



MY DISCIPLE'S LIFE

A Reflection & Assessment



Jesus calls us, “Come, follow Me.” From the moment we first repent and believe, following Jesus with joyful faithfulness privilege as His disciples is to be the defining center of our lives. But it doesn’t happen automatically; it requires great intentionality. The choices, habits, and patterns of our lives will shape our lives as Jesus’ disciples—either positively or negatively.

In the same way that we regularly assess our bodies to maintain physical health, it’s crucial that we regularly assess our faith-life to maintain spiritual health. Every disciple needs to regularly set aside time to reflect on the health of our faith-life. Why? To gauge the state of our relationship with Jesus; to celebrate where God has been growing us; to identify sinful patterns and repent where necessary; to identify areas where we need to take a step of obedience; and make a plan of growth.

My Disciple’s Life: A Reflection and Assessment is a tool to assist Living Hope members and attenders to engage this kind of intentional assessment so that we can “examine our ways and test them and return to the Lord” (Lamentations 3:40).

HOW DO I USE THIS ASSESSMENT?

- Set aside an unrushed and uninterrupted time in which you can prayerfully complete the entire assessment.
- **Complete Part 1 (Section A) reflecting on the Disciple’s Life**, which is also the framework of the commitments in our Church Membership Covenant.

These commitments clarify the privileges and responsibilities of every disciple for the honor of King Jesus. Even if you are not a member of Living Hope, these scripture-based commitments are applicable for all believers: To faithfully love Jesus above all, to gather for worship, to connect and relate to one another as Christ’s family, to serve the Church and the world, to be equipped for lifelong spiritual growth, and to make more disciples.



Use the scale below to respond to each statement. Don't skip any statement. Remember, these responses are personal. Please be honest with yourself and the Lord as you answer.

At the end of each category, simply tally up your total in the boxes provided. Transfer each total to the summary on page 9.

- **Complete Part 1 (Section B – Next Steps)** to help you discern where God may be calling you to adjust, obey, and take a step towards spiritual growth in that area. Outline your priority plans for the next 3-6 months.
- **Complete Part 2 –Where Are You?** for additional reflection and clarification about the reality of your faith-life at this point.
- We strongly encourage you to use the completed assessment as a theme for conversation with your small group. Sharing your conclusions with other brothers or sisters will provide an opportunity for both gospel encouragement and accountability.

Response Scale:

- Rarely or Never (0% -10% of the time) – 1
- Not Often (less than 30% of the time) – 2
- Sometimes (less than 50% of the time) – 3
- Mostly (more than 75% of the time) – 4
- Always (100% of the time) – 5

PART 1 – SECTION A – REFLECTION

SCORE (1-5)	RELATIONSHIP WITH JESUS
	I prioritize life - my time, relationships, and resources - with Jesus at the center (Matt. 6:33, Luke 12:34, Gal. 2:20)
	I pursue a relationship with Jesus daily through prayer, adoration, Bible reading, meditation, and study (Phil. 4:6-7, 2 Tim. 3:16-17, Heb. 13:15, Rom. 12:1-2)
	I see the fruit of the Spirit active in my life: "love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control" (Gal. 5:22-23)
	I confess sins to God daily, seek His forgiveness and I forgive others when they wrong me (1 John 1:9, James 5:16, Matt. 6:12, 14-15)
	I practice sexual purity by abstaining from all forms of sexual immorality and pornography (1 Cor. 6:18, Ps. 119:37)
	TOTAL SCORE



SCORE (1-5)	GATHER FOR WORSHIP
	I have a sense of reverent fear, awe, wonder, and gratitude for God (Heb. 12:28, Ps. 29:2, Is 6:1-8)
	I worship out of a response to God's action and love in Jesus, not mere religious obligation, or personal preference (Ps. 86:12, Deut. 6:5, Ps. 100:2, Col. 3:14-17)
	I worship weekly with the Living Hope church family (Heb. 10:25, Matt. 18:20)
	I actively participate in the corporate worship gathering at Living Hope by listening, praying, speaking, singing, etc. (Eph 5:19-20, Ps. 149:1-9)
	I live all my life as a worshipper, doing all I do in life for the glory of God (1 Cor. 10:31, Col. 3:17)
	TOTAL SCORE

SCORE (1-5)	CONNECT WITH A GROUP
	My thoughts, priorities, and time commitments demonstrate that I love others as myself and value meaningful relationships over work and hobbies (1 Cor. 12:25-27, John 13:34-35, Matt. 6:24)
	I encourage others and place their interests above my own (Prov. 27:17, Romans 12:3-13, Phil. 2:3-16)
	I am actively involved in a small group that meets weekly (Connect Groups, Men's, or Women's D-Group) to help each other grow a stronger relationship with Jesus (Acts 2:42-47, Acts 5:42, Eph. 4:15-16)
	I confess sins, seek accountability, and discuss God's work in my life with my small group so I can grow and become more like Jesus (James 5:16, Gal. 6:1-2, Heb. 3:12-14)
	When conflict occurs, I take responsibility for my part and take the steps necessary to reconcile the relationship (1 Peter 4:8, Eph. 4:2-3, Prov. 28:13, Matt. 18:15-18)
	TOTAL SCORE



SCORE (1-5)	SERVE THE CHURCH AND THE WORLD
	I sacrificially serve and meet the needs of my family (1 Tim. 5:8, Deut. 6:7, Eph. 5:22-33,6:1)
	I see the needs of my neighbors, coworkers, and local community and seek to serve them through acts of mercy and kindness (Matthew 22:36-40, Prov. 14:32, Micah 6:8, Luke 6:35, Col. 3:12)
	I faithfully manage/steward the finances and resources God has given me so that I can regularly and cheerfully give tithes and offerings to serve and advance God's kingdom (Prov. 3:9, 2 Cor. 9:7, Acts 20:35, 1 John 3:17)
	I use my time, talent, and spiritual gifts to serve as a volunteer with a Living Hope ministry (1 Peter 4:10-11, 1 Cor. 12:4-11, Eph. 2:10, 4:11-16)
	I serve with a joyful heart, without grumbling or frustration (Heb. 13:17, 1 Thess. 5:12-13, Phil. 1:27, 2:14-16, 1 Pet. 4:9)
	TOTAL SCORE

SCORE (1-5)	EQUIP FOR LIFELONG GROWTH
	I study God's Word so that I can align my thoughts, emotions, and actions with it (Ps. 119:105, Prov. 3:5-6, James 1:5, Isa. 30:21, Rom. 12:1-2, 2 Tim. 3:16-17, 2 Peter 1:19)
	I evaluate cultural ideas and lifestyles by biblical standards and adjust my perspective to God's Word when necessary (Heb. 13:5, Eph. 4:29, Col. 2:8, 1 John 2:15-17, 4:1)
	I participate in the equipping courses, classes, and training opportunities at Living Hope to develop the skills and gospel character for effective ministry and faithful living (2 Tim. 3:17, 1 Tim. 4:7-8, Ps. 78:72, Ex. 35:31)
	I take the time to reflect and measure my growth in Christlikeness (in my speech, relationships, emotions, etC. (Rom. 12:1-2, 2 Cor. 13:5, Phil. 1:9-11, Phil. 3:13-14, Heb. 12:1-2, 1 Tim. 4:7)
	I am prepared to engage others in conversation about moral, ethical, and cultural issues from a biblical perspective (1 Pet. 3:15-16, 2 Tim. 2:15, 2 Cor. 10:5, Col 4:5-6, Acts 17:22-31, Acts 18:27-28)
	TOTAL SCORE



SCORE (1-5)	MAKE MORE DISCIPLES
	I pursue and maintain meaningful friendships/relationships with those who are not Christian (Matt. 5:16, 1 Cor. 9:22, Luke 8:26-39, John 4:1-42)
	I expect God to use me every day in His kingdom work and I look for those opportunities (Matt. 4:19-20, Ps. 96:2-4, Luke 12:12)
	I regularly share my faith story and the Good News of Jesus with others (Psalm 96:3, Matt. 28:19-20, Luke 12:8-9, Acts 8:35, Act 18:24-26, 1 Thess. 1:4-8, 2 Tim. 4:2)
	I am intentionally discipling others by helping them grow in their faith in Jesus, especially any children at home and those that I have led to a first time commitment in Christ (Deut. 6:6-7, Eph. 6:4, Matt. 28:19-20, 2 Tim. 2:2, 1 Cor. 11:1, Titus 2:2-10)
	I pray, financially support, and personally engage in local and global missions (Mark 16:15, Acts 1:8, 2 Cor. 9:7, Phil. 4:15-16, 3 John 1:5-8)
	TOTAL SCORE

TALLY YOUR TOTALS AND WRITE THEM IN THE BOXES BELOW					
JESUS	WORSHIP	CONNECT	SERVE	EQUIP	MAKE DISCIPLES

PART 1 – SECTION B – NEXT STEPS

"I have considered my ways and have turned my steps to your statutes. I will hasten and not delay to obey your commands." - Psalm 119:59-60

As you pray and reflect on your responses to the assessment, think through steps you can take to develop a plan for the next steps of your growth as a disciple.

Consider the following resource suggestions, including books, podcasts, music, etc.

Don't forget the gift of the faith family in which God has placed you. Our ministries, people, pastors, and ministers can help you grow.

RELATIONSHIP WITH CHRIST

- If you scored 21-25, continue to deepen your relationship with Christ through regular Bible study, prayer, spiritual disciplines, and reading solid Christian books.
 - Resource: *Knowing God* by J.I. Packer
- If you scored 13-20, prioritize daily Bible reading and prayer. We encourage you to select a Gospel, read one chapter a day, and ask yourself, "What did I learn about Jesus that I didn't know before," and/or add a new aspect to your prayer time.
 - Resources: *ESV Scripture Journal - Matthew, Mark, Luke, John* (choose one); *What If Jesus Was Serious About Prayer?* by Skye Jethani; *Holy Habits* Equip course
- If you scored 5-12, commit to spend time with God in the Word and in prayer each day. Begin by reading Luke 7:36-50 and reflect on your relationship with Jesus. Have you repented and believed the gospel?
 - Resources: The Living Hope Bible Reading Plan found at livehopeful.com; *The Daily Audio Bible Podcast* by Brian Hardin



GATHER FOR WORSHIP

- If you scored 21-25, continue to attend services regularly and encourage others to join you. Read Isaiah 6:1-8 and pray fervently that you and our entire church family would experience the power and presence of God in our worship gatherings.
 - Resources: *Look & Live: Behold the Soul-Thrilling, Sin-Destroying Glory of Christ* by Matt Papa.
- If you scored 13-20, read Psalm 96 and ask God to reveal ways you can increase your level of participation in our worship gatherings, such as singing more fully, engaging your body, prayer, taking notes on the sermon, and reflecting on how you will apply the sermon.
 - Resource: Subscribe to Living Hope Worship Spotify playlist and utilize the sermon notes located at livehopeful.com/this-sunday/
- If you scored 5-12, address any barriers preventing you from regularly gathering for worship with your church family and ask the Lord to give you a heart to worship Him like He deserves.
 - Resource: *Sunday Matters - 52 Devotionals to Prepare Your Heart for Church* by Paul David Tripp

CONNECT WITH A GROUP

- If you scored 21-25, continue building strong relationships within your church community by taking the lead to be more vulnerable and encouraging in your small group.
 - Resource: *The Power of Together: Discover the Christian Life You've Been Missing* by Jim Putnam
- If you scored 13-20, make a conscious effort to connect with others through a small group and pursue healthy gospel-centered relationships.
 - Resource: *31 Ways to be a One Another Christian* by Dr. Stuart Scott
- If you scored 5-12, ask yourself, "What barriers are preventing me from making deeper connections with our church family?" Take a step to remove 1 of those barriers.

- Resources: Email connect@lhbg.org for help connecting with others; register for the next Rooted Experience at Living Hope (runs each semester) or an upcoming Equip course by emailing equip@lhbg.org.

SERVING THE CHURCH AND THE WORLD

- If you scored 21-25, continue serving passionately, consider expanding your service involvement, and invite others to join with you.
 - Resource: *One at a Time - The Unexpected Way God Wants to Use You to Change the World* by Kyle Idleman
- If you scored 13-20, continue serving faithfully in the church and explore opportunities to serve others in your workplace, neighborhood, hobbies, etc.
 - Resource: *The Gospel Comes With A House Key* by Rosaria Butterfield
- If you scored 5-12, begin actively seeking opportunities to serve in the church and community by emailing serve@lhbg.org.
 - Resources: Visit the Volunteer Questionnaire at livehopeful.com/belong/serve; The 2024 Local Impact Booklet located at livehopeful.com/ministries/missions-local-impact

EQUIP FOR GROWTH

- If you scored 21-25, continue to engage in regular, deep study of the Bible and disciple others. Also, invite someone to join you in participating in an upcoming Equip opportunity.
 - Resources: *The Knowing Faith Podcast, Come and See - The Journey of Knowing God through Scripture* by Dr. Jonathan Pennington
- If you scored 13-20, participate in church classes, Equip studies, or seminars to deepen your knowledge and skills.
 - Resources: Email equip@lhbg.org for core Equip courses; *You Are a Theologian - An Invitation to Know and Love God Well* by J.T. English & Jen Wilkin; *The Bible Project* resources located at www.bibleproject.com



- If you scored 5-12, actively seek resources, activities, groups, ABFs, and support to begin your journey of spiritual growth.
 - Resources: *The Bible Recap* resources located at www.thebiblerecap.com

MAKE MORE DISCIPLES

- If you scored 21-25, keep sharing your faith with non-believers and actively discipling new believers.
 - Resources: *Ready To Answer* Equip course; *The Unbelievable Gospel* by Jonathan Dodson
- If you scored 13-20, begin actively looking for opportunities to share your faith and be trained in *3 Big Things*, and become more aware of global missions.
 - Resources: Email equip@lhbg.org to request *Intersections* Equip course; *Martyrs and Missionaries Podcast*, *Missions* by Andy Johnson, *Evangelism* by J. Mack Stiles
- If you scored 5-12, identify three people in your relational spheres that you are unsure about their relationship with Christ and begin praying for them daily. Pray also for boldness to share your testimony with them.
 - Resources: *Turning Everyday Conversations into Gospel Conversations* by Jimmy Scroggins & Steve Wright

My Next Steps Plan

Prioritize the actions you intend to pursue in the next 3-6 months.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

PART 2 – WHERE ARE YOU?

As we journey, we never simply stumble into our current situation. Most often it is due to the combination of our life choices, our recurring thoughts and emotions, and ongoing influences.

Below are some questions that we believe will foster a conversation between you and the Holy Spirit. Keep in mind that honesty and transparency are vital. God loves us ferociously in our successes and our failures, in our confusions and our certainties, in our spiritual health and sickness, in our beauties and our messes, in our saintliness and our sinfulness. You can be honest with God about all of it. Do not feel that you need to hide from God, like Adam and Eve sought to hide their sin and shame in the garden by hiding in the bushes in the Garden of Eden (Gen. 3). Bringing our inner thoughts, emotions, and heart's desires into the light before God provides Him the opportunity to reveal what is true (or false), forgive what is sin, and bring to life that which was dead in the darkness of sin.

"This is the message we have heard from him and proclaim to you, that God is light, and in him is no darkness at all. If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. If we say we have not sinned, we make him a liar, and his word is not in us." (1 John 1:5-10)



- Have you done this assessment before?
- What areas of growth most encourage you?
- Did you see any areas for improvement? Are there areas you are beginning to struggle with?
- How do you plan to address these areas of needed growth?
- Reflecting on the last 6 months, what influences have led you to where you are in each of these areas?
- What worldly influences (people, thoughts, media, goals, etc.) in your life might be affecting your faith?
- What godly influences are there in your life that are encouraging your faith?
- Evaluate your family schedule. What adjustments are necessary to responsibly prioritize your time in ways that honor Christ?
- How would you describe your “spiritual location” at this moment? Are you hiding sin or keeping certain areas of your life hidden from God and others? Or are you living free and open with all things in the light and open to the eyes of God?

Use the space provided to write a prayer of dependence and confession to your Heavenly Father.

