



LIFE GROUPS

DISCIPLESHIP • COMMUNITY • OUTREACH



Spiritual Health Inventory

As followers of Jesus, it's a good practice to do regular spiritual health "check-ups". Are you growing and maturing in Christ? How do you hope to grow closer in this season? Record your answers here to track how we're growing together!

Important: *The purpose is not to create guilt, but rather to invite the Holy Spirit to guide and encourage us, in the safety of our group relationships, to become more like Jesus!*

Spiritual Disciplines & Habits

We intentionally **embrace** practices into the rhythm of life to grow deeper and stronger in our walk with God. Honestly evaluate your patterns in these areas on a scale of 1-5:

(5 = I'm regularly practicing this and seeing fruit - 1 = I'm not really practicing this at all)

- Consistent practice of reading Scripture - _____
- Focused time in prayer - _____
- Regularly meeting with believers for worship and to hear the Word preached - _____
- Time in fellowship and connection with other believers - _____
- Personal times of worship and/or learning (*Christian music, podcasts, etc.*) - _____
- Praying for unbelievers and for evangelism opportunities - _____
- Actively sharing the Gospel with unbelievers - _____
- Time serving my church and community - _____
- Generously giving my finances in obedience to God to advance His Kingdom - _____
- I feel grounded in my basic understanding of the Scriptures, beliefs, and practices of the Christian life - _____
- Other specific areas you would like to grow in (i.e. journaling, fasting, etc.) - _____

Holy Living & Healthy Relationships

Along with loving God, we grow in the ways we express love to the people God brings into our lives. Evaluate yourself in these areas on a scale of 1-5:

(5 = This comes naturally for me - 1 = I'd really like to improve in this area!)

- My relationship with my parents is in order. - _____
- My dating / marriage relationship honors God. - _____
- I regularly nurture my relationship with my spouse. - _____
- My relationship with my children are life-giving and healthy. - _____
- My relationships with other believers are healthy, without bitterness or anger. - _____
- I am able to love the image of God in other people, even those I disagree with - _____
- My relationships at work/school make it evident that I am a follower of Jesus. - _____
- I can often let go of anxiety or discouragement, trusting God for the outcome - _____
- I usually experience the joy of the Lord, even in difficult circumstances - _____
- I am aware of God's presence in my life most of the time - _____
- I feel that my habits and choices honor God and reflect His Lordship in my life. - _____

My Spiritual Self-Evaluation Score:

Add up your score for the **Spiritual Disciplines** section - _____

Add up your score for the **Holy Living & Relationships** section - _____

My overall total = _____

When you take this inventory again, you'll have an objective, comparative measure of how God is working in your life!

I encourage you to share with your group the areas you most want to grow in! They are a source of strength and support for you.



LIFE Groups: Winter 2026

Week 1 - Charting The Course!



Aligning Our Life Path

If a airline pilot charts a route just 1% off-course, it won't make a big difference over a mile or two, but create a major problem over hundreds of miles! The same is true of our life habits and patterns...

1 - "Check-in" with your Group -

Take about 30-45 seconds each to share:

How is God moving in your heart in this New Year?

What ways is He calling you higher in aligning with His path?

2 - Watch Pastor Scott's Intro Video on True North, "Aligning Our Path"

Read Proverbs 3:1-12 - *This passage comes from the Wisdom literature of the Bible, a section which gives us principles to chart our life course. Read the verses again, making note of:*

- *What things does God ask us to do? What habits are we to build into the rhythms of our life?*
- *Each habit is linked to a corresponding promise from God - list the ways He will bless the person who follows His paths...*
- *What does this passage teach us about the compound, formative effect of our daily, weekly, and yearly habits and life patterns?*

Read Psalm 139:23-24, then Complete the Spiritual Health Inventory -

On the back of this page is a tool Pastor Scott has created to begin this series with a time of self-examination, asking God to guide us in aligning our course with His design. These are two sections - the first focuses on our habits and the second on our relationships. Use this to intentionally invite God to work in 2-3 areas that the Inventory highlights for you. It will even more powerful if you share these with your group and ask them to be praying for you in the coming weeks!

Spiritual Formation practices: Share the 2-3 habits you feel God's Spirit is directing you to focus on in the next few weeks...

Prayer: Share requests and pray for one another, especially that God would give us the courage to walk in His paths in new ways in 2026!



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