



DISCIPLESHIP HEALTH CHECK

An assessment tool to evaluate how you're doing at being and making disciples

This is a reflection tool to help you step back and evaluate what's happening in the area of being and making disciples, allowing God space to speak into it.

You can use this tool to assess your own life as a disciple of Jesus.

You can also use this tool to assess the current reality of your church.

We recommend revisiting this tool every 6-12 months to celebrate what God is doing as well as reveal opportunities for growth. We also find this process even more effective when you reflect with others. Consider using this with your small group or staff/leadership team.

THE SET UP:

This tool helps us assess our current reality.

It's a snapshot in time.

Pick one of area to think about...**INDIVIDUAL** or **CHURCH**.

There are 4 quadrants: **BREAKTHROUGH**, **BATTLE**, **FRUSTRATION**, **FAILURE**.

BREAKTHROUGH: Where are you winning? What is going well right now? Where is the Spirit of God breaking in? Sometimes breakthroughs are hard fought - you put intentional effort towards something and you're seeing the fruit! Other times, it's simply the grace of God - He's moving and it feels like breakthrough.

BATTLE: There is something standing in the way - a barrier of some kind that is keeping a goal from reaching breakthrough. Battles are external. They are out of your control. It might be a spiritual battle (Eph 6). It might be a physical resistance.. Either way, name the battles.

FRUSTRATION: Frustrations are...well...frustrating. They land in this quadrant because they bump up against an internal weakness in you or the team. The result is that it's not in breakthrough and, instead, causing frustration.

FAILURE: We don't like this word, but remember this is a snapshot in time. Failures are not final - they are simply in the failure quadrant at this moment. Failures could be something you tried that flopped or something you had great intention to do but never put into action. It could also be something you know you should tend to, but you've been ignoring.

ASSESSMENT TOOL:

Below you will see the 4 quadrants laid out for you to write all over.

You'll also see a list of questions that serve as prompts.

As things come to mind, write them in the appropriate quadrant.

BREAKTHROUGH	BATTLE
FRUSTRATION	FAILURE

INDIVIDUAL PROMPTS:

UP: Your relationship with God

- Are you pursuing intimacy with Jesus?
- How is your prayer life?
- Are you resting?
- Are you hearing God's voice?
- Are you taking risky steps of faith as you respond to what God is saying to you?
- Are you experiencing personal transformation?

IN: Growing in community and discipling others

- How are your relationships with the people closest to you?
- Do people in your life feel connected and cared for?
- Are you connecting meaningfully and intentionally in Christian community?
- Would anyone say you are discipling them?
- Are those you are discipling growing in these same areas you are reflecting on?

OUT: Reaching those who are far from God

- How are your relationships with people that don't know Jesus yet?
- Have you prioritized your time around the things Jesus cares about?
- Are you making space to intentionally invest in people who are far from God and the places they hang out?
- Have you shared something Jesus has done in your life recently or invited a spiritually curious friend to explore Jesus with you?

CHURCH PROMPTS:

UP: Your Church's Relationship with God

- Is our church cultivating intimacy with Jesus in our gatherings and culture?
- Is prayer central to our church's rhythms, both corporately and individually?
- Are we leading our people into true Sabbath and spiritual rest, not just busyness?
- Are we listening for and responding to God's voice as a leadership team and congregation?
- Are we taking faithful, courageous steps in response to God's leading?
- Are we witnessing real spiritual growth and transformation among our people?

IN: The Health of Our Church Community

- Are our people meaningfully connected in life-giving relationships?
- Are our groups and ministries fostering intentional, discipling relationships?
- Do our leaders know how to make a disciple?
- Does our church culture reflect genuine care, support, and belonging?
- Who would say that hasn't been their experience?
- Are we modeling and encouraging healthy life rhythms?
- What might God be highlighting about our leadership, staff, or team dynamics?

OUT: Our Church's Mission to the World

- Are we training our people how to build authentic relationships with people who don't know Jesus yet in their everyday lives?
- Do our people feel equipped to live like everyday missionaries in their neighborhoods, schools and workplaces?
- Do our people know how to talk about what Jesus is doing in their lives authentically?
- Are they inviting spiritually curious friends to explore Jesus with them?
- Are we aligning our time, resources, and energy with what Jesus cares about—justice, mercy, evangelism, and the least of these?
- Are we creating space in our lives and church structure to engage with and serve those on the margins?

REFLECTION

Now that you have written all over the matrix on the previous page, step back and notice things.

First, celebrate what is in your **BREAKTHROUGH** quadrant!
Recognize what God has done! These things are worth celebrating!
Spend some time thanking God for his presence and his movement!

Now let's reflect on what is in the **BATTLE / FRUSTRATION / FAILURE** quadrants...

- What do you notice?
- Does anything stand out to you?

BATTLES - sometimes just naming them is helpful. Since these are external things you don't have control over, who can you rally to actively pray into these things with you? You are not meant to battle alone.

FRUSTRATIONS - how long have these been frustrations? Is it time to tend to something here? Is there a specific weakness this reveals? What do you need to notice?

FAILURES - Our God is a God of redemption and restoration! The things you put in this quadrant are not dead. This is not final. Take some time to reflect on why they are there. Is it your failure or someone else's? Has something limited your capacity to engage it?

Anything that currently sits in the BATTLE / FRUSTRATION / FAILURE quadrants can move towards BREAKTHROUGH, but you can't move everything at once.

- Circle the one or two things that seem most significant.
- Ask God to speak into these. What is God saying to you?
- Craft a plan. How can you engage these 1-2 things in the next 6 months?

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings visible.

Do you feel like you need coaching or training in specific areas of church culture or making disciples?

Contact: **Gina Mueller**, Vision New England's Disciple Making Catalyst at gmueller@visionnewengland.org

She will connect you to the training or coaching that will help you engage these areas with purpose!