

# SPIRITUAL HEALTH REFLECTION

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FOR PEOPLE SEEKING TO LOVE & FOLLOW JESUS FOR LIFE



# SPIRITUAL HEALTH REFLECTION

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# INTRODUCTION



Reflecting on health is a common practice in a number of areas in our lives. Physical health can be assessed each year with an annual check-up through one's physician. Mental health check-ups can be an excellent tool as we seek to grow more healthy as individuals. We likely have reviews at work where we evaluate or are evaluated on our job performance. Financial check-ups or assessments are helpful for individual households and for businesses. We even do tune-ups for our vehicles and for our air conditioning/heating units in our homes.

The idea with check-ups like these is to assess the situation to see what's working well, identify problem areas, and determine what changes need to be made to get different results.

But what about spiritually? How do we know if we are traveling in the right direction in our spiritual life?

At The Refinery, we invite each individual to consider our 5 commitments as key ways that can help establish a rhythm of life centered in Christ, so that you can grow spiritually mature.

We desire for people to be **whole** in their pursuit of living a life **with God**, therefore we **encourage engagement and growth in all 5 commitments**. The goal isn't to pick and choose what works best for you, but rather to seek God through all 5 commitments, and allow the Spirit to shape how that is lived out in your life.

This Spiritual Health Reflection is specifically designed to address your walk with Jesus, using the 5 commitments to provide shape. In each section, we define the commitment and anchor it with scripture. You will then be guided through a list of questions to consider, thoughts to ponder, and categories to help you examine how you are doing in your pursuit of loving God, loving people, and helping people love God. The goal is to provide a general overall assessment of one's spiritual health, while identifying healthy patterns to sustain and potential problem areas that need change.

# PLANNING IS REQUIRED

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## *SUGGESTIONS FOR HOW TO USE THIS TOOL*

When it comes to spiritual health, you are the one who is the most responsible for your spiritual health. This tool is intended to be a **self-reflection** to help with that responsibility.

Consider taking this self-reflection once or twice each year as a simple check-up.

As seasons and stages of life naturally change through our lifetimes, this consistent type of reflection can help provide clarity and focus for your spiritual growth.

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This reflection will take some time, we would encourage you to plan a time in your calendar - maybe you take one hour over several weeks and walk through one of the five sections at a time or perhaps consider carving out a whole day to do a deep dive of your faith. Whatever method you decide, **don't rush it or force it**. **Reflection is defined as serious thought or consideration**, so make sure you find an environment with limited inputs that will allow you to pause and spend time with the Lord as you work through it.

To help you make the most of your reflection time(s):

- **Start with Prayer.** Invite the Lord to open up your heart and mind, slow your pace, and allow you to fully open yourself up to the work of the Spirit.
- **Read, Respond, Reflect.** Lean into each commitment by **reading** the explanation of the commitment and pondering the scriptures provided. Consider the questions and use the open boxes to jot things down, ask additional questions, or you might even like to sketch or draw. The idea is to have an open dialogue with the Lord and for you to **respond** to each question as honestly as you can. Focus on answering each question for how things actually are, not for how you would hope they would be. Then **reflect** on your answers by selecting a category you feel best fits.
- **Share.** After completing the reflection, you might find it helpful to review the outcomes with a spouse, good friend, or accountability group. You may be overly harsh on yourself in some areas or lax in others. Having accountability with others who know and love us, and who we have given permission to speak into our lives, can be a help as we consider our spiritual health.

***THROUGHOUT THIS REFLECTION, PLEASE REMEMBER THESE TWO TRUTHS: GOD IS GOOD, AND YOU ARE LOVED.***







# ACTIVELY WORSHIP

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*WE CONSISTENTLY ENGAGE IN  
WORSHIP SERVICES TOGETHER  
AND SEEK TO PUT JESUS FIRST  
IN THE RHYTHM  
OF OUR DAILY LIVES.*

## **READ**

*Ponder these scriptures*

Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. - John 15:4

"Of all the commandments, which is the most important?"  
"The most important one," answered Jesus, "is this: 'Hear, O Israel: The Lord our God, the Lord is one. Love the Lord with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these." - Mark 12:28-31

Let us hold unwaveringly to the hope we profess, for he who promised is faithful. And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching. - Hebrews 10:23-25

## RESPOND

*Consider the following questions as they relate to your commitment to Actively Worship:*

### 1. Am I making worship with my church family a priority?

- Do I lean into gathering with the local body of believers each Sunday? Do I come to worship looking to give praise to God or get something from God?
- Would you say you belong to this body of believers?
- If I miss church, what keeps me from gathering on Sundays with my church family on a regular basis? (sickness, travel for work, travel for pleasure, sports, etc.)?

[illegible]

**2. Am I putting Jesus first in my life each day?**

- Am I prioritizing Jesus in my life everyday? What does my week look like - how am I putting Him first?
- How deep does God go in my life? Is God in His rightful place at the center of my life?
- Have I made any sacrifices to prioritize Jesus' call on my life? What examples can I recall from this past year? Be specific.
- What people or things in my life are presently distracting me from following Jesus first? What competes for first position in my life over Jesus?
- How much thought do I give to how following Jesus impacts my work, home, and engagement in the community?
- Am I intentional to filter each day's challenges and opportunities through the lens of love of God as my first priority? What practices help me in this way?

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# REFLECT

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With your responses in mind, take some time to read through the categories below and note which category you would place yourself in. There isn't a correct answer and it's possible you may feel like you're on the border of one or the other. The key is to be honest before God so you can identify where you are in pursuing the commitment to Actively Worship.

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## MAJOR CHANGE

Plan to meet or reach out to The Refinery staff or a trusted friend to talk about healthy next steps.

## MINOR CHANGE

Consider scheduling church (weekly) and time with Jesus (daily) into your calendar.

## CONTINUED GROWTH

Give God the praise, and seek to continue to walk in faithfulness with Him. This week start your prayers with praise. Continue reflecting on what can help you to continue to grow in this area.

## RESOURCES

*Here is a list of recommended resources to consider for further study and reflection connected with the commitment to Actively Worship.*

- Practicing the Presence of God by Brother Lawrence
- i am not, but i know I AM by Louie Giglio
- Read a Psalm each day to reflect on your relationship with God
- Start a regular practice of silence & solitude



**What action will you take as a result of your reflections?** Be specific. Maybe the right action step is something listed out within the category that you identified yourself to be in or perhaps God has brought something else to mind.

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# CULTIVATE THE SPIRITUAL DISCIPLINES

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*CULTIVATING SPIRITUAL DISCIPLINES SUCH AS TIME IN SCRIPTURE, PRAYER,  
GENEROSITY, FASTING, AND REST ARE CRITICAL ELEMENTS  
OF LOVING AND FOLLOWING JESUS FOR LIFE.*

## READ

*Ponder these scriptures*

**“So when you give** to the needy, do not announce it with trumpets, as the hypocrites do in the synagogues and on the streets, to be honored by others. Truly I tell you, they have received their reward in full.” **And when you pray**, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. **When you fast**, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full.” - Matthew 6:2, 5, 16

Will a mere mortal rob God? Yet you rob me. “But you ask, ‘How are we robbing you?’ “In tithes and offerings. You are under a curse—your whole nation—because you are robbing me. Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this,” says the Lord Almighty, “and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be room enough to store it. - Malachi 3:8-10

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work. - 2 Timothy 3:16

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” - Matthew 11:28-30

## RESPOND

*Consider the following questions as they relate to your commitment to Cultivate the Spiritual Disciplines:*

**1. Am I regularly reading and reflecting on what the Bible has to say?**

- Do I have a consistent plan so that I am engaging with the Bible regularly through the week? This could be reading and/or listening.
- If I am doing this, what is helpful in that practice? If this has been a struggle, what tends to be the barrier(s) to cultivating time in the Bible?

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal black lines across its entire width, typical of notebook or primary writing paper. The background is a solid off-white color. There are no margins, text, or other markings present.



2. Am I thanking God and asking for direction in my life? Am I seeking to converse with God and listen to Him like I would any relationship I value?

- Do I have a way that I am regularly counting my blessings?
- How do I approach prayer? Do I have set aside times for prayer throughout the week? Am I developing an ongoing conversation with God throughout my day?
- Do I feel I can be fully honest before God in prayer?

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### 3. Am I living generously?

- Am I tithing (giving 10% of my increase) back to God through my local church?
- Do I manage my resources in a way that frees me up to be generous to organizations and individuals as God leads/directs? (One simple way to check this is to see what you claimed as charitable giving on your most recent tax return. Not all generosity financially will be included in this, but it represents the majority of financial generosity for most people.)
- Am I intentionally seeking to live with margin financially to avoid the strain that is inevitable when expenses are more than income?
- Do I struggle with greed? What does this struggle look like for me? Do I believe that, generous people always have enough?

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### TAKE NOTE

One simple way to check your generosity to organizations and individuals is to see what you claimed as charitable giving on your most recent tax return. Not all generosity financially will be included in this, but it represents the majority of financial generosity for most people.

#### 4. Am I practicing fasting as Jesus said we should do?

- Do I have a present practice for fasting? When is the last time I fasted and what benefit did I find in the practice? If I've not fasted, recently or ever, why is that?
- Do I have a good understanding of the value of fasting?

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### TAKE NOTE

Fasting in the Bible is about setting aside food or drinks for a certain duration of time. In the modern context, this way of fasting is still very beneficial. However, it can also be helpful to fast social media, forms of technology, or other things. The idea is to set aside something we value, or may even feel we need, to turn our attention intentionally more to God for a time.



**5. Am I taking time for rest and remembering that God has called me to live from a place of biblical rest?**

- Am I consistently taking time to stop and rest as a way of recognizing that God is the one upon whom I rely rather than seeking to be self-sufficient?
- Am I managing my time where I leave margin for rest?
- Am I comfortable to just sit with the Lord?

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# REFLECT

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With your responses in mind, take some time to read through the categories below and note which category you would place yourself in. There isn't a correct answer and it's possible you may feel like you're on the border of one or the other. The key is to be honest before God so you can identify where you are in pursuing the commitment to Cultivate the Spiritual Disciplines.

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## MAJOR CHANGE

Plan a meeting with a Refinery staff member or friend in faith who can mentor you in setting up a plan to address the needed areas of change.

## MINOR CHANGE

If you have clarity on where there is a lack of health, what are one or two simple action steps you can take in the coming month to bring about change toward health in these spiritual disciplines?

## CONTINUED GROWTH

If you are growing in each area, take a moment to thank God for His faithfulness to you. Then, reflect on what practices are helping you to grow? How can you encourage others in this? What are obstacles or barriers to further growth that this reflection has made you aware of?

## RESOURCES

*Recommended for further study and reflection connected with the commitment to Cultivate the Spiritual Disciplines.*

- Bible: Use The Bible Recap resources to create a daily rhythm of reading scripture
- Prayer: Plan to be a part of Night of Prayer at The Refinery consistently. Read Lead with Prayer by Ryan Skoog, Peter Greer, and Cameron Doolittle.
- Generosity: God and Money by John Cortines and Gregory Baumer
  - [bibleproject.com/podcast/god-and-money-re-release](http://bibleproject.com/podcast/god-and-money-re-release)
- Fasting: The Bible Project - The Purpose of Fasting
  - [bibleproject.com/playlists/the-purpose-of-fasting](http://bibleproject.com/playlists/the-purpose-of-fasting)
- Rest: The Ruthless Elimination of Hurry by John Mark Comer

Generosity



Fasting



**What action will you take as a result of your reflections?** Be specific. Maybe the right action step is something listed out within the category that you identified yourself to be in or perhaps God has brought something else to mind.

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# LIVE IN COMMUNITY

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*WE ARE CALLED TO LIVE IN COMMUNITY -  
REAL LIFE CHANGE HAPPENS IN THE  
CONTEXT OF RELATIONSHIPS.*

## READ

*Ponder these scriptures*

Let us consider how we may **spur one another on** toward love and good deeds... - Hebrews 10:24

"Again, truly I tell you that if two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven. For **where two or three gather in my name**, there am I with them." - Matthew 18:19-20

A new commandment I give to you, that you love one another: **just as I have loved you, you also are to love one another**. By this all people will know that you are my disciples, if you have love for one another. - John 13:34-35

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*LET US CONSIDER HOW WE  
MAY SPUR ONE ANOTHER  
ON TOWARD LOVE AND  
GOOD DEEDS...*

## RESPOND

*Consider the following questions as they relate to your commitment to Live in Community:*

1. Am I engaged in a Lifegroup through The Refinery or some other form of spiritual accountability/relationship in my workplace or community?

- Am I presently gathering intentionally and consistently with other people so we might encourage and challenge one another in areas of life and faith?
- Am I living in healthy community with my family, neighbors, co-workers, and the community at large?
- Who are the people, who love the Lord, that I have invited into my life to encourage me, speak truth, and spur me on in growing deeper in my faith? How often do I engage with these people?

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**2. Am I loving those that the Lord has placed around me well?**

- What tangible ways have I shown the love of Christ in the last year?
- Am I harboring any resentment or unforgiveness toward others?
- Do I have any unhealthy prejudice or bias toward other individuals or groups?
- What is my level of compassion for those who are far from God?

[illegible]



# REFLECT

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With your responses in mind, take some time to read through the categories below and note which category you would place yourself in. There isn't a correct answer and it's possible you may feel like you're on the border of one or the other. The key is to be honest before God so you can identify where you are in pursuing the commitment to Live in Community.

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## MAJOR CHANGE

Plan a meeting with a Refinery staff member or friend in faith who can mentor you in setting up a plan to address the needed areas of change.

## MINOR CHANGE

If you find accountability with other believers isn't making the calendar, think about planning out a bit further to protect that time. Schedule it on the calendar, and make it a firm commitment. If there's more one-on-one growth that's needed, consider asking someone if they would be willing to meet with you as a mentor for lunch or coffee 3 or 4 times as a means to grow in faith.

## CONTINUED GROWTH

Consider if you have room to invite others into the community you are experiencing. Ask God to lay a handful of people on your heart who might have a need for deeper Christian community. Ask God how you might be a help to them in developing/finding that community. Perhaps, God would even have you to start up a new Lifegroup with those people.

## RESOURCES

*Recommended for further study and reflection connected with the commitment to live in community.*

- Life Together by Dietrich Bonhoeffer
- The Art of Neighboring (study on RightNow Media) by Dave Runyon & Jay Pathak
- Life on Mission by Dustin Willis

**What action will you take as a result of your reflections?** Be specific. Maybe the right action step is something listed out within the category that you identified yourself to be in or perhaps God has brought something else to mind.

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**When will you complete this action?** Set a specific timeline to help you hold yourself accountable.

[illegible]



# INTENTIONALLY SERVE

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*WE INTENTIONALLY SERVE AT THE CHURCH, IN OUR COMMUNITY,  
AND AROUND THE WORLD. GOD HAS SHAPED EACH OF US WITH  
GIFTS AND ABILITIES TO BE USED IN SERVICE TO OTHERS.*

## READ

*Ponder these scriptures*

There are different kinds of gifts, but the same Spirit distributes them. **There are different kinds of service, but the same Lord.** There are different kinds of working, but in all of them and in everyone it is the same God at work. - 1 Corinthians 12:4-6

Again, it will be like a man going on a journey, who called his servants and entrusted his wealth to them. To one he gave five bags of gold, to another two bags, and to another one bag, **each according to his ability.** Then he went on his journey. The man who had received five bags of gold went at once and put his money to work and gained five bags more. So also, the one with two bags of gold gained two more. But the man who had received one bag went off, dug a hole in the ground and hid his master's money. - Matthew 25:14-18

## RESPOND

*Consider the following questions as they relate to your commitment to Intentionally Serve:*

### 1. Am I part of a serving team at The Refinery?

- Where am I presently serving at the church and with what frequency? Is the pace at which I'm serving sustainable?
- If I am not serving, when might I be able to join a serving team in the near future?

[illegible]

### TAKE NOTE

There are seasons in life where serving at the church simply may not be possible. That shouldn't be a source of stress. It is important to recognize seasons though are meant to pass after some time.



## 2. How am I investing in my community through service?

- Where am I presently serving in the local community and with what frequency?
- In what ways have I been personally invited to serve my community? (ex. local schools, municipalities, PTO, kids sports/activities, community volunteer at events, etc.)
- Am I avoiding or neglecting getting involved in my community? What in my life is causing me to not engage these opportunities?

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### 3. Am I serving people around the world in some measurable way?

- Where am I presently serving around the world?

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### TAKE NOTE

We can go far around the world to serve people in meaningful ways, but we can also make a global impact without leaving our zip code.

# REFLECT

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With your responses in mind, take some time to read through the categories below and note which category you would place yourself in. There isn't a correct answer and it's possible you may feel like you're on the border of one or the other. The key is to be honest before God so you can identify where you are in pursuing the commitment to Intentionally Serve.

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## MAJOR CHANGE

If you are not serving in any of the three ways, plan a meeting with a Refinery staff member or friend in faith who can mentor you in setting up a plan to address the needed areas of change.

## MINOR CHANGE

If you are not serving with any regularity or only serving in one of the three ways, consider stepping up your consistency or engaging in a new area of serving for the next 3-6 months. Ask someone to partner with you in serving or to hold you accountable in this area.

## CONTINUED GROWTH

Who are 3-5 people you could invite to be a part of the serving work that God has allowed you to be a part of. Pray about who would have availability, the skill set necessary, and the passion for where you're serving and seek to recruit them to join you. If they serve, you multiply the blessing. If they don't, perhaps you'll simply spur them on to serve in another area.

## RESOURCES

*Recommended for further study and reflection connected with the commitment to Intentionally Serve.*

- The Hole in our Gospel by Richard Stearns
- Review the serve page on our website by scanning the QR code below. Look into some of the "Serve Our City" organizations that The Refinery partners with in our community. Take time to consider how you might serve with one of them.



**What action will you take as a result of your reflections?** Be specific. Maybe the right action step is something listed out within the category that you identified yourself to be in or perhaps God has brought something else to mind.

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# INVEST & INVITE

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*JESUS CALLS CHRISTIANS TO  
“GO AND MAKE DISCIPLES.”*

*AS A CHURCH, WE DESIRE THAT  
EVERYONE WOULD MAKE THE  
COMMITMENT TO REGULARLY  
INVEST IN OTHERS AND INVITE  
THEM INTO THE STORY OF GRACE  
REVEALED IN THE GOSPEL OF JESUS.*

## READ

*Ponder these scriptures*

Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: “**Love your neighbor** as yourself.” - Matthew 22:37-39

So from now on we regard no one from a worldly point of view. Though we once regarded Christ in this way, we do so no longer. Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting people's sins against them. And he has committed to us the message of reconciliation. **We are therefore Christ's ambassadors**, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God. - 2 Corinthians 5:16-20

Therefore **go and make disciples of all nations**, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age. - Matthew 28:19-20

## RESPOND

*Consider the following questions as they relate to your commitment to Invest & Invite:*

**1. How am I intentionally spending time with people who don't know the Lord?**

- How do I show them love? (ex. prayer, listening, conversation, hospitality)
- Am I partnering with God to help those around me come to know and follow Him? Who has God placed on my heart, who I want to see become a follower of Jesus? List their name(s).

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2. Am I making intentional efforts to invest in the lives of my neighbors, co-workers, and/or others in my community (i.e. my neighbor as Jesus teaches)?

- Do the people I work with or live near know that I profess faith in Jesus?
- Do I know what the people I work with or live near believe when it comes to Jesus and the Church?

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3. Am I regularly inviting others to consider for themselves the truth of God?

- Am I inviting others to consider the truth of God's grace for themselves?
- Am I intentionally engaging in conversations about faith or inviting others to join me at church?

[illegible]



# REFLECT

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With your responses in mind, take some time to read through the categories below and note which category you would place yourself in. There isn't a correct answer and it's possible you may feel like you're on the border of one or the other. The key is to be honest before God so you can identify where you are in pursuing the commitment to Invest & Invite.

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## MAJOR CHANGE

Plan a meeting with a Refinery staff member or friend in faith who can mentor you in setting up a plan to address the needed areas of change.

## MINOR CHANGE

Ask God for clear opportunities to invest in the lives of others. Make notes about people in your sphere of influence who you can invest in, and consider listing some possible ways to do that.

Ask God for favor in inviting others to church or faith conversations. Look to make one invite or have one faith conversation each month. Then, simply track how that is going personally.

## CONTINUED GROWTH

Take time to send a few handwritten letters to people who invested or invited you to faith in significant ways in your life. Take time to thank them for the impact they made and be sure to highlight specific things that made a difference for you.

## RESOURCES

*Recommended for further study and reflection connected with the commitment to Invest & Invite.*

- Evangelism: Sharing the Big Story on RightNow Media by James Choung
- Organic Outreach for Ordinary People by Kevin G. Harney

**What action will you take as a result of your reflections?** Be specific. Maybe the right action step is something listed out within the category that you identified yourself to be in or perhaps God has brought something else to mind.

[illegible]

***When will you complete this action? Set a specific timeline to help you hold yourself accountable.***

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# NOW WHAT?

As with any assessment or evaluation there are likely areas that you have recognized as strengths and others where you see potential room for growth. Be encouraged, having both of these present is a good thing. Strengths are beneficial as something to celebrate and an area we can seek to leverage to the benefit of others. Identifying areas that we can grow in are beneficial because they provide direction for how we can deepen our desire to love and follow Jesus for life.

All relationships are dynamic in nature and our relationship with God is no different, it's not a static thing. Remember that different seasons and times in our life will find us in different places and spaces. Perhaps where you landed after this reflection has exposed ways that the Spirit is wanting to move within your life, and we are hoping you will act upon these. As you conclude this reflection we would encourage you to:

- Seek God's face in all of these things - What might God reveal to you as you consider the commitments as a whole and the nature of your relationship with Him?

- Start taking practical next steps - Utilize the reflection points and act upon the suggestions outlined. For the commitments that you are curious about or see an opportunity for growth, consider utilizing the resources listed in each section on your own or within a group of those who also want to love and follow Jesus for life.
- Discuss your results with someone - a spouse, a friend who is also following Jesus, or perhaps your Lifegroup. Reflecting with others can be encouraging and motivating and is a healthy way for us to spur one another on toward love and good deeds (Hebrews 10:24).
- Make a plan to reflect again - keep your notes somewhere and revisit this reflection again in 6 months. God's transforming work in our lives and communities doesn't happen all in one instance. By saving your reflections, we hope it will provide a tangible way for you to see God's transformative work through your steps of obedience.

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*REMEMBER, GROWTH IN GRACE HAPPENS OVER TIME, A LONG TIME TRUTHFULLY. GOD INVITES US TO FOLLOW HIM, AND WE WILL FIND OURSELVES GROWING THROUGHOUT OUR LIFETIME. GRACE AND PEACE TO YOU AS YOU BEGIN OR CONTINUE TO LIVE INTO AND FROM THE TRUTHS THAT GOD IS GOOD, AND YOU ARE LOVED.*

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