

# SPIRITUAL HEALTH PLAN

This Spiritual Health Plan is designed to help you focus on growing spiritually by taking concrete steps in areas for growth indicated in your assessment. Obviously we can all grow in every area; but by focusing on 1 or 2 areas at a time, you'll soon discover that excelling in 1 area your growth will overflow to others.

Based on your assessment responses in each area, choose 1 area (2 at the most) you want to focus on for the coming months. (You may wish to look over the whole packet to help you decide which area you want to focus on first).

This packet has a section for each area of Discipleship. Each area includes 5 components.

1. ◆————◆ **Related passage(s)** of scripture corresponding to each question you answered in the assessment. This can be used to read more about each facet of Discipleship. These passages may be a good starting point for a biblical study of areas where you can grow. We have included the text and some questions for further study.

2. ◆————◆ A list of **resources** to help you understand the area of Discipleship, which will hopefully strengthen your understanding of its importance and provide more paths for growth in it.

3. ◆————◆ Some **concrete steps** to choose from to implement or which may spark ideas for other steps you would rather implement.

4. ◆————◆ Some **general practices** relevant to the area of Discipleship you may want to consider starting (Note: some general practices may be found in several Discipleship areas).

5. ◆————◆ **My Response and My Plan**— in each section there is space to list what it is that you believe God has said to you and what you believe He wants you to do with it

## Table Of Contents

Discipleship Process.....	2
Worship .....	3— 6
Transformation .....	7— 10
Fellowship.....	11—14
Ministry.....	15— 18
Evangelism.....	19—22

**Cross of Glory's Vision** is to become a Biblically Functioning Community

**Our Purpose**

is to glorify God by leading people in becoming  
fully devoted followers of Jesus Christ  
by connecting them to God, each other and the world.

*They committed themselves to  
the apostle's teaching,  
life together, shared meals and to prayer.  
Acts 2:42*

**Our Discipleship Process**

Becoming fully devoted followers of Jesus Christ is a lifelong process for everyone! Jesus calls us to Follow Him! No one will be forced to participate, but we strongly encourage you to get involved.

**What is involved?**

- Discipleship is a process— a journey with you and God. It is NOT a program.
- These materials are provided to help you in your journey.
- There are 3 main components: A 10 week series on Discipleship, the Spiritual Health Assessment and the Spiritual Health Plan.
- CD's of the Bible messages on Discipleship, including each of the five facets of Discipleship, will be available at the Discipleship Resource Center beginning October 26.

**When will this journey start and what is the schedule?**

- Pastor Jon has already presented 5 Bible messages— CD's are available at the Information Center.
- We will start this journey on October 12 by taking the Spiritual Health Assessment.
- For the next five weeks, be in prayer to discern which area(s) God is leading you to work on. To help you in this, Pastor Jon will be presenting Bible messages on the five areas of Discipleship as outlined in the Assessment and Plan. Please bring these documents to church starting October 26 through November 23.
- Your goal should be to have your evaluation completed and one or two areas of focus identified by November 30. To help you on your journey, it is strongly recommended that you find another person to talk and pray with. We are suggesting that person be in your small group. If you are not in a small group, see Pastor Ron.

**How To Get Started On Your Journey**

- Complete the Spiritual Health Assessment – copies are available at the Discipleship Resource Center.
- Be in prayer with God to lead you in one or two areas to focus on.
- Use the Spiritual Health Plan as a resource to help you in your journey in becoming a more fully devoted follower of Jesus Christ.
- Find someone in your small group to help you stay accountable.
- If you need to talk to someone, please contact Pastor Ron (952-935-3696) or Pat Lambert (952-934-9753) .