the positive factors in your relationship with God?

What (if anything) is hampering your relationship with him?

What do you think might help?

Do you have a sense of God's calling in your life? If so, what is it?

Home, Friendship and Family

How settled is your home life? Are there any aspects you would like to be different?

Who are your closest friends?

In what ways do such relationships help or hinder your relationship with God?

Where do you meet people who are not yet Christians?

YOUR PRESENT SITUATION

Occupation

What is your occupation (the main activity that you undertake which is not a leisure activity or a hobby)?

On a scale of one to ten how satisfying do you find your occupation? (10 = extremely satisfying) You may want to explain your answer.

How does your faith affect your occupation?

Hobbies, Interests and Relaxation

If you had a whole day just for yourself, how would you choose to spend it?

To what extent are you content with the balance between occupation and relaxation in your life?

Is there a leisure activity that you would like to try?

YOUR PRESENT SITUATION

Pressure Points

Underline any of the following that cause you anxiety.

HEALTH

RELATIONSHIPS

FINANCE

OCCUPATION

How long has this been the case? Is there anything that will change this situation in the foreseeable future?

What choice (if any) could you make that might have a positive effect?

Church Life

In what ways do you contribute to the life of your church and/or other Christian organisations?

What aspects of belonging to your church do you most appreciate?

In what ways do you feel your church could better equip and encourage your following of Jesus?

THE FUTURE

Looking Ahead

Looking ahead five years, are there aspects of your life that you would like to be different? If so, what are they?

What would be the most exciting thing you can imagine God asking you to do?

What would be the hardest thing you can imagine God asking you to do?

Which spiritual discipline(s) do you think you need to focus on?

Practicalities

Are there any other relevant matters not covered by the above questions that you would like to discuss?

Action Points

Use this space for your action points after you have reflected on your answers with your mentor. They will also record them for reference in future conversations.

What points do you wish communicated to those in leadership within the church? Your mentor/reflector will write these on the action form and show them to you for your agreement.