



Spiritual Health Self-Assessment Small Group Guide

By definition, our blind spots won't show up on a self-assessment. **Spiritual growth often happens when other people are involved, and many times, the place for that is a small group.**

One reason small groups are important is they provide a rich environment for grace to be shared and received with the "one anothers" in Scripture (eg. love one another, pray for one another, serve, exhort, restore, etc.).

How to use the guide

Connect with your pastoral support to discuss the dynamics of your group, then take two weeks to process & share individual findings from your **assessments**.

Depending on the size of your group, go through 2-4 questions in each category. Everyone, as always, has permission to pass. There is no hurry.

By first focusing on the healthy dynamics of a group, such as safety, stability, vulnerability, challenge, confidentiality, etc., we create a powerful environment that helps us grow in our own, personal walk with Jesus.

This is why we focus on forming a healthy, safe group before processing individual Spiritual Health Self-Assessment (SHSA) results.

After each person shares, take a moment to validate what you heard as a group.

Say something like, "Jim, I've seen you take courageous steps in being vulnerable with our group," (authenticity) or, "Jane, I've admired your commitment to regular Bible reading" (devotion).

General

- » What did you think of the self-assessment? How did you feel about taking it?
- » Did anything about the types of questions asked surprise you?
- » Did you find it pretty easy to score yourself on most questions or were some harder to answer?
- » Any questions in particular that caused you to really think?

Authenticity

- » What stage were you in Authenticity? Can you share that description with me, highlighting the parts that feel especially true for you?
- » Some families are very private even among each other, others say a lot and share a lot. Would you describe the family you grew up in as more open or more reserved?
- » Introspection is a skill closely related to self-awareness. What sorts of things cause you to examine your own thoughts and feelings?
- » Who came to mind when answering question #4 — people you feel safe talking to about the deeper things in life, including your feelings, beliefs, doubts, pain and hurts?
- » Are there any topics you find yourself avoiding with God? Any guesses why?

Biblical Foundation

- » What stage were you in Biblical Foundation? Can you share that description with me, highlighting the parts that feel especially true for you?
- » On a scale of 1-10, how familiar would you say you are with the Bible? What translation do you usually read? What other tools, if any, do you use to help you understand what you're reading?
- » Describe when and how you're spending time reading the Bible these days? What does that routine look like for you?
- » Did any questions come up for you as a result of the questions in this section?
- » The British have a saying, "Mind the gap." In the book of James, we're warned not to merely hear the Word of God but to do it. What are some ways you could (or already do) mind the gap between what you read and how you live?

Devotion

- » What stage were you in Devotion? Can you share that description with me, highlighting the parts that feel especially true for you?
- » Each question in this section is about a spiritual practice. Are there a couple that feel very familiar, enjoyable, even easy to you?
- » Are there a couple that are new for you or that you'd like to know more about?
- » As you look over this section and the assessment as a whole, do you have a sense of which spiritual practice might open up the right kind of space for the work God would like to do in your life next?

Generosity

- » What stage were you in Generosity? Can you share that description with me, highlighting the parts that feel especially true for you?
- » One big area of generosity is the financial part of our lives. Is tithing a practice you are familiar with and engaged in?
- » Over the course of your adult life, describe what financial giving has looked like for you? Do you give to churches, charities, causes, etc.? How do you make those decisions?
- » Our time and talents are another big part of how God calls us to be generous. The questions in this section describe several ways of sharing ourselves with others. Which one are you most drawn to or excited about?

Integration

- » What stage were you in Integration? Can you share that description with me, highlighting the parts that feel especially true for you?
- » As you look across the areas of your life, where is God missing?
- » What do you believe God thinks about or wants for you in that area of your life?
- » In practical and prayerful ways, how could you welcome him into this part of your life?