

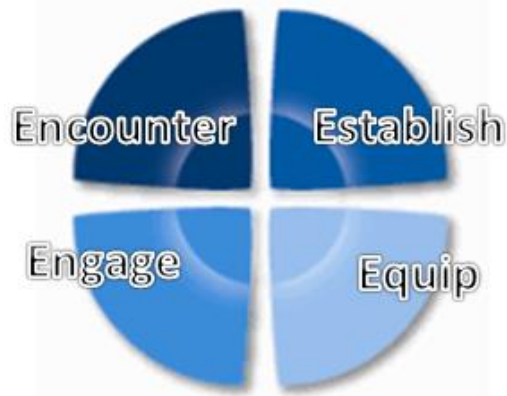
E4 – Empowered

For Supernatural Living

“...that you may be filled to the measure of all the fullness of Christ.”
Ephesians 3:19b

Study Guide – 4 Sessions
Spiritual Health Assessment
and Spiritual Health Plan

Name: _____ Date: _____



At Northwoods Community Church, our heart is to build a biblical community of contagious Christ-followers out of unchurched people in Central Illinois. We describe the life of a fully-devoted disciple of Jesus using the E4 Life Transformation Guide.

What is E4?

It's simple and memorable, but E4 represents what God wants to happen in the life of a follower of Christ in fuller and fuller measure. It's about being EMPOWERED to live a supernatural life.

ENCOUNTER – Encountering Jesus in the fullness of His love and power.

Supernatural encounter with Jesus Christ kindles life change in us.

ESTABLISH – Established in God's Word and in loving relationships.

The Bible grounds us in God's truth. Relationships with God's people grounds us in love.

EQUIP – Equipped to share the words and do the works of Jesus.

Proper training enables us to effectively share the words and do the works of Jesus.

ENGAGE – Engaged to take God's love and power to a needy world.

The goal of God's redemptive work in us is that we might be agents of redemption in our world, taking His love and power to the world.

How do we measure our Empowered Life?

The *Spiritual Health Assessment* and *Spiritual Health Plan* is a tool. It measures your health at a particular point in time. It has been developed to help you evaluate potential areas of growth in your walk with Jesus Christ. The questions are simple and address each of the areas in E4. The goal is neither to score high nor compare oneself with others. Rather, this is a tool that will help you evaluate your spiritual health, and give you direction for developing E4 Life Transformation Action Steps.

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HOW TO USE THIS TOOL

1. Take the Spiritual Health Assessment.

If you haven't already taken the *Spiritual Health Assessment*, stop right now and take it. The assessment consists of 80 questions and should take no more than 15 minutes to complete. Answer each question honestly and as it applies to you. Don't spend more than 8-10 seconds thinking about your answer after reading the question. Your first impulse is usually the most accurate.

This will help you identify the areas of E4 that you would like to work on and those in which you are strong. We also highly recommend you give this assessment to a friend/spouse to fill out with you in mind. Just as with our physical health, it can often be helpful to get a second opinion.

2. Find the Area of Transformation You Want to Focus On.

After completing the *Spiritual Health Assessment* questions, transfer your assessment scores to the *Spiritual Health Plan* on the inside back cover of this booklet. We suggest you focus on either the area with the lowest score on your *Spiritual Health Assessment*, or on the area the Holy Spirit is nudging you to consider. When you have selected the area, locate the corresponding page with the *E4 Strategy*.

3. Choose a Step, Walk or Run Action Steps to Get Started.

In this booklet you will find a table for each area of transformation with a beginning action step (STEP), an intermediate action step (WALK), and a more advanced action step (RUN) for each question found in the *Spiritual Health Assessment*. Pick the action steps you want to use for the area you have chosen to work on. You will also find an *E4 Resource* page with recommended books, small group studies, classes and practical suggestions that will take you further in your growth.

4. Transfer Your E4 Action Steps to Your Spiritual Health Plan.

Transfer the *E4 action steps* that you have chosen to the *Spiritual Health Plan* on the back cover of this booklet.

5. Find a Spiritual Partner.

Many of us start out with good intentions but lack the discipline to follow through with our plans. Make it a point to pair up with a spiritual partner who can help you follow through on the growth Action Steps you have chosen to take. A *Spiritual Partner* is an individual of the same gender, who is committed on an ongoing basis to helping you deal with life and all that it offers. This person should be a good friend who encourages you, helps with accountability when needed, and actively supports you as you take spiritual risks and face challenges unique to your life. One of your fellow small group members is likely to be this kind of friend.



ENCOUNTER:

Read through the list of statements. Assign a numerical value of 0-5 to the comment that best represents what is true for you. To clarify your results, mark yourself low when you come to a statement that you do not understand.

Doesn't Describe Me		Partially Describes me			Definitely Describes Me
0	1	2	3	4	5

- ___ 1. I know without question that I am spending eternity in heaven.
- ___ 2. I believe God sent his son Jesus to forgive all my sins.
- ___ 3. I was baptized after I accepted Jesus as my savior.
- ___ 4. I believe the Holy Spirit, who lives in me, is equal with the Father and Son as God.
- ___ 5. I am increasingly dependent on the power of the Holy Spirit, and not my own strength, to accomplish the work God has for me.
- ___ 6. I have a deep desire to spend time in God's presence.
- ___ 7. I am able to praise God during difficult times and see them as opportunities to grow.
- ___ 8. I spend time giving thanks to God for His blessings.
- ___ 9. I have an intimate, heart-to-heart relationship with my Heavenly Father.
- ___ 10. I readily discuss my emotions with God and others.
- ___ 11. I have developed a plan to counter the enemy's attack using God's word and power.
- ___ 12. I regularly extend grace and forgiveness to myself and others in my life.
- ___ 13. I have a time of "quiet centering" when I regularly seek the peace of the Lord.
- ___ 14. I am confident that I can consistently discern God's voice during prayer.
- ___ 15. I find myself conversing with God as a natural reflex in my life.
- ___ 16. My life and character are positively affected by my belief in God's love and value of me.
- ___ 17. I make good choices even when tempted.
- ___ 18. How I live my life shows that God is my highest priority.
- ___ 19. I have seen God change my heart well beyond salvation.
- ___ 20. I believe God wants to heal my inner wounds as well as my physical body.

Sub-totals:

- ___ X 5 = ___ (add up all the 5s)
- ___ X 4 = ___ (add up all the 4s)
- ___ X 3 = ___ (add up all the 3s)
- ___ X 2 = ___ (add up all the 2s)
- ___ X 1 = ___ (add up all the 1s)

TOTAL =

Total for ENCOUNTER *Transfer your scores to the Spiritual Health Plan.*
(100 points possible)



ESTABLISH:

Read through the list of statements. Assign a numerical value of 0-5 to the comment that best represents what is true for you. To clarify your results, mark yourself low when you come to a statement that you do not understand.

Doesn't Describe Me	1	Partially Describes me	2	3	4	Definitely Describes Me	5
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- ___ 1. I believe the Bible is the Word of God, and is the decisive authority in my life.
- ___ 2. I consistently read the Bible to help me become more like Jesus.
- ___ 3. I regularly memorize and meditate on God's word.
- ___ 4. I am regularly walking in obedience to the Lord.
- ___ 5. I am living out the instructions of the Bible in my relationships.
- ___ 6. I have significant relationships with other believers who help influence my life.
- ___ 7. Those closest to me can tell I am becoming more like Christ.
- ___ 8. People tell me I'm a great listener and they feel understood after we talk.
- ___ 9. I am genuinely open and honest about whom I am.
- ___ 10. I welcome advice, encouragement, and correction from others.
- ___ 11. There are no unresolved issues in my relationships.
- ___ 12. I honor God with my words when speaking about others.
- ___ 13. I am quick to confess anything in my character that is not Christ-like.
- ___ 14. I am committed to gathering with other Christ followers for worship, teaching and connection.
- ___ 15. I have agreed to the values and beliefs of Northwoods Community Church through a membership covenant.
- ___ 16. I find joy in the adequacy of the Lord's provisions in my life.
- ___ 17. I believe everything I own comes from God and belongs to Him.
- ___ 18. How I use my time, talent, and treasures shows that God is my highest priority.
- ___ 19. I am tithing (giving 10% of my income) consistently to God through my local church.
- ___ 20. My giving to Christian ministries is sacrificial.

Sub-totals:

- ___ X 5 = ___ (add up all the 5s)
- ___ X 4 = ___ (add up all the 4s)
- ___ X 3 = ___ (add up all the 3s)
- ___ X 2 = ___ (add up all the 2s)
- ___ X 1 = ___ (add up all the 1s)

TOTAL =

□

Total for ESTABLISH *Transfer your scores to the Spiritual Health Plan.*
(100 points possible)



EQUIP:

Read through the list of statements. Assign a numerical value of 0-5 to the comment that best represents what is true for you. To clarify your results, mark yourself low when you come to a statement that you do not understand.

Doesn't Describe Me		Partially Describes me			Definitely Describes Me
0	1	2	3	4	5

- ___ 1. I am convinced of my personal responsibility to share the gospel with my unchurched friends, family & co-workers.
- ___ 2. I am prepared to share my personal (salvation) story with others.
- ___ 3. I am equipped to share the plan of salvation with those who don't yet believe.
- ___ 4. I am equipped to steer conversations toward spiritual things when led by the Holy Spirit.
- ___ 5. I am convinced that God still speaks to us personally in many different ways.
- ___ 6. I am learning to hear God's voice.
- ___ 7. I feel confident in praying out loud around others.
- ___ 8. I feel prepared to pray over others for healing and other personal needs.
- ___ 9. I have learned to hear God's voice when praying for others (gift of prophecy).
- ___ 10. I feel prepared to encounter and find victory in spiritual warfare.
- ___ 11. I am prepared to lead a Bible discussion in a small group environment.
- ___ 12. I am prepared to help a new or young Christian grow. I have a plan.
- ___ 13. I understand the Biblical principles for giving/tithing.
- ___ 14. I understand how to budget my finances to honor God.
- ___ 15. I have identified my spiritual gifts from God.
- ___ 16. I have received training in my spiritual gifts.
- ___ 17. I am continually developing my spiritual gifts.
- ___ 18. I can say "yes" or "no" without guilt because I have identified my purpose.
- ___ 19. I have learned the importance of caring for others outside the walls of Northwoods.
- ___ 20. I have learned to care for others by doing what Jesus did.

Sub-totals:

- ___ X 5 = ___ (add up all the 5s)
- ___ X 4 = ___ (add up all the 4s)
- ___ X 3 = ___ (add up all the 3s)
- ___ X 2 = ___ (add up all the 2s)
- ___ X 1 = ___ (add up all the 1s)

TOTAL =

Total for EQUIP *Transfer your scores to the Spiritual Health Plan.*
(100 points possible)



ENGAGE:

Read through the list of statements. Assign a numerical value of 0-5 to the comment that best represents what is true for you. To clarify your results, mark yourself low when you come to a statement that you do not understand.

Doesn't Describe Me		Partially Describes me			Definitely Describes Me
0	1	2	3	4	5

- ___ 1. I am consistently serving in ministry at Northwoods Community Church.
- ___ 2. I look for new ways to serve my family and friends.
- ___ 3. I am serving in an area where I feel energized and fulfilled.
- ___ 4. I am currently serving God with the gifts and passions He has given me.
- ___ 5. I have participated in a local mission project.
- ___ 6. My life is characterized by reaching out and caring for people beyond the walls of Northwoods.
- ___ 7. I have participated in, supported, and/or prayed for a global mission outreach opportunity.
- ___ 8. I regularly reflect on how my life can have an impact for the Kingdom of God.
- ___ 9. I regularly use my time, talent and treasures to impact the world for the Kingdom of God.
- ___ 10. I regularly pray that others will come to know Jesus.
- ___ 11. I feel called to use my gifts and interact with those who are lost.
- ___ 12. I use my past experiences as opportunities to pray for others going through similar experiences.
- ___ 13. I regularly use my time to help those in significant need.
- ___ 14. I enjoy meeting the needs of others without expecting anything in return.
- ___ 15. I use my past experiences as opportunities to help others in their spiritual growth.
- ___ 16. My heart is full of passion to share the Good News of the Gospel.
- ___ 17. I look for opportunities to build relationships with those who don't know Jesus.
- ___ 18. I regularly invite unchurched or unconnected friends into the opportunities of my church (weekend services, small group, serving, adult ministries).
- ___ 19. I understand how serving at church helps reach others for Christ.
- ___ 20. I find that my relationship with Jesus comes up frequently in my conversation with others outside the church.

Sub-totals:

- ___ X 5 = ___ (add up all the 5s)
- ___ X 4 = ___ (add up all the 4s)
- ___ X 3 = ___ (add up all the 3s)
- ___ X 2 = ___ (add up all the 2s)
- ___ X 1 = ___ (add up all the 1s)

TOTAL =

Total for ENGAGE
(100 points possible)

Transfer your scores to the Spiritual Health Plan.

#	Assessment Question	Score	0-1 pts Step	2-3 pts Walk	4-5 pts Run
1	I know without question that I am spending eternity in heaven.		Read 1 John 5:11-13. Put your name in the verse. Rewrite it as though God was speaking to you.	Read Eph. 1:13-14 over and over emphasizing a different word each time. Write down your thoughts.	(Colossians 3:1-2) Do your own in-depth study of "eternal life". Use biblegateway.com, a concordance or other tools.
2	I believe God sent his son Jesus to forgive all my sins.		Read John 3:16, Romans 10:9, and Romans 5:8. Write out your observations as they relate to this question.	Read 1 John 1:9 over and over emphasizing a different word each time. Write down your thoughts.	Frequently remind yourself that Jesus is the forgiver of ALL your sins. (Past, present and future) Praise God for his son Jesus.
3	I was baptized after I accepted Jesus as my savior.		Read Acts 2:38. Register for the next opportunity to get baptized at the church.	Ponder Ephesians 2:4-5 and the symbolism of baptism. Invite your friends and family to witness your baptism.	Share your testimony of baptism with a friend. Encourage them to be baptized.
4	I believe in the Holy Spirit, who lives in me, is equal with the Father and Son as God.		Read John 14:16-17 and 2 Corinthians 3:17. Write out your observations as it relates to the Holy Spirit being equal to God.	Read John 16:13. Take a class or read a book on the subject of the Holy Spirit.	Do your own in-depth study of the "Holy Spirit". Use a concordance, biblegateway.com or other study tools.
5	I am increasingly dependent on the power of the Holy Spirit, and not my own strength, to accomplish the work God has for me.		Read 2 Peter 1:3-4. In prayer, ask God for a fresh filling of the Holy Spirit each morning.	Read through the Psalms. Note all the times the writer of the Psalms talks about his dependency on God. Journal as you describe your own dependency on God.	Fast from food or some object on which you normally depend. Focus on God as you fast, and remind yourself how dependent you are on God for your life. Do this on a regular basis.
6	I have a deep desire to spend time in God's presence.		Begin each day with a 1-3 minute prayer of thanks to God.	Identify a place to go to focus on God and worship him for at least 10 minutes. Make it a habit to spend time in that place daily.	Find a quiet place/time to schedule a ½ Day Retreat alone with God. Ask God if there is anything He wants to reveal to you.
7	I am able to praise God during difficult times and see them as opportunities to grow.		Read Romans 8:18. During a crisis, intentionally thank God for all he has done for you and how he will help you grow through this trial.	Read Romans 8:28. Journal about your circumstances to see how God is working in and through them. Share what you are learning with a spiritual partner.	Minister to others through the pain you have experienced. Join ministries at church that focus on the needs of those who are struggling where you have struggled. (James 1:2-4)
8	I spend time giving thanks to God for His blessings.		Begin each day with a 1-3 minute prayer of thanks to God.	Listen to worship music and join in singing the lyrics from your heart.	Keep a journal of all the blessings God sends your way. Praise God for each and every one.
9	I have an intimate, heart-to-heart relationship with my Heavenly Father.		Describe in writing what your earthly father was like growing up. Reflect on how he differs from your Heavenly Father.	Read Psalm 46:10. Develop a habit of spending a few minutes being "still" with God each day. Ask him if there is anything he wants to reveal to you.	Find a quiet place/time to schedule a ½ Day Retreat alone with God. Ask God if there is anything from your past or present that's keeping you from a deeper relationship with Him.
10	I readily discuss my emotions with God and others.		Read and contemplate Psalm 34:18, Genesis 2:18, James 5:16, 1 Peter 5:7. Write down your thoughts and emotions.	Journal your feelings in response to the day's stresses and turn them into prayer and praise.	Join and engage fully in a small group where you can discuss personal and current life trials with.
#	Assessment Question	Score	Step	Walk	Run

Using the chart below, choose an action step you would like to take and transfer to your Spiritual Health Plan on the inside back cover of this booklet.

ENCOUNTER – E4 Strategy

11	I have developed a plan to counter the enemy's attack using God's word and power.		Read out loud Luke 10:19, Hebrews 4:12, Romans 8:31. Write down your observations on countering the enemy's attacks.	Practice recognizing when you're under spiritual attack. In prayer, claim 1 John 4:4b and Ephesians 6:10-18 out loud.	Attend a Freedom Ministry or a spiritual warfare class.
12	I regularly extend grace and forgiveness to myself and others in my life.		Read 1 John 1:9 and Isaiah 53:6. Put your name in one of the verses. Rewrite as if God is speaking to you.	Read Ephesians 4:32 and Colossians 3:13. Identify any grudges you may be holding. Prayerfully ask God how to make amends in that relationship.	For 2 weeks read James 2:13 over and over. Evaluate how you are treating others versus how you want to be treated. Journal your observations.
13	I have a time of "quiet centering" when I regularly seek the peace of the Lord		Read Psalm 46:10. Intentionally <u>be still</u> in His presence a minimum of two minutes per day.	Read and pray daily Philippians 4:7. Pray for the peace of God to guard your heart and mind.	Find a quiet place/time to schedule a ½ Day Retreat alone with God. Ask God if there is anything He wants to reveal to you.
14	I am confident that I can consistently discern God's voice during prayer.		Read John 10:27. Take a class or read a book on the subject of Hearing God. Pray and ask God to open your spiritual ears to hear Him.	Read Jeremiah 33:3. Take a few minutes each day to "listen to God". Write down what you hear in a journal.	Read 1 Kings 19:11-12. Review overtime you journal entries. Is there a theme? Discuss this with a spiritual partner.
15	I find myself conversing with God as a natural reflex in my life.		Pray a one sentence prayer from time to time to bring God into your circumstances.	Spend some time praying through structured prayers on a daily basis (<i>Matthew 6:9-13, Ephesians 3:16-21, Prayer of Jabez, A.C.T.S. Model, etc.</i>)	Make spontaneous prayers as a regular part of your day. Include time to listen and journal all you feel God is communicating to you.
16	My life and character are positively affected by my belief in God's love and value of me.		Read Romans 5:8. Contemplate how much God values you. Respond to God in praise and worship.	Read Romans 8:16-17a, Galatians 3:26 and John 15:15. Examine these verses. Write down who God says you are in Him.	Have a friend/spouse share what they feel are your top 3 character traits. Have him/her also share 3 areas that might need more transformation from God.
17	I make good choices even when tempted.		Read 2 Peter 1:3-4. Examine the areas of your life where you struggle with temptation. In prayer ask God to bring His power and Spirit to those areas.	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. Identify the things you have done and commit yourself to making the right choices in the future.
18	How I live my life shows that God is my highest priority.		Ask a friend or spouse to help you identify your top priorities. Determine what changes you might need to make.	Spend time reading through the story of David in the Old Testament. Journal about the characteristics in his life that demonstrated that God was his priority. Journal ways you can put God first in your life like David.	Fast from food or some object on which you normally depend. Focus on God as you fast, and remind yourself how dependent you are on God for your life. Do this on a regular basis.
19	I have seen God change my heart well beyond salvation.		Read 2 Corinthians 5:17. Identify 3 areas you have seen "New Creation" in your life.	Read 2 Corinthians 3:18. List areas where God's transformation is still yet to come in your life.	Write out your testimony of a "Changed Heart". Share with a friend or family member.
20	I believe God wants to heal my inner wounds as well as my physical body		Read Psalms 147:3. Pray and ask God to touch you with his healing hand and hold you close on your journey of restoration.	Read Isaiah 53:5. Pray for others' to be healed by Christ Jesus inside and out. Allow others to do the same for you.	Take the Freedom Ministry class or Prayer Team Training.

ENCOUNTER – E4 Resources

TOPICS	Books	Small Group Curriculum	The Simple Path Classes	Other Suggestions
Overall:	<u>The Holy Bible</u> – (NIV) (First and foremost)	Contact Northwoods Small Group Ministry Visit Small Group Lending Library	Get Answers – ALPHA Course	<i>Don't see the materials you are looking for...</i> Visit Northwoods Foundations Resource Center
Salvation:	<u>How Good is Good Enough</u> by Andy Stanley <u>More Than a Carpenter</u> by Josh McDowell <u>The Case for Faith</u> by Lee Strobel <u>One Minute After You Die</u> by Erwin Lutzer	<u>Alpha Course</u> (DVD) by Nicky Gumbel <u>Encountering Jesus</u> (Study guide) By Life Guide <u>Case for Faith</u> (DVD, Study guide, etc.) by Lee Strobel	Get Answers - ALPHA Course	Attend Northwoods Weekend Services on <u>weekly</u> basis
Holy Spirit:	<u>The God I Never Knew</u> by Robert Morris <u>How to Pray for the Release of the Holy Spirit</u> by Dennis Bennet <u>The Beginners Guide to Receiving the Holy Spirit</u> by Sherrer & Garlock	<u>Alpha Course</u> (DVD / Wkbk) by Nicky Gumbel	Get Answers - ALPHA Course Alpha Weekend Away Doing What Jesus Did	Attend Encounter Services Visit Prayer Tower
Prayer:	<u>The Power of a Praying Life</u> by Stormie Omartian <u>Too Busy Not to Pray</u> by Bill Hybels <u>How to Spend a Day in Prayer</u> by Lorne Sanny <u>Hearing God</u> by Peter Lord <u>Prayer</u> by Philip Yancey	<u>Too Busy Not To Pray</u> (DVD, study guide, etc.) By Bill Hybel	Prayer Team Training	Attend Encounter Services Visit Prayer Tower Receive Alter Prayer Get Prayer Appts. & Email Prayer Requests (prayers@nwoods.org)
Praise & Worship:	<u>How to Worship a King</u> by Zach Neese <u>God Can</u> by Calvin Rychener <u>Disappointment with God</u> by Philip Yancey		Practicing His Presence	<u>Worship Music:</u> Passion Gateway New Life Hillsong / Hillsong United Jesus Culture Lincoln Brewster Matt Redman Chris Tomlin WCIC 91.5 FM (Local Christian Radio Station)

Freedom – Inner Healing:	<u>Restoring the Christian Soul</u> by LeeAnne Payne <u>Boundaries</u> by Dr. Henry Cloud <u>Battlefield of the Mind</u> by Joyce Meyers <u>Think Differently Live Differently</u> by Bob Hamp <u>I Wish I'd Known</u> by Tommy Briggs Sr. <u>How to Stop the Pain</u> by James Richards <u>Healing is a Choice</u> by Stephen Arterburn	<u>Foundation of Freedom</u> Encounter 111 – Get Free (available online and in DVD to use in a small group) <u>Boundaries</u> (book, DVD, study guide) By Dr. Henry Cloud <u>Think Differently Live Differently</u> (book & Wkbk) by Bob Hamp <u>Healing is a Choice</u> (book & Wkbk) by Stephen Arterburn	Get Free Freedom Encounter Weekend	Alter Prayer Get Prayer Appts. & Email Prayer Requests (prayers@nwoods.org) Attend Celebrate Recovery Contact Care Department at Northwoods for counseling Divorce Care Grief Share
Hearing God:	<u>Walking with God</u> by John Eldridge <u>Hearing God</u> by Peter Lord <u>Unveiled</u> by Alan Smith	<u>Walking with God</u> (book, study guide) By John Eldridge <u>Power of a Whisper</u> (book, DVD, study guide) By Bill Hybel <u>Hearing God</u> (book, CD, devotional) by Dallas Willard	Doing What Jesus Did Prayer Team Training	Attend Encounter Services Visit Prayer Tower
Transformation:	<u>Living at a Higher Faith</u> by Calvin Rychener <u>The 4:8 Principle</u> by Tommy Newberry <u>Celebration of Discipline</u> by Richard Foster <u>Discovering Soul Care</u> by Mindy Caliguire <u>Healing is a Choice</u> by Stephen Arterburn <u>Emotionally Healthy Spirituality</u> (book, wkbk) by Peter Scazzero <u>Crazy Love & Forgotten God</u> by Francis Chan	<u>Emotionally Healthy Spirituality</u> (book, DVD, wkbk, devotional) by Peter Scazzero	Get Answers - ALPHA Course Alpha Weekend Away Get Free Freedom Encounter Weekend	Complete a Spiritual Health Assessment and Plan every year. Ask a spiritual partner, your spouse or a friend to take this Assessment with <i>you</i> in mind. Monthly evaluate your progress on your Spiritual Health Plan.
Surrender to God:	<u>You Were Born For This</u> by Bruce Wilkinson <u>Purpose Driven Life</u> by Rick Warren <u>Not a Fan</u> by Kyle Idleman <u>Greater</u> by Stephen Furtick <u>Jesus Calling</u> (devo) by Sarah Young <u>My Utmost for His Highest</u> (devo) by Oswald Chambers	<u>You Were Born For This</u> (Northwoods' "No Ordinary Life" DVD small group study by Cal Rychener) Book by Bruce Wilkinson <u>Purpose Driven Life</u> (book, DVD, study guide devotional) By Rick Warren Using the chart below, choose an action step you would like to take and transfer to your Spiritual Health Plan on the inside back cover of this booklet.	Alpha Weekend Away	Participate in a Northwoods corporate Fast in January.

#	Assessment Question	Score	0-1 pts Step	2-3 pts Walk	4-5 pts Run
1	I believe the Bible is the Word of God, and is the decisive authority in my life.		Study and memorize 2 Timothy 3:16.	Evaluate the life decisions you have made in the past 90 days. Which biblical truths guided your decisions?	As an individual or family, create a mission statement. Include using God's word as the decisive authority in your life.
2	I consistently read the Bible to help me become more like Jesus.		Read one Bible verse a day. A good place to start can be the Gospel of John.	Make a regular habit of studying the Bible in depth. You may want to get some tools to help you or take a class at the church.	Read the Bible straight through like a story or novel. Use a bible reading plan to keep consistent.
3	I regularly memorize and meditate on God's word.		Meditate on a verse of scripture on a daily basis. You may want to take notes on what you have learned about God. (Joshua 1:8)	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 be applied to your life. Journal your thoughts.	Memorize Scripture. Choose scripture from your daily reading to memorize. Make it a priority to hide God's Word in your heart.
4	I am regularly walking in obedience to the Lord.		Identify 3 areas in your life where you are walking in obedience to the Lord.	Identify one area where you struggle to obey. Submit that area in prayer daily for 30 days.	Make surrendering your will a regular part of your time with God. Fast from food or some object on which you normally depend. Focus on God as you fast, and remind yourself how dependent you are on God for your life.
5	I am living out the instructions of the Bible in my relationships.		Read 1 Corinthians 13:1-3. Evaluate your relationships from this scripture.	Make it a regular habit to study the bible. Evaluate your relationships and how they align with biblical truths.	Find a spiritual partner and establish an agreement of accountability for your relationships to be founded on biblical principles.
6	I have significant relationships with other believers who help influence my life.		Participate in a class or a short-term small group experience at the church.	Commit to being a member of a small group regularly. Engage relationally with this group of believers.	Establish relationships with 1-5 believers of the same gender that can positively influence you spiritually.
7	Those closest to me can tell I am becoming more like Christ.		Give this Spiritual Health Assessment to a friend/spouse to fill out with YOU in mind.	Discuss with a friend/spouse results of your Spiritual Health Assessment and make a plan (pg. 20).	Repeat this process (ASSESS, STEP, WALK, RUN) on a yearly basis.
8	People tell me I'm a great listener and they feel understood after we talk.		Challenge yourself the next time you are with a friend or in a group. For at least 15 minutes, listen attentively and only ask questions.	Practice <i>reflective</i> listening with a close friend/spouse. Use phrases like, "So <i>what you are saying is...</i> " Paraphrase what you hear.	Have 3 friends and your spouse evaluate your listening skills. Ask for their feedback and determine areas to improve.
9	I am genuinely open and honest about whom I am.		Discuss openly with a spouse or spiritual partner the differences between how you view yourself <u>and</u> how they view you.	Honestly share your faults and struggles with someone who will commit to pray for you on a regular basis.	Read James 5:16a. Give a testimony to your small group or a friend about how God helped you in your struggles.
10	I welcome advice, encouragement, and correction from others.		Read Isaiah 64:8. Pray and ask God to mold your heart to be open and teachable.	Commit to being a member of a small group regularly. Practice being open to others and teachable in that group.	Find a spiritual partner to establish an agreement of accountability in this area of growth.

ESTABLISH— E4 Strategy

Using the chart below, choose an action step you would like to take and transfer to your Spiritual Health Plan on the inside back cover of this booklet.

#	Assessment Question	Score	0-1 pts Step	2-3 pts Walk	4-5 pts Run
11	There are no unresolved issues in my relationships.		Pray for someone you have a conflict with. Make this a regular prayer that will move you towards reconciling the relationship.	Make it a point to seek forgiveness from another person or forgive someone you have a conflict with.	Prayerfully ask God how to mend a broken or hurting relationship in your life and seek reconciliation with that person.
12	I honor God with my words when speaking about others.		Read Ephesians 4:29. Don't participate in gossip or use words that would tear someone down.	Read James 1:26. Challenge others who gossip to speak with the person directly. Be an example and only use words to build others up.	Read Matthew 18:15-17 and Ephesians 4:15. Make it a point to resolve issues directly with a person rather than talking about that person to others. Speak truth in a loving way.
13	I am quick to confess anything in my character that is not Christ-like.		Read 1 John 1:9. Evaluate your character. Confess your shortcomings to God.	Confess shortcoming to a spiritual partner. Ask them to pray for you.	Give a testimony to your small group or a friend about how God helped you in your journey to be more Christ-like.
14	I am committed to gathering with other Christ followers for worship, teaching and connection.		Attend Northwoods weekend services on a regular basis. Explore opportunities at the church to connect.	Participate in a class or small group or volunteer experience.	Commit to completing the church membership process.
15	I have agreed to the values and beliefs of Northwoods Community Church through a membership covenant.		Discuss church membership with a current member. Attend a Northwoods Membership class for more information.	Commit to completing the church membership process.	Discuss with others the importance of Northwoods Membership and encourage others to complete the process.
16	I find joy in the adequacy of the Lord's provisions in my life.		Read Psalm 103 and count the blessings in your life. Record them in a journal.	Read Matt. 6:25-33. Identify how God provides for the plants, the animals and YOU each day.	Read 1 John 5:14-15 and 1 Corinthians 2:9. Though sometimes we can't always see how God provides. Thank God for what you can't see.
17	I believe everything I own comes from God, and belongs to Him.		Read Psalm 24:1-2. Ponder what the word <u>everything</u> means to you and all you have in this world.	Read 1 Cor. 6:19-20. List how you can honor God with your body spiritually and physically.	On a regular basis, offer all you own to the Lord: <i>your possessions, your family, your friends, your life</i> . Allow God to do with it what He will.
18	How I use my time, talent, and treasure shows that God is my highest priority.		See your family as your ministry and the best way to serve God. Examine your check register. Make a list of evidences that support that God is a priority?	Take a class to determine your spiritual gifts. Commit to serving regularly in a ministry that best expresses the spiritual gifts God has given you.	Sign up for an internship or as an apprentice with the ministry leaders in an area of giftedness that is your strength.
19	I am tithing (giving 10% of my income) consistently to God through my local church.		Read 2 Cor. 9:7. Give with joy to the church or to someone in need.	Read Malachi 3:10. Give the first 10% of your income to the church on a regular basis.	Give from your abundance above the first 10%. Give in secret. (Matthew 6:3-4)
20	My giving to Christian ministries is sacrificial.		Read Luke 21:1-4. Give sacrificially and with joy to the church or to someone in need.	Read Luke 6:38. Examine with what measure you are giving. Identify any areas that your giving needs to increase.	Live an "upside down" lifestyle. Live on as little as possible while giving as much as possible to the Kingdom.

ESTABLISH- E4 Resources

TOPICS	Books	Small Group Curriculum	The Simple Path Classes	Other Suggestions
Overall:	<u>The Holy Bible</u> – (NIV) (First and foremost)	Contact Northwoods Small Group Ministry (smallgroups@nwoods.org) Visit Small Group Lending Library	Visit Northwoods Connection Center	<i>Don't see the materials you are looking for...</i> Visit Northwoods Foundations Resource Center
The Word – Study, Reflect, Obey:	<u>The Case for Christ & The Case for a Creator</u> (2 books) by Lee Strobel <u>Celebration of Discipline</u> by Richard Foster <u>Topical Memory System</u> by Nav Press <u>Know Who You Believe</u> <u>Know What You Believe</u> <u>Know Why You Believe</u> by Paul Little (3 books)	<u>30 Days in the Word</u> – DVD by Cal Rychener Study Books of the Bible with study guides (ie. <u>Life Guide</u>)		Use a Study Bible Use a concordance. Study alternate translations of the Bible (ie, NLT, Message, KJV) Visit <i>biblegateway.com</i> Join a bible study small group
Authentic Community – Relationships with Others:	<u>The Five Love Languages</u> by Gary Chapman <u>Boundaries</u> by Dr. Henry Cloud <u>The Complete Book of Questions</u> by Gary Poole <u>Personality Plus</u> by Florence Littauer	<u>Building Biblical Community</u> – DVD by Bill Donahue & Steve Gladen <u>Emotionally Healthy Spirituality</u> (book, DVD, wkbk, devotional) by Peter Scazzero <u>Five Love Languages</u> (book, wkbk) By Gary Chapman <u>Making Small Groups Work & Boundaries</u> by Dr. Henry Cloud (book, wkbk,)	Attend a Get Connected event	Join a small group. <u>Adult Ministries:</u> <i>Men</i> 7:40 Man Up <i>Women</i> Sisterhood The Well <i>Singles</i> One Thrive <i>20's & 30's</i> College Life The Lake
Relationships in Marriage & Dating:	<u>Love & Respect</u> by Emerson Eggerich <u>Real Love</u> by Greg Baer <u>Marriage on the Rock</u> by Jimmy Evans <u>Boundaries in Dating</u> by Dr Henry Cloud <u>The Five Love Languages in Dating</u> by Gary Chapman	<u>Love & Respect</u> (book, DVD, wkbk) By Emerson Eggerich <u>Five Love Languages</u> (book, wkbk) By Gary Chapman <u>Marriage on the Rock</u> DVD & Study Guide by Jimmy Evans	Marriage Matters Marriage Mentoring Marriage Tune-Up Marriage Prep class	Join Date Night Events at the church Join a Couples Small Group

Relationships in Family:	<u>Spiritual Parenting</u> by Michelle Anthony <u>Faith Begins At Home</u> by Mark Holmen <u>Boundaries with Teens</u> by John Townsend <u>The Five Love Languages of Children</u> by Gary Chapman <u>The Big God Story</u> by Michelle Anthony <i>Pre-K :</i> <u>The Beginners Bible</u> by Zondervan <i>Grade K-4:</i> <u>NirV</u> translation Bible <i>Grade 5-Highschool:</i> <u>NLT</u> or <u>NIV</u> translation Bible	<u>Spiritual Parenting</u> (book, DVD, wkbk) By Michelle Anthony	Spiritual Parenting class Doing What Jesus Did Class Blended Families Attend an annual Northwoods marriage & family conference.	Commit to your family attending consistent weekly services. Guide your children in attending their age appropriate services. <u>Family Ministries:</u> <i>Infant –Grade 4</i> Discoveryland <i>Grade 5/6</i> Quest <i>Grade 7/8</i> Impact 412 <i>High school</i> Converge
The Church Body:	<u>Sticky Church</u> by Larry Osborne <u>The Faith & Being the Body</u> by Chuck Colson (2 books) <u>Messy Church</u> by Ross Parsley	<u>The Faith</u> by Chuck Olson (book, study guide)	Get Answers - ALPHA Course Attend a “Get Connected” event Get Serving	Attend Northwoods Weekend Services on <u>weekly</u> basis Attend Encounter Services
Stewardship:	<u>The Blessed Life</u> by Robert Morris <u>Total Money Makeover & Financial Peace Revisited</u> (2 books) by Dave Ramsey <u>Enough</u> by Adam Hamilton	<u>The Blessed Life</u> (book, wkbk) by Robert Morris <u>Total Money Makeover</u> (book, DVD, wkbk) by Dave Ramsey	Total Money Makeover Workshop Financial Peace University Legacy Journey	Request information about Benevolence. Request to work with a Financial counselor. Donate items to Galesburg ReNew store. Donate to Nwoods Food Drive Participate in Operation Christmas Child

#	Assessment Question	Score	0-1 pts Step	2-3 pts Walk	4-5 pts Run
1	I am convinced of my personal responsibility to share the gospel with my unchurched friends, family & co-workers.		Read and study Matthew 28:16-20. Take an evangelism class offered at the church.	Encourage your small group to participate in an evangelism curriculum. Read a book on evangelism.	Lead or apprentice a small group of seekers at the Alpha Course.
2	I am prepared to share my personal (salvation) story with others.		Write out your testimony (3-5 min). Describe your life before and after Christ. Include why you chose Jesus.	Share your testimony with a friend/spouse and ask for their feedback.	Pray for opportunities and share your testimony whenever God calls you to.
3	I am equipped to share the plan of salvation with those who don't yet believe.		Take an evangelism class offered in the church	Share the salvation plan with a partner and ask for feedback on your delivery.	Teach others to share the plans of salvation: <i>one on one, in a small group or classroom.</i>
4	I am equipped to steer conversations toward spiritual things when led by the Holy Spirit.		Read John 10:27. Take a class or read a book on the subject of Hearing God.	As you interact with people in your daily life, listen and act on the nudging of the Holy Spirit.	Commit to being part of a volunteer team serving at evangelism outreach opportunities.
5	I am convinced that God still speaks to us personally in many different ways.		Read John 10:27. Take a class or read a book on the subject of Hearing God.	Read Jeremiah 33:3. Take a few minutes each day to "listen to God" with your spiritual eyes open. Write down what you hear or see in a journal.	Read Joel 2:28. Review over time your journal entries. Identify the different ways God speaks to you. Discuss this with a spiritual partner.
6	I am learning to hear God's voice.		Read John 10:27. Take a class or read a book on the subject of Hearing God.	Read Jeremiah 33:3. Take a few minutes each day to "listen to God". Write down what you hear in a journal.	1 Kings 19:11-12. Review over time your journal entries. How has God significantly impacted you with His words? Discuss this with a spiritual partner.
7	I feel confident in praying out loud around others.		Take a class on the subject of Praying Out Loud.	Read a written prayer out loud in a group. Try praying out loud in a group as God leads.	Meet weekly in your small group or with a friend to pray out loud on a regular basis.
8	I feel prepared to pray over others for healing and other personal needs.		Privately, pray out loud for the specific prayer requests of others. Pray a pre-written prayer over friends or family with prayer needs. (i.e. Eph. 3:16-21)	Take Prayer Team training offered at the church. Practice what you learn with those in your life who have prayer needs.	Allow the Holy Spirit to lead you as you pray over another person with prayer needs. Serve regularly on the Prayer Team.
9	I have learned to hear God's voice when praying for others (gift of prophesy).		Read 1 Corinthians 14:3. Take a class or read a book on the subject of Prophetic Prayer.	Take the Doing What Jesus Did class. Practice prophetic prayer with a spiritual partner.	Sign up for an internship or as an apprentice with your ministry leaders in an area of giftedness that is your strength.
10	I feel prepared to encounter and find victory in spiritual warfare.		Study Ephesians 6:10-20. Memorize Ephesians 6:11.	Read James 4:7. Take a class or read a book on the subject of spiritual warfare and/or fasting.	Complete the recommended Freedom Ministry Course(s).

EQUIP– E4 Strategy

Using the chart below, choose an action step you would like to take and transfer to your Spiritual Health Plan on the inside back cover of this booklet.

#	Assessment Question	Score	0-1 pts Step	2-3 pts Walk	4-5 pts Run
11	I am prepared to lead a Bible discussion in a small group environment.		Attend a small group bible study. Observe the leader's skills and effectiveness.	Sign up to be an apprentice or host of a small group. Complete small group leadership training.	Lead a small group that includes Bible study discussions. Allow a Community Mentor to guide you.
12	I am prepared to help a new or young Christian grow. I have a plan.		Encourage someone to complete the Spiritual Health Assessment and Plan.	Pray for God to guide you to be a Spiritual Partner to someone with their Spiritual Health Plan. Meet with them regularly for encouragement.	Encourage, teach and mentor someone to be a Spiritual Partner for another person.
13	I understand the Biblical principles for giving/tithing.		Read 2 Corinthians 9:7. Give with joy to the church or to someone in need.	Read Malachi 3:10 and Leviticus 27:30. Give the first 10% of your income to the church on a regular basis.	Give from your abundance... above the first 10%. Give in secret. (Matthew 6:3-4)
14	I understand how to budget my finances to honor God.		Study and compare Jesus' words in Luke 14:28-30 with the importance of a financial budget.	Take a Financial Peace Class. Create a budget and begin to aggressively reduce debt. (Romans 13:7)	Gain financial peace by getting completely out of debt and giving beyond 10%. (Psalm 37:21)
15	I have identified my spiritual gifts from God.		Read Ephesians 4:11-13. Take a class at the church to discover your spiritual gifts. Commit to serve one time in a ministry at Northwoods.	Explore serving as you commit to serving for one year in a ministry that best expresses the spiritual gifts God has given you.	Sign up for an internship or as an apprentice with your ministry leaders in an area of giftedness that is your strength.
16	I have received training in my Spiritual Gifts.		Read Ephesians 4:11-13. Take a class at the church to discover your spiritual gifts. Commit to serve one time in a ministry at Northwoods.	Commit to serving for 1 year in a ministry that best expresses the spiritual gifts God has given you. Attend training available with that ministry.	Take on a leadership role in the area of ministry that best expresses your spiritual gifts. Attend training available.
17	I am continually developing my spiritual gifts.		Read Ephesians 4:11-13. Take a class at the church to discover your spiritual gifts. Commit to serve one time in a ministry at Northwoods.	Commit to serving 1 year. Explore serving as you commit to serving for one year in a ministry that best expresses the spiritual gifts God has given you.	Sign up for an internship or as an apprentice with your ministry leaders in an area of giftedness that is your strength.
18	I can say "yes" or "no" without guilt because I have defined my purpose.		Practice saying a firm "yes" or "no" on the small things in your life.	Pray, listen and obey God's promptings to say yes or no to serving opportunities. (Matthew 5:37)	Take time quarterly to pray and evaluate where God is calling you to serve in ministry.
19	I have learned the importance of caring for others outside the walls of Northwoods Church.		Read Phillipians 2:4. Ask God to reveal to you someone to pray and care for.	Read Proverbs 28:27. Commit to helping in a local mission volunteer role for 1 year.	Serve regularly at annual local mission events. Lead a designated team of dedicated volunteers.
20	I have learned to care for others by doing what Jesus did.		Write down your thoughts about what Jesus did for others. Take a class at the church to discover your spiritual gifts. (Ephesians 4:11-13)	Take the "Doing What Jesus Did" class and discover <u>more</u> about spiritual gifts. (1 Corinthians 12:7-11)	1 Peter 4:11. Serve God with the gifts He has given you. Wake up each day saying, "Here I am God, send me!"

Y EQUIP - E4 Resources

TOPICS	Books	Small Group Curriculum	The Simple Path Classes	Suggestions
Overall:	The Holy Bible – (NIV) <i>(First and foremost)</i>	Visit Small Group Lending Library	Visit Northwoods Connection Center	<i>Don't see it ...</i> Visit Foundations Resource Center
Training – Evangelism	<u>Just Walk Across the Room</u> by Bill Hybels <u>Evangelism Explosion</u> by James D. Kennedy <u>Life Changing Moments with God</u> by David Jeremiah <u>What Jesus Demands From the World</u> by John Piper <u>Free at Last</u> by Tony Evans	<u>Just Walk Across the Room</u> (book, DVD wkbk) by Bill Hybels <u>R.E.A.L.</u> (DVD & wkbk) by Robert Morris <u>The Way of the Master</u> (book, DVD wkbk) by Kirk Cameron & Ray Comfort <u>Becoming a Contagious Christian</u> (book, DVD wkbk) by Mark Mittleberg & Bill Hybels	Evangelism 101	Invite others to the church. Tour newcomers through the public areas of our church and visit the Connection Center. Make use of the Prayer Tower
Training – Prayer Hearing God	<u>You Were Born for This</u> by Bruce Wilkinson <u>Discovering Soul Care</u> by Mindy Caliguire <u>Surprised by the Voice of God</u> by Jack Deere <u>The Practice of the Presence of God</u> by Brother Lawrence <u>With Christ in the School of Prayer</u> by Andrew Murray <u>The Beginner's Guide to Intercessory Prayer</u> by Dutch Sheets <u>The Hour that Changes the World</u> by Dick Eastman	<u>Power of a Whisper</u> (book, DVD, guide) By Bill Hybels <u>Celebration of Discipline</u> DVD by Richard Foster <u>No Ordinary Life</u> DVD By Cal Rychener <u>Walking with God</u> DVD by John Eldredge	Alpha Weekend Away Get Free Doing What Jesus Did Prayer Team Training	Attend Encounter Services Make use of the Prayer Tower Receive Alter Prayer Make use of Get Prayer Appts. & Email Prayer Requests (prayers@nwoods.org)
Training – Fasting	<u>The Beginner's Guide to Fasting</u> by Elmer Towns <u>Fasting</u> by Jentezen Franklin <u>The Fasting Edge</u> by Jentezen Franklin <u>The Rewards of Fasting</u> by Mike Bickle & Dana Chandler	<u>The Beginner's Guide to Fasting</u> (book, guide) By Elmer Towns		Participate in a Northwoods corporate Fast in January. During this time, literature is available at the church Information Centers.

<p>Training – Healing Caring for Others Spiritual Warfare</p>	<p><u>Healing</u> by Francis MacNutt</p> <p><u>The Healing Touch</u> by Norma Dearing</p> <p><u>Boundaries</u> by Dr. Henry Cloud</p> <p><u>The Beginner’s Guide to Spiritual Warfare</u> by Neil Anderson</p> <p><u>The Bondage Breaker & Victory Over the Darkness</u> (2 books) by Neil Anderson</p>			<p>Attend Encounter Services</p> <p>Make use of the Prayer Tower</p> <p>Receive Alter Prayer</p> <p>Make use of Get Prayer Appts. & Email Prayer Requests to prayers@nwoods.org</p>
<p>Training – Leadership Stewardship</p>	<p><u>Courageous Leadership</u> by Bill Hybels</p> <p><u>Next Generation Leader</u> by Andy Stanley</p> <p><u>Leadership and Self-Deception & The Anatomy of Peace</u> (2 books) by Arbinger Institute</p> <p><u>Boundaries for Leaders</u> by Dr. Henry Cloud</p> <p><u>The Blessed Life</u> by Robert Morris</p> <p><u>Total Money Makeover & Financial Peace Revisited</u> (2 books) by Dave Ramsey</p>	<p><u>The Blessed Life</u> (book, wkbk) by Robert Morris</p> <p><u>Total Money Makeover</u> (book, DVD, wkbk) by Dave Ramsey</p> <p><u>The Blessed Life</u> (book, wkbk) by Robert Morris</p>	<p>Leader training within specific Ministry area. (ie. <i>Small groups, Discoverlyand, etc.</i>)</p> <p>Apprentice or co-leading in a Ministry under a ministry leader.</p> <p><u>Financial Peace University</u> by Dave Ramsey</p>	<p>Attend the Global Leadership Summit</p> <p>Train to become a Financial Peace University counselor</p>
<p>Training – Spiritual Gifts</p>	<p><u>The Beginner’s Guide to Spiritual Gifts</u> by Sam Storms</p> <p><u>The God I Never Knew</u> by Robert Morris</p> <p><u>Surprised by the Power of the Spirit</u> by Jack Deere</p> <p><u>The Beginner’s Guide to Signs, Wonders and the Supernatural Life</u> by James W. Goll</p> <p><u>Discerning Your Spiritual Gifts</u> – Lloyd Edwards</p> <p><u>The Beginner’s Guide to the Gift of Prophecy</u> by Jack Deere</p>		<p>Get Trained – Discover Your Spiritual Gift</p> <p>Doing What Jesus Did</p> <p>Get Serving</p> <p>Doing What Jesus Did internships are available to help develop specific gifts</p>	<p>Attend Encounter Services</p> <p>Serve using your gifts in the church and the community.</p> <p>Join a small group with an emphasis on Spiritual Gifts.</p>

ENGAGE— E4 Strategy

Using the chart below, choose an action step you would like to take and transfer to your Spiritual Health Plan on the inside back cover of this booklet.

#	Assessment Question	Score	0-1 pts Step	2-3 pts Walk	4-5 pts Run
1	I am consistently serving in ministry at Northwoods Community Church.		Prayerfully explore serving opportunities at church. See if anything ignites your heart. Experience a serving opportunity.	Take a class to determine your spiritual gifts. Commit to serving for one year in a ministry that best expresses the spiritual gifts God has given you.	Serve God with the gifts He has given you. Wake up each day saying, "Here I am God, send me!" Allow leadership in your area of service to give you suggestions regularly.
2	I look for new ways to serve my family and friends.		Ask God to show you their needs. Take time to listen to God about ways to serve your family and friends. Obey and serve with a cheerful heart.	Put your family first each and every day. Serve one person for 3 months in the ways God leads you. Take notice of the difference your serving makes.	Consider your family as your first ministry and one of the best ways you can serve God. Regularly ask God to guide you on how you serve others. Obey his promptings.
3	I am serving in an area where I feel energized and fulfilled.		Commit to one short term serving opportunity at church. Identify how your outlook on life changes as you step out to serve others. Take time to evaluate how it felt to serve.	Discuss your volunteer opportunities you're your ministry leader. Commit for the next 30 days to serve faithfully in an area that will be challenging and rewarding.	Ponder how empty life would be without my serving commitments. Step out and encourage others to serve with me. Offer to lead or help to lead in your current area of serving.
4	I am currently serving God with the gifts and passions He has given me.		Commit to serve in some kind of ministry.	Take a class to determine your spiritual gifts. Serve for one year in a ministry that best expresses the spiritual gifts God has given you.	Regularly serve God with the gifts He has given you. Wake up each day saying, "Here I am God, send me!"
5	I have participated in a local mission project.		Explore opportunities at church to find a local mission project that would utilize your gifts. Sign up in the next 3 months for a local mission opportunity.	Commit to helping in a local mission volunteer role for 1 year. Identify how your outlook on life changes as you step out to serve others.	Serve regularly at annual local mission events. Lead a designated team of dedicated volunteers with a cheerful heart.
6	My life is characterized by reaching out and caring for people beyond the walls of Northwoods.		Read Phil. 2:4. Ask God to reveal to you someone to pray and care for. Pray for people when you see them in the community as you drive or walk by.	Read Prov. 28:27. Develop a relationship with a person in need outside the church. Help in a local mission opportunity for 1 year. Openly pray for the needs of people on the street.	Serve regularly at annual local mission events. Seek opportunities to pray and care for people in the community even if it's outside of your comfort zone.
7	I have participated in, supported, and/or prayed for a global mission outreach opportunity.		Pray for a mission team as they are commissioned to leave. Prayerfully explore global mission opportunities at church. Listen to God's promptings.	Pray and give to a global mission project. Attend one of the informational meetings for an upcoming mission trip. Prayerfully consider whether God is calling you to go.	Experience a global mission trip. Identify how your outlook on life changes as you step out to serve others. When you can't go, commit to pray and give to a global mission project.
8	I regularly reflect on how my life can have an impact for the kingdom of God.		With a spiritual partner, list 5 ways your life can impact the Kingdom. Take a class at the church to discover your spiritual gifts.	Commit to serve for one year within a ministry that best expresses your spiritual gifts. Take notice of the difference your serving makes.	Go to the leader of the ministry you serve in. Ask them how your serving impacts the kingdom and how you can increase your impact.
9	I regularly use my time, talent and treasures to impact the world for the kingdom of God.		Identify your resources and the needs you already know you can meet around you. Determine the difference between tithing and giving offerings.	Impact God's Kingdom with your tithes, offerings, talents and time on a regular basis. Commit to serve or give for at least one year to local /global mission.	Live an "upside down" lifestyle. Live on as little as possible while giving as much as possible to the Kingdom. Live as a walking testament of an externally focused life!
10	I regularly pray that others will come to know Jesus.		Identify names of unsaved people and pray for their salvation.	Ask your small group for names of unsaved friends and hold each other accountable to share your faith with them.	Do a "prayer walk" through your neighborhood...walk the block praying for each neighbor and to come to know Jesus more.

ENGAGE— E4

Using the chart below, choose an action step you would like to take and transfer to your Spiritual Health Plan on the inside back cover of this booklet.

#	Assessment Question	Score	0-1 pts Step	2-3 pts Walk	4-5 pts Run
11	I feel called to use my gifts and interact with those who are lost.		Pray daily for God to increase your heart of compassion for the lost. Take a class at the church to discover your spiritual gifts and explore serving opportunities	I regularly use my gifts and talents to interact with those who are lost. Write your testimony. It should last only 5 minutes. Ask a spiritual partner for feedback.	Serve regularly in local mission in your area of giftedness. Seek opportunities to share your faith, your testimony and your love for Christ with others.
12	I use my past experiences as opportunities to pray for others going through similar experiences.		Write out how God has used a painful experience in your life for your good and for God's glory.	Pray frequently for God to reveal people that have had similar past experiences. Commit to pray for them regularly.	Take training to be a part of the church's prayer ministry. Commit to serving in that ministry for one year.
13	I regularly use my time to help those in significant need.		Set aside one hour per month to serve others in need. Explore serving opportunities to serve those in need.	Meet with your leader and commit to serve for one year within a ministry that best expresses your spiritual gifts. Notice the impact your serving makes.	Ask God to continually give you spiritual eyes to see the needs of others. Encourage and mentor another person as they serve someone in need.
14	I enjoy meeting the needs of others without expecting anything in return.		Pray for a need of someone that God has brought to your attention. Make it a point to ask them about it when you see them.	Discuss with your small group 5 practical ways you can meet needs around you. Pick one to meet and do it together as a group.	Commit to serve for one year in the Engage ministry of the church to meet needs in our community.
15	I use my past experiences as opportunities to help others in their spiritual growth.		Write out how God has healed you or used a past experience to bring you further along in your spiritual growth.	Commit to being a part of a small group. Choose to be fully engaged as a group member and share your story of growth with other members.	Take the training and become a Small Group Leader. Commit to leading a small group for one year.
16	My heart is full of passion to share the Good News of the gospel.		Do a "prayer walk" with a group of friends or your family. Pray for all your neighbors who are nonbelievers.	Ask God to reveal to you people you can begin a relationship with to lead them to Christ. Invite them to the Alpha Course at the church.	Lead a table at the Alpha Course at the church. Lead a seeker small group. When God prompts you, share the plan of salvation with the people you have been praying for.
17	I look for opportunities to build relationships with those who don't know Jesus.		Pray and listen to God for someone you can connect with who doesn't know Jesus. Ask God to steer conversations to discuss Jesus.	Invite an unbeliever to dinner or out for coffee. Host a party with your small group where you invite unsaved neighbors or friends to socialize.	Lead a table in the Alpha Course at church. Lead a seeker small group. When God prompts you, share the plan of salvation with people you've prayed for.
18	I regularly invite unchurched or unconnected friends into the opportunities of my church (weekend services/small group/serving/adult ministries).		Identify people in your circle of influence and pray for God to open a door for you to invite them to church.	Commit to pray regularly for your "God assignment" to invite your unchurched friends to Northwoods. Follow through and invite that person to church.	Step out of your circle of influence and ask God to open your spiritual eyes. Start up a conversation, pray and extend an invitation. Be bold for Christ.
19	I understand how serving at church helps reach others for Christ.		Take an introduction to Northwoods class and understand the primary mission of our church – <i>bringing the unchurched to God</i> . Prayerfully consider church membership.	Support the goals of the church and seek to share the gospel of Jesus Christ with those that you serve. Complete Northwoods Membership Process.	Read Ephesians 2:10. Serve to make a difference as you share Jesus wherever you go. Encourage others to complete the membership process.
20	I find that my relationship with Jesus comes up frequently in my conversation with others outside the church.		Write out 5 min. testimony and share it with a friend. Invite an unchurched person to church with you.	Encourage your small group to participate in an evangelism event or study. Share your 5 min. testimony with an unchurched person.	Lead a table at the Alpha Course at the church. Lead a seeker small group at work or in your neighborhood.

ENGAGE - E4 Resources

TOPICS	Books	Small Group Curriculum	The Simple Path Classes	Suggestions
Overall:	The Holy Bible – (NIV) <i>(First and foremost)</i>	Visit Small Group Lending Library	Visit Northwoods Connection Center	<i>Don't see it ...</i> Visit Nwoods Foundations Resource Center
Take God's Love in Word & Action ... To the CHURCH	<u>Radical Together</u> by David Platt <u>Out Live Your Life</u> by Max Lucado <u>Servolution</u> by Dino Rizzo	<u>Radical</u> (book, guide) by David Platt <u>Out Live Your Life</u> (book, DVD, guide) By Max Lucado	Get Serving	Visit Nwoods Connection Center for serving opportunities.
Take God's Love in Word & Action ... To the STREET	<u>Evangelism Explosion</u> by James D.Kennedy <u>One Thing You Can't Do in Heaven</u> by Mark Cahill	<u>Recovery Road & How to Be Rich</u> By (DVD series, guide) Andy Stanley <u>One-Not Everyone</u> By Andy Stanley (single message)	Get Serving Evangelism 101	Contact the Engage Ministry for group, family and individual serving opportunities.
Take God's Love in Word & Action ... To the WORLD	<u>You Were Born for This</u> by Bruce Wilkinson <u>Foreign to Familiar</u> by Sarah Lanier <u>Sun Stand Still</u> by Stephen Furtick <u>Too Small to Ignore & Just a Minute</u> (2 books) by Wess Stafford <u>Multiply</u> by Francis Chan	<u>You Were Born For This</u> <i>(Northwoods "No Ordinary Life" small group study)</i> By Bruce Wilkinson <u>Hole in the Gospel</u> (book, DVD, guide) By World Vision <u>Exponential DVD</u> series by Pastor Cal Rychener using the book <u>Multiply</u> by Francis Chan	Get Serving Evangelism 101	Participate in a Mission Trip Information Mtg. Go on a Mission Trip with the church.

<p>Serve as you... Pray for the LOST</p>	<p><u>With Christ in the School of Prayer</u> by Andrew Murray</p> <p><u>The Beginner's Guide to Intercessory Prayer</u> by Dutch Sheets</p> <p><u>Learning to Love People you Don't Like</u> by Floyd McClung</p> <p><u>Letters from a Skeptic</u> by Gregory Body</p>	<p><u>You Were Born For This</u> (Northwoods small group campaign materials) By Bruce Wilkinson</p> <p><u>Power of a Whisper</u> (book, DVD, guide) By Bill Hybels</p>	<p>Doing What Jesus Did</p> <p>Prayer Team Training</p>	<p>Attend Encounter Services.</p> <p>Make use of the Prayer Tower</p>
<p>Serve as you... Help the NEEDY</p>	<p><u>The Hole in our Gospel</u> by Richard Stearns</p> <p><u>Do Something</u> by Miles McPherson</p>	<p><u>Hole in the Gospel</u> (book, DVD, guide) by World Vision</p> <p><u>Do Something</u> (book, guide) By Miles McPherson</p>	<p>Get Serving</p>	<p>Contact the Engage Ministry for group, family and individual serving opportunities.</p>
<p>Serve as you... WITNESS to the Lost</p>	<p><u>Just Walk Across the Room</u> by Bill Hybels</p> <p><u>Soul Winning Made Easy</u> by C.S. Lovett</p> <p><u>Mere Christianity</u> by C.S. Lewis</p> <p><u>One Thing You Can't Do In Heaven</u> by Mark Cahill</p>	<p><u>Just Walk Across the Room</u> (book, DVD, guide) by Bill Hybels</p> <p><u>R.E.A.L.</u> (book, DVD, guide) by Robert Morris</p> <p><u>The Way of the Master</u> – (book, DVD, guide) by Cameron & Comfort</p> <p><u>Becoming a Contagious Christian</u> Bill Hybels (book, DVD, wkbk) by Mittleberg & Hybels</p>	<p>Doing What Jesus Did</p> <p>Evangelism 101</p>	<p>Invite others to the church.</p> <p>Tour newcomers through the public areas of our church and visit the Connection Center.</p> <p>Make use of the Prayer Tower</p>

Spiritual Health Plan for _____ (your name)

I will share my plan with _____ who will be my spiritual partner to help me balance the E4 Life Transformation Strategy in my life.

<u>E4</u> <i>What area is out of balance?</i>	<u>Step/Walk/Run</u> <i>What do I need to do?</i>	<u>Resources</u> <i>What resources will I take advantage of?</i>	<u>Partnership</u> <i>How will my spiritual partner help me?</i>	<u>Progress</u> <i>What progress have I made?</i>
Encounter How I scored myself _____ How my friend scored me _____				
Establish How I scored myself _____ How my friend scored me _____				
Equip How I scored myself _____ How my friend scored me _____				
Engage How I scored myself _____ How my friend scored me _____				

Remember the *Spiritual Health Assessment* and *Spiritual Health Plan* is a tool. It measures your health at a particular point in time. Our hopes are that this tool will help you evaluate your spiritual health, and give you direction for developing E4 Life Transformation Action Steps. It's about being EMPOWERED to live a supernatural life!