



The Discipleship Health Check

Why complete a Discipleship Health Check?

The Discipleship Health Check has been designed to help you consider where God might be prompting growth and change in your life. The questions are asked within the framework of the Discipleship Terrain - a tool that aims to help you understand where you are. It will help you consider your relationship with God, with yourself and with others; like a map, we can use it to help us get our bearings and focus. It will help you answer such questions as “Where am I now?” “Where am I headed?” “How am I going to get there?”

You should expect some of the questions to challenge you or make you feel uncomfortable. Something you may never have considered may come to light; or it may be something that has been on your mind for a time. It may highlight areas in which you’ve hoped to see change before but feel despondent that things remain the same. This health check is not designed to make you feel guilty, but to discern where the spotlight of God’s Spirit is shining upon your life, that area He longs to touch with His transforming grace.

Change is not a passive process. As we tread our Discipleship path, God is doing His work in us by His Spirit, but we choose to take forward steps with Him. Consider how Jesus’ encounters with people were transformational – for example an unnamed woman at a well; Zacchaeus in the sycamore tree; Matthew the tax collector at work in his booth; Peter the fisherman. After they met Jesus, their lives were never the same again. But consider those who met Jesus but chose to remain unchanged – the rich young man; Herod; Pilate; the Scribes and the Pharisees. Or the 10 lepers – all healed but only one returning to receive the greater gift Jesus was offering. Our hope and prayer is that completing this Discipleship Health Check will help spur you on to take the next steps on the most exciting of journeys.

How to use the Health Check

This questionnaire is designed to be completed and then discussed with a Discipleship Coach. The Discipleship Coach will provide encouragement, help you gain perspective and help you think about steps you might take towards growth and change in a specific area. We anticipate a meeting with a Discipleship Coach will last approximately one hour with a follow up meeting taking place subsequently at a mutually convenient time. Once you have arranged a time to meet with a Discipleship Coach take some time to complete this questionnaire beforehand.

Schedule time out to do this - allow maybe an 45 minutes to an hour - away from distractions. Spend some talking with God before you complete it. Answer the questions honestly, taking time to reflect on your answers. Where might God be leading you or prompting change as you think about your relationship with Him, with yourself, with others?

The final page is for completion by you and your coach when you meet.



The Mountain

my relationship with God

1. Disciples as *followers*:

1.1 Which word best describes your current experience of following Jesus?

- Close Sporadic Distant
 Stuck Growing

1.2 What do you think pleases Jesus about your life at the moment?

1.3 Jesus said the greatest commandment is to “Love the Lord your God with all your heart, with your all soul, with your all mind and with all your strength” (Mark 12:30). Which do you find it easiest to love God with...why do you think that is?

2. Disciples as *learners*:

- 2.1 How do you feel God views you *at this time* in your life? For instance do you think he's pleased? Proud? Disappointed?
- 2.2 What have you learnt about God recently that has:
- A) Encouraged you?
 - B) Troubled you?
 - C) Made the hairs on the back of your neck stand up?
 - D) Been on your mind a lot?
- 2.3 How has God spoken to you personally in the last 2-3 weeks? What did He speak to you about?

3. Disciples and *grace*:

3.1 I feel confident in my identity as a child of God (John 1:12):
(please tick one)

- | | |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> always | <input type="checkbox"/> usually |
| <input type="checkbox"/> sometimes | <input type="checkbox"/> hardly ever |

3.2 I find it easy to confess my faults to God and receive His forgiveness:

- | | |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> always | <input type="checkbox"/> usually |
| <input type="checkbox"/> sometimes | <input type="checkbox"/> hardly ever |

3.3 I can see how God has been a part of my past and how He's used that to shape me:

- | | |
|---|---|
| <input type="checkbox"/> in every part of my life | <input type="checkbox"/> in most of my life |
| <input type="checkbox"/> in some parts | <input type="checkbox"/> I find it difficult to see |

3.4 I understand the spiritual gifts, natural talents and acquired skills with which God has graciously equipped me to serve Him and minister to others:

- | | |
|--|--|
| <input type="checkbox"/> definitely | <input type="checkbox"/> needs more discerning |
| <input type="checkbox"/> lots to learn | <input type="checkbox"/> no idea really |

4. Disciples and *discipline*:

4.1 I practise spiritual disciplines such as silence, fasting, studying:

- | | | |
|------------------------------------|--|---------------------------------|
| <input type="checkbox"/> regularly | <input type="checkbox"/> occasionally | <input type="checkbox"/> rarely |
| <input type="checkbox"/> never | <input type="checkbox"/> what is a spiritual discipline? | |

4.2 I read a passage from the Bible:

- | | | |
|--------------------------------------|---|--------------------------------------|
| <input type="checkbox"/> every day | <input type="checkbox"/> every 2-3 days | |
| <input type="checkbox"/> once a week | <input type="checkbox"/> rarely | <input type="checkbox"/> in a crisis |

4.3 I enjoy praying and spending time alone with God:

- | | |
|--------------------------------------|---|
| <input type="checkbox"/> quite often | <input type="checkbox"/> never feels like that |
| <input type="checkbox"/> definitely | <input type="checkbox"/> when I get round to it |

4.4 I love to worship God on my own *and* with others:

- | | |
|-------------------------------------|--|
| <input type="checkbox"/> definitely | <input type="checkbox"/> better with others! |
| <input type="checkbox"/> on my own! | <input type="checkbox"/> struggle with both |

The Desert

my relationship with myself



1. Disciples as *followers*:

1.1 I try to follow Jesus' example and regularly take time out to be alone with God.

- | | |
|--|--|
| <input type="checkbox"/> usually true | <input type="checkbox"/> from time to time |
| <input type="checkbox"/> I struggle to do this | <input type="checkbox"/> never do it |

1.2 I enjoy being alone with God, quietly reflecting on things.

- | | |
|--|--|
| <input type="checkbox"/> very much | <input type="checkbox"/> from time to time |
| <input type="checkbox"/> find this difficult | <input type="checkbox"/> I've never tried |

1.3 I really struggle to follow Jesus when I don't have other people around me.

- | | |
|--|--|
| <input type="checkbox"/> very true | <input type="checkbox"/> to some extent |
| <input type="checkbox"/> it's easier on my own | <input type="checkbox"/> doesn't affect me |

1.4 I know God's will for my life is the best path to follow even though there's so much I struggle or don't understand about it.

- | | |
|---|--|
| <input type="checkbox"/> very true | <input type="checkbox"/> mostly true |
| <input type="checkbox"/> still working that out | <input type="checkbox"/> I'm not convinced |

2. Disciples as *learners*:

2.1 I am learning to express my emotions in healthy and constructive ways.

Give some indication of your response to this statement and what particular emotions you find easier/harder to express.

2.2 I can see how things in my past and my family history - including character flaws, abuse, ways of coping with pain and conflict - have affected and shaped me.

- | | | | |
|--------------------------|----------------------|--------------------------|------------------------------|
| <input type="checkbox"/> | definitely | <input type="checkbox"/> | making some progress here |
| <input type="checkbox"/> | it's still a mystery | <input type="checkbox"/> | it's too painful to consider |

2.3 I need the approval of others to make me feel good about myself.

- | | | | |
|--------------------------|-------------|--------------------------|---------------------|
| <input type="checkbox"/> | very true | <input type="checkbox"/> | sometimes true |
| <input type="checkbox"/> | rarely true | <input type="checkbox"/> | not the case at all |

2.4 I have a good understanding and sense of who I am, what my values, passions, strengths and weaknesses are.

- | | | | |
|--------------------------|--------------|--------------------------|--------------------------|
| <input type="checkbox"/> | very true | <input type="checkbox"/> | I only have a vague idea |
| <input type="checkbox"/> | true in part | <input type="checkbox"/> | have no idea |

3. Disciples and *grace*:

3.1 I can speak freely and appropriately about my failures, weaknesses and mistakes.

- | | |
|--|--|
| <input type="checkbox"/> very true | <input type="checkbox"/> generally true |
| <input type="checkbox"/> occasionally true | <input type="checkbox"/> would never do this |

3.2 I have found God can give me the strength to move out of my “comfort zones”.

- | | |
|--|--|
| <input type="checkbox"/> definitely | <input type="checkbox"/> true at times |
| <input type="checkbox"/> struggle to do this | <input type="checkbox"/> I like “comfort!” |

3.3 When I experience loss or disappointment, I reflect on how I’m feeling rather than pretend nothing is wrong.

- | | |
|------------------------------------|---|
| <input type="checkbox"/> very true | <input type="checkbox"/> usually true |
| <input type="checkbox"/> sometimes | <input type="checkbox"/> nothing’s wrong! |

3.4 I am able to accept myself just as I am – a project God is still working on!

- | | |
|---|--|
| <input type="checkbox"/> very true | <input type="checkbox"/> mainly true |
| <input type="checkbox"/> struggle with this | <input type="checkbox"/> can’t do this yet |

4. Disciples and *discipline*:

4.1 I am honest with myself (and a few significant others) about the feelings, doubts, pain and hurt in my life.

- | | |
|--------------------------------------|---|
| <input type="checkbox"/> very true | <input type="checkbox"/> it's a big struggle to do this |
| <input type="checkbox"/> mainly true | <input type="checkbox"/> I can't imagine doing it |

4.2 I have a good idea of my physical, emotional, relational and spiritual capabilities and limits, so I can step back and rest as/or when required.

- | | |
|--|---|
| <input type="checkbox"/> very true | <input type="checkbox"/> generally true |
| <input type="checkbox"/> occasionally true | <input type="checkbox"/> couldn't do this yet |

4.3 I always keep a Sabbath day each week for rest and renewal.

- | | |
|---|---|
| <input type="checkbox"/> pretty much always | <input type="checkbox"/> generally true |
| <input type="checkbox"/> rarely true | <input type="checkbox"/> don't do this |

4.4 I see that my money, gifts, time and talents are not my own but rather they must always to be at God's disposal.

- | | |
|--|--|
| <input type="checkbox"/> very true | <input type="checkbox"/> mainly true |
| <input type="checkbox"/> struggle to do this | <input type="checkbox"/> can't do this yet |

The City

my relationship with others



1. Disciples as *followers*:

1.1 I am conscious of God's presence with me while I'm at work or out and about.

- | | | | |
|--------------------------|-----------------|--------------------------|-------------------------|
| <input type="checkbox"/> | all of the time | <input type="checkbox"/> | most of the time |
| <input type="checkbox"/> | occasionally | <input type="checkbox"/> | never seems true for me |

1.2 There is no substantial difference between the person I am at church and the person I am at work or home.

- | | | | |
|--------------------------|-----------------------------|--------------------------|----------------|
| <input type="checkbox"/> | very true | <input type="checkbox"/> | generally true |
| <input type="checkbox"/> | certain areas are different | <input type="checkbox"/> | poles apart! |

1.3 As I live out in the world, I have the ability to discern what is God's leading and his work, and what isn't.

- | | | | |
|--------------------------|------------|--------------------------|----------------|
| <input type="checkbox"/> | very often | <input type="checkbox"/> | quite often |
| <input type="checkbox"/> | rarely | <input type="checkbox"/> | I have no idea |

1.4 I know what it means to show acceptance and hospitality to all people. I show acceptance:

- | | | | |
|--------------------------|--------------|--------------------------|-----------------------|
| <input type="checkbox"/> | very well | <input type="checkbox"/> | most of the time |
| <input type="checkbox"/> | occasionally | <input type="checkbox"/> | with great difficulty |

2. Disciples as *learners*:

2.1 I have learnt to rejoice with those who rejoice, and weep with those who weep.

- | | | | |
|--------------------------|-----------------|--------------------------|----------------------|
| <input type="checkbox"/> | very true | <input type="checkbox"/> | mostly true |
| <input type="checkbox"/> | occasionally so | <input type="checkbox"/> | I can rarely do this |

2.2 I'm learning to notice those people God leads across my path so I can share my faith with them?

- | | | | |
|--------------------------|------------|--------------------------|---------------|
| <input type="checkbox"/> | very often | <input type="checkbox"/> | now and again |
| <input type="checkbox"/> | rarely | <input type="checkbox"/> | never do this |

2.3 People of both genders value my company and know they can trust me. I have learnt how to behave appropriately, yet intimately, with people of both sexes.

- | | | | |
|--------------------------|---------------------|--------------------------|--------------------|
| <input type="checkbox"/> | very true | <input type="checkbox"/> | generally the case |
| <input type="checkbox"/> | to a limited extent | <input type="checkbox"/> | not true for me |

2.4 I have learnt to celebrate, rejoice and care for the world God has created and seek to act responsibly, gently and kindly towards it.

- | | | | |
|--------------------------|----------------|--------------------------|--------------------|
| <input type="checkbox"/> | definitely | <input type="checkbox"/> | largely true |
| <input type="checkbox"/> | sometimes true | <input type="checkbox"/> | never dawned on me |

3. Disciples and *grace*:

3.1 I am able to receive love and care from others as well as give it.

- | | |
|---|---|
| <input type="checkbox"/> very true | <input type="checkbox"/> most of the time |
| <input type="checkbox"/> only from a few people | <input type="checkbox"/> rarely |

3.2 I can admit when I'm wrong and ask for forgiveness from others.

- | | |
|---------------------------------------|------------------------------------|
| <input type="checkbox"/> always | <input type="checkbox"/> generally |
| <input type="checkbox"/> occasionally | <input type="checkbox"/> rarely |

3.3 I value open and deep relationships; lifelong friendships are especially valuable and important to me. I regularly invest in these time and again.

How does this statement strike you? What about it stands out for you?

3.4 Those who know me well would describe me as approachable and gentle (underline one).

They would describe me as transparent and open (tick one).

- | | |
|---------------------------------------|---|
| <input type="checkbox"/> frequently | <input type="checkbox"/> most of the time |
| <input type="checkbox"/> occasionally | <input type="checkbox"/> probably not |

4. Disciples and *discipline*:

4.1 Whenever I can, I try to join in and play a vital part in the life of the community.

- absolutely
- occasionally

- generally true
- other things take priority

4.2 I am consistently open to hearing constructive criticism and receiving feedback from others.

- very true
- it depends who it is from

- most of the time
- I find this very difficult

4.3 I can be humble, “not think more highly of myself than I ought” (Romans 12:3) and “honour others above myself” (Romans 12:10). Give brief details of a fairly recent occasion when this was, or wasn’t, true for you?

4.4 I am open to making relationships with people from different backgrounds, cultures, races or faiths.

- all the time
- sometimes

- whenever possible
- rarely true

Please write your responses to the following...

Love is the principle and overriding quality disciples are called to give and receive. Do you see yourself as a more loving person than you were 12 months and/or 2 years ago?

What reasons can you give, whatever your answer is?

How would you respond to the following question: "Am I an active disciple, or a disciple who is just being active?"

Notes: