

## *My ACTION PLAN*

Now that you have completed the *Spiritual Health Self-Assessment* and transferred your scores to the *Action Plan*, you are ready to take the next step on your journey of spiritual growth.

Choose one area of the three practices that you want to focus on. In the following pages you will find a table for each practice with a beginning step (Crawl), an intermediate step (Walk), and a more advanced step (Run) for each of the questions found in the *Spiritual Health Self-Assessment*.

Pick the step or steps you want to take for the area you have chosen to work on. You will also find a resource page for each practice with recommended books, small group studies, classes, and practical suggestions that will take you further in your growth.

While you may need to challenge yourself to step up to the task, you also need to be realistic in your expectations, otherwise, you might become discouraged and give up. So, consider starting off with a crawl step—a target you can easily hit in the next thirty days. Then you can move on to a walk step—a tangible goal that will stretch you over the next sixty to ninety days. Finally, choose a run step—something that will require a leap of faith, but through the power of the Holy Spirit will bring you to a whole new level of spiritual maturity.

When you have selected the practice that you want to work on and the steps you want to take, we encourage you to share your decisions with your Partner who can help you stay the course by praying for you and holding you accountable. Don't try to do this alone. Isolation can lead to procrastination. But a loving friend can encourage you if you're feeling discouraged and help you up if you fall down.

*Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up! Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.*

Ecclesiastes 4:9-12, NIV

# My Action Plan

My Spiritual Friend is \_\_\_\_\_

PRACTICE	ACTIONS	PARTNERSHIP	PROGRESS
What practice is out of balance?	What next steps do I want to take?	How will my spiritual partner help me?	What progress have I made?
<b>Intentional Community</b>  <i>How I scored myself</i> _____  <i>How my friend scored me</i> _____			
<b>Experiencing God</b>  <i>How I scored myself</i> _____  <i>How my friend scored me</i> _____			
<b>Sharing Christ</b>  <i>How I scored myself</i> _____  <i>How my friend scored me</i> _____			

I will discuss my progress with my Partner on \_\_\_\_\_  
(dates)

## Intentional Community

Using the chart below, choose a step or steps you would like to take and transfer them to your *Action Plan*.

ASSESSMENT QUESTION	CRAWL	WALK	RUN
I have Christian friends who talk honestly with one another about the joys and concerns of life...	Have another friend or your spouse complete the Friend Feedback Assessment. Discuss openly the differences between how your friend/spouse views you and how you view yourself.	Honestly share your faults and struggles with someone who will commit to praying for you on a regular basis.	Join a Connect or Life Group where you will have people to support, encourage and hold you accountable.
I can easily accept help from others when facing a difficult situation...	Meet with your pastor to discuss whatever difficult situation you are currently facing.	Go to a close Christian friend and share with them and ask if they will pray for you.	Begin a relationship with a spiritual mentor or Stephen Ministry
I seek advice and encouragement from other believers...	Make a new friend and share something about your life with them.	Meet with your Spiritual Partner or other friend and make a plan to grow in one spiritual practice.	Be a spiritual partner to someone else to help them grow in their faith.
I meet with another Christian for accountability...	Commit to a Connect Group for 6-8 weeks.	Join a Life Group.	Host a Life Group.
I can forgive others who hurt or offend me...	Pray for someone you have a conflict with. Make this a regular prayer that will move you towards reconciling the relationship.	Talk to a pastor or spiritual mentor about learning how to forgive.	Mend a broken or hurting relationship in your life and seek to reconcile with that person.
I can forgive myself...	Reflect on the following questions, writing down your answers: What am I thinking? What am I feeling? What do I want now? What do I need to do differently right now?	Talk with your pastor.	Receive counseling.
I have a fellow believer in my life to whom I can confess anything in my character or actions that is unChrist-like...	Examine the areas of your life where you struggle with temptation. What are those areas of struggle and what should	Develop a plan for handling specific temptation in your life. Find a spiritual partner to help you.	Make confession and repentance a regular part of your time with God. Name the things you have done and commit yourself to

	you start doing to avoid them?		making the right choices in the future.
I see God using the difficulties of life to make my faith stronger...	During a crisis thank God for all he has done for you and how he will help you grow through this trial. Share what you are learning with a friend or mentor.	Journal about your circumstances to see how God is working in and through them. Spend some time reminding yourself of his work by re-reading what you have written.	Minister to others through the pain you have experienced by joining ministries at church that specifically focus on meeting the needs of those who are struggling where you have struggled.
I have someone in my life who I can go to as a spiritual mentor...	Pray for God to show you who would be a good spiritual mentor for you.	After praying, invite the person who God showed you to meet regularly to grow together in faith.	Engage with a Spiritual Director.
I am intentionally investing in someone else to help them grow in their faith...	Ask a friend to meet with you regularly for the purpose of growing in your faith together.	Lead a bible study at your church or in your neighborhood or workplace.	Talk with your pastor and offer yourself as a spiritual mentor to others.

## Experiencing God

Using the chart below, choose a step or steps you would like to take and transfer them to your *Action Plan*.

ASSESSMENT QUESTION	CRAWL	WALK	RUN
The things I learn in scripture guide and inform my decisions...	Meditate on a verse of Scripture on a daily basis and write down what you have learned about God throughout the day.	Set aside time to study God's Word on a daily basis. Pray and ask God for insight into his Word and how it can apply to your daily life.	Memorize Scripture. Choose some scriptures from your daily reading to memorize. Make it a priority to hide God's Word in your heart.
I sense God at work in the meaningful relationships in my life...	Journal your prayers for the relationships in your life. In 30 days look back at those prayers for the ways God was working in the relationships.	Commit to praying for a friend, coworker, spouse, or child every day for the next month.	Commit to praying with a friend or family member on a regular basis.
I experience moments of appreciation for God daily...	Set a reminder or alarm to pause, pray and reflect 3 or 4 times throughout the day. Do this for one month.	Schedule a Sabbath day to spend the whole day in devotion, prayer, reading, reflecting and resting in God.	Commit to a personal spiritual retreat day once a month for the next year.
It is easy for me to pray...	Pray a one sentence prayer from time to time to bring God into your circumstances.	For the next week, pray using the AC TS model of prayer, breaking your prayers up into different phases or foci. See the "Resource Guide."	Commit to 30-60 minutes of prayer and devotion time each day for the next month.
I see God in creation...	Take a leisurely walk/hike with only one goal – to notice the wonder of God's creation.	Take a personal retreat day outside focused on all the miracle of life in plants, animals, and humans. Begin the day with a prayer that God will open your eyes to His creation.	Commit to reading the Psalms, noting in journal all the references to creation and the Creator. Look for those references in nature as you go about your day.
I have a deep desire to feel God's presence...	Study the names of God using the Psalms and journal what each name means to you personally to remind yourself what you have learned about God.	Come to a worship service prayerfully. As you approach the building, take a moment to stop and thank God for your church. Before the service begins, say a prayer telling the Lord you are looking	Commit to looking for God in every detail of life for the next 30 day. Begin by intentionally looking for God in every situation throughout the day. Look at everything you do, not as something you do by yourself, but something you do together with

		<p>forward to meeting him in worship. Pray that God would prepare your heart to worship him. Spend some time praying for the pastor and everyone involved in worship that day. Look around at those entering the church and pray for as many as you can, specifically that God would touch their hearts and souls during the service. During worship, ask God to reveal himself.</p>	<p>God. Spend time speaking with Jesus as if he were right there with you. Set a timer on your phone to remind you to take some time to think about him every hour of the day.</p>
<p>When I reflect on my life, I sense God's grace and know that God is with me...</p>	<p>Think back to the last difficulty or crisis you faced. Write a prayer thanking God for all he did for you. Identify how he is helping you grow through that trial. Share what you learned with a friend or mentor.</p>	<p>Journal about your circumstances to see how God is working in and through them. Spend some time reminding yourself of his work by re-reading what you have written.</p>	<p>Minister to others through the pain you have experienced by joining ministries at church that specifically focus on meeting the needs of those who are struggling where you have struggled. See the "Resource Guide" for suggestions.</p>
<p>God is allowing me to see others and the world through His eyes..</p>	<p>Spend 15 minutes at the end of the day for the next week considering where you saw God in all your interactions and situations.</p>	<p>Commit to praying "Flash Prayers" for the next 30 days, "flashing" prayers at everyone you meet. Pray silently for those you encounter by asking for God's joy and presence in their lives. Then look for the response. Do you notice a difference in them?</p>	<p>Go and serve in a place where outside of your comfort zone; maybe a homeless shelter or food pantry. Be intentional about interacting with the people and getting to know a little of their story. Then commit to pray for the ones the Lord lays on your heart.</p>
<p>I can praise God in the good times and the bad times...</p>	<p>Set aside 20 minutes to recall the most recent success and most recent difficulty you faced. Describe the situation in writing, including the emotions you felt,</p>	<p>Talk with a friend about a difficulty you have faced in life and together look for God's hand in the situation.</p>	<p>Make a timeline of your life identifying important/transformational events. Using this timeline, write out your testimony of God's grace</p>

	<p>thanking God for His presence with you.</p>		<p>in your life then share it with a friend.</p>
<p>I know and believe that I am a child of the Heavenly Father...</p>	<p>Study the names of God using the Psalms. You may want to keep a journal to remind yourself what you have learned about God.</p>	<p>Identify a place where you can worship God privately. It may be a spot outdoors, in the privacy of your bedroom, or even in your car while commuting to work with good worship music. Wherever it is, make a habit of visiting this place regularly and worshipping God there.</p>	<p>Sometimes it is helpful to journal in order to see God's work in our lives. You may want to start a journal that allows you to record some of the victories and struggles you are having. Record your thoughts and feelings as you go through a process of self-examination. Make it a point to review your journal annually to see how God has worked in your life over the past year.</p>

## Sharing Christ

Using the chart below, choose a step or steps you would like to take and transfer them to your *Action Plan*.

ASSESSMENT QUESTION	CRAWL	WALK	RUN
I willingly give time and resources to serve others without expecting anything in return...	Reflect on and write down all the ways that your family and/or job are a ministry. What will you change because of this new way of seeing things?	Talk with a pastor or ministry leader about how you can best serve at your church. Commit to doing so for the next 6 months.	What burden has God laid on your heart about a need in your community. Talk to your pastor about how to begin to meet that need.
I sense God's calling in my life to serve Him and others...	Take an inventory of your talents, abilities and interests. Commit to use them to serve the church for the next 30 days.	Commit to serving in a ministry area at church or local nonprofit for the next 6 months.	Commit to lead a ministry or serve in a leadership position at the church for the next year.
I see clearly how my life can have an impact for God's Kingdom...	List five ways your life can impact God's kingdom. Seek out a pastor if you need help.	Commit to understand your potential impact by attending The Chazown Experience.	Develop a Life Plan.
My neighbors, friends, coworkers/classmates know that I am a Christian...	Commit to praying for the next 30 days for God to give you an opportunity to share your faith with a friend.	Invite a friend, neighbor or coworker/classmate to church or a bible study.	Start a bible study in your neighborhood, workplace or school.
I allow God to use my painful experiences as an opportunity to help others in similar situations...	Write down the story of how Christ has healed you or used a painful experience in your life for God's glory.	Share with a friend the story of how God has used your pain.	Share this experience with a pastor to see if you can use it to help others at your church.
I share my faith with family and friends who do not know Christ...	Commit to praying for the next 30 days for a friend, relative, coworker or classmate who does not know Christ.	Write a timeline of your life, looking for how God was present and working in at various times, then write out your faith story.	Lead a Connect Group or Life Group for those who are curious about Christianity.
I know my spiritual gifts and they are a part of my life...	Take a Spiritual Gifts class or self-study.	Talk with a pastor about how to use your spiritual gifts.	Commit to using your spiritual gifts by serving in a ministry at church for the next 6 months.
I pray for people, by name, who don't know Christ...	Identify and pray daily for the next month for unsaved people that they will come to know Christ.	Commit to walking through your neighborhood or around your work place	Form a group of Prayer Walkers who will adopt a neighborhood, block or area and commit to



		every day for the next week, praying for those you encounter or as the Spirit leads you to pray.	prayer walking once a day for the next six months.
I know my faith story and am confident in sharing it when given the opportunity...	Write out your testimony and share it with a friend.	Lead your Life Group in a study on faith sharing.	Volunteer for a local cross-cultural mission project.
I derive great joy from serving others, even when it is inconvenient for me...	Commit to praying for the next week for a particular unsaved people group.	Volunteer for a local mission project or outreach.	Serve on a short-term mission team.