

PARKWAY SPIRITUAL HEALTH ASSESSMENT

HEART (Fellowship): You were formed for God's family

- I have completed Building Lives 101 and am a member of Parkway 1 2 3 4 5
- I am more loving, gracious and forgiving to others than I was a year ago..... 1 2 3 4 5
- I am intentionally cultivating my relationships with Christian friends and spiritual mentors 1 2 3 4 5
- I am regularly connecting with my immediate family relationships (spouse, kids, parent, and siblings) 1 2 3 4 5
- I am resolving conflict with others in a Biblical manner and supporting the leadership of Parkway 1 2 3 4 5

Fellowship Total _____

HEAD (Discipleship): You were created to become like Christ

- I have completed Building Lives 201 and meet regularly with a small group for Bible knowledge & application... 1 2 3 4 5
- I have a growing relationship with God through regular quiet time in God's Word and prayer 1 2 3 4 5
- I avoid using addictive behaviors (food, television, busyness, exercise, etc.) to meet my needs..... 1 2 3 4 5
- I am honoring God with my finances (budget) and my personal giving to Parkway (tithing)..... 1 2 3 4 5
- I have attended Parkway University classes or leadership training in the last year..... 1 2 3 4 5

Discipleship Total _____

HANDS (Ministry): You were shaped for serving God

- I have completed Building Lives 301 and know my unique God-given S.H.A.P.E. 1 2 3 4 5
- I am praying and looking for opportunities to be used by God to serve in Parkway 1 2 3 4 5
- I am serving in a regular (once a month or more) ministry in Parkway or my community..... 1 2 3 4 5
- I have served with my small group in a Parkway ministry (in or outside the church) during the last 3 months..... 1 2 3 4 5
- I am developing my unique SHAPE for ministry through reading, training or serving..... 1 2 3 4 5

Ministry Total _____

FEET (Evangelism): You were made for a Mission

- I have completed Building Lives 401 and believe that I am on mission for Christ 1 2 3 4 5
- I am praying for and inviting unchurched people to my small group and to Parkway services 1 2 3 4 5
- I have supported and/or participated in Parkway's local or global outreach in the last year..... 1 2 3 4 5
- I know how to tell a person to have eternal life and have shared my faith this past year 1 2 3 4 5
- I am regularly investing in the spiritual life of another person or group (spiritual reproduction) 1 2 3 4 5

Evangelism Total _____

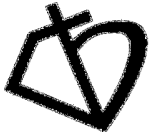
LIFE (Worship): You were planned for God's pleasure

- I am faithfully attending Parkway worship services for spiritual renewal and refreshment 1 2 3 4 5
- I have a personal plan and process to help me achieve my goals and dreams (health plan) 1 2 3 4 5
- I openly worship God through music and conversations (personal, small group & church)..... 1 2 3 4 5
- I am honoring God with my physical and personal health (exercise, nutrition, rest & recreation) 1 2 3 4 5
- I am pleasing God with every dimension of my life by balancing His purposes in my life 1 2 3 4 5

Worship Total _____

JUST BEGINNING 0-5	FAIR 5-10	GETTING GOING 10-15	VERY GOOD 15-20	WELL DEVELOPED 20-25
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Optional Exercise: Have your parent(s), spouse, small group leader and/or one additional Christian friend fill out a copy of this form before you complete the Parkway Spiritual Health Plan.



PARKWAY SPIRITUAL HEALTH PLAN

PURPOSES	POSSIBILITIES	PLANS
<p>CONNECT - HEART (FELLOWSHIP) How can I deepen my relationships with others?</p> <ul style="list-style-type: none"> > Building Lives 101 > Family /friends > Relational/emotional > Development > Small group community 	<p>Get Baptized Become a Member of Parkway Join a Small Group Have your small group meet with another small group Take a day trip with another family for a time of fun and fellowship Invite some neighbors over for food and games</p>	
<p>GROW - HEAD (DISCIPLESHIP) How can I grow to be like Christ?</p> <ul style="list-style-type: none"> > Building Lives 201 > Spiritual Disciplines > Financial stewardship > Character development > Small Group commitment 	<p>Consistent Quiet Time (Bible and Prayer) Give to a Special Need Regular participation in a Biblical Small Group Take a Parkway University class</p>	
<p>SERVE - HANDS (MINISTRY) How can I serve God and others?</p> <ul style="list-style-type: none"> > Building Lives 301 > S.H.A.P.E. Interview > Ministry to the body > Leadership training > Continuing training 	<p>Begin serving in Parkway Secret Service – anonymously serve someone in the coming week Serve with your small group in an outreach to our community Reach out to help a single parent Serve in our children’s ministry for the summer Serve in the Soul Café at Parkway</p>	
<p>SHARE - FEET (EVANGELISM) How can I share my faith regularly?</p> <ul style="list-style-type: none"> > Building Lives 401 > Invite the unchurched or de-churched family, friends, work, and neighborhood > Local cross-cultural involvement > Mission to the world 	<p>Learn how to share your faith Begin or join a Parkway outreach In our community (Youth Home, Jails, etc.) Make a list of friends who you don’t know where they are with the Lord Plan a special small group meeting and invite the unchurched Go on a mission trip with a Parkway team</p>	
<p>WORSHIP - LIFE How can I live for God’s pleasure?</p> <ul style="list-style-type: none"> > Regular church attendance > Give back as the Lord supplies > Worship cds & devotionals > Personal health and balance (Romans 12:1) 	<p>Plan and participate in a prayer walk Have communion as a small group Learn about God at Parkway University Sing along with your favorite CD with your small group</p>	