

C O R D S

DISCIPLE OF CHRIST Love | Grow | Serve



WESLEY DISCIPLESHIP MODEL

• A GUIDE TO INTENTIONAL DISCIPLESHIP •

HOW TO USE THIS BOOKLET

We are pleased to share with you this handbook on the **Wesley Discipleship Model (WDM)**, a holistic approach to discipleship.

This is a useful guide for you to find out more about the next step to take if you are:

- o a pre-believer who wants to find out more about Christianity
- o a new believer who is looking to grow your faith
- o a more matured believer who is looking to strengthen your faith.

The purpose of this booklet is not to merely impart information, but to inspire life transformation.

It is a booklet for everyone from a young Christian to a mature one. This is because our spiritual journey here on earth is never-ending and we are all a work- in-progress.

Jesus gave us a commandment before He ascended. In Matthew 28:19-20, Jesus told His disciples (that's every Christian), to "go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you."

However, to be a disciple we must first know what it entails to be a disciple of Jesus.

We are a generation who are so busy and distracted by the world that we sometimes struggle to find the right handles to live out a meaningful and authentic Christian life. Regardless of how long we have been a Christian, how often we attend church services, or how much we serve, we sometimes wonder if there was someone or some materials that could provide a clearer guide on how to be a better and more joyful disciple of Christ.

This handbook has been developed to help you navigate through the Wesley Discipleship Model, which provides a useful framework to help you grow and strengthen your faith, regardless of where your spiritual life stage is right now. We hope you will find or rediscover the joy in your discipleship journey through the Wesley Discipleship Model.

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Wesley Discipleship Model – A Guide to Intentional Discipleship
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DIRECTIONS 2025: INTENTIONAL DISCIPLESHIP

By **Rev Raymond Fong**, *Pastor-in-Charge*

What's on your heart for 2022?

I long for renewal. Something new from the Lord. That's my hope for 2022 as I put the past year behind and press on to take hold of what the new year brings.

I sincerely believe I can experience and encounter the new as I grow in the likeness of Christ in my discipleship.

I also know that the Lord wants to do a *new thing* for us as a church this new year. I believe He is inviting us to be renewed through our discipleship as we take the next step to grow in Him.

Let us be intentional about our discipleship this year.

Let me offer three reasons why that is so important. First, we need to be intentional; otherwise we will drift from God. Our sin-led disposition is to move away from God unless we intentionally stay close and grow in Him. In these pandemic times, all the more we need be to intentional in being more like Christ so that we may truly make our life count in these challenging and perilous times.

The second reason is that intentional discipleship is simply obeying God's clarion call for disciples who are willing to grow deep instead of remaining shallow. God is calling a generation who is willing to grow deep, so that we may truly know Him and make Him known for such a time as this. Let us respond to His call.

Lastly, we need to be intentional because Christ is returning soon. The Covid-19 pandemic is a divine reminder from the Lord that we are truly in the end times. Let us make the best of every opportunity to grow deeper so that we may know and experience the transforming power of God preparing us for the return of His Son.

So let us be intentional in following and growing in Christ.

To be intentional is to first engage in right methods for growth. The Wesley Discipleship Model is a holistic framework which outlines five faith environments of **Significant Circumstances**, **Scriptural Obedience**, **Spiritual Relationships**, **Spiritual Disciplines** and **Sacrificial Service** or **CORDS** for short, for us to intentionally grow.

Let me encourage you to do a spiritual health-check at wesleymc.org/spi-health-check so you may know how to take the next step in your intentional discipleship.

Next, find a community that you may be accountable to for your growth in discipleship. It may be to join a Small Group, or form a group of spiritual friends to journey together. I pray we may experience the abiding presence of God encouraging us to help each other grow as we stay accountable to one another. I pray for us to encounter spiritual breakthroughs and be deeply encouraged through the sharing of testimonies and stories of faith and perseverance.

Finally, ask the Holy Spirit to make you willing. No human reasoning or persuasion can make us intentional. Only the Spirit of God can grant that inner desire and willing posture. When we are willing and available, God can and will do a deep work of transformation and renewal in our lives as we take that next step of growth in Him. Let's humble ourselves and ask the Spirit of God to grant us that willing heart.

Yes, a new year brings fresh possibilities of renewal!

My prayer for you is from Ephesians 4:23-24 (NLT):

"Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God – truly righteous and holy."

Yes, let us put on our new nature as we grow in the likeness of Christ so that we may find our joy, purpose, and strength through our intentional discipleship for the season ahead.

Come, let's take the next step together as a Wesley family.

Growing with you,

Rev Raymond Fong
Pastor-in-Charge

WHAT IS A DISCIPLE?

By **Rev Gladwin Lee**, *Pastor, Discipleship & Nurture*

WHAT IS A DISCIPLE?

In Wesley Methodist Church, *a disciple is one who loves Christ and one another, by growing in Christ, sharing Christ and serving Christ.*

Loving Christ and one another

The Methodists, led by John Wesley, have always been passionate about our discipleship.

According to John Wesley, the grand depositum which God has placed with the Methodists is the doctrine of Christian perfection. John Wesley taught Christian perfection as a perfection of love — to love God with all our heart, soul, mind and strength, and to love our neighbours as ourselves (Mark 12:28-31).

Therefore, Christian perfection is a perfection of our relationship with God. *"It is a purity of intention, dedicating all of life to God, giving Him all our heart, where there is only one desire and design ruling all our tempers."*

By growing in Christ, sharing Christ

The disciple seeks to grow in holiness, becoming more like Christ each day. Keenly aware that we need God's help to grow in Christlikeness, the disciple relies on the power of the Holy Spirit to walk in obedience and intimacy with God.

How is this possible? As the disciple walks humbly with God, he or she is being perfected by the love of God from evil thoughts and tempers. In the same fashion, God's love empowers us to experience spiritual fruitfulness. Through the joy experienced in our personal relationship with God, the disciple becomes passionate about sharing the gospel with others so that they may also experience God themselves. Therefore, the disciple takes every opportunity to introduce others into a deeper relationship with God.

And Serving Christ

As we ponder what Christlikeness looks like for us, we must also remember Jesus is the One who gave Himself completely and unconditionally for us on the cross (John 3:16). Therefore, we are to continue to grow in Christ by loving and serving each other as Jesus would. Loving one another is the direction in which the Spirit of God moves us toward Christlikeness.

Disciples are called to love one another by spurring each other on, loving God piously and loving others with sacrificial acts of mercy (Hebrews 10:24). Here in Wesley Methodist Church, we encourage you to serve Christ by offering life-giving friendships in Small Group and serving in the various church ministries.

May you experience the prayer of the Apostle Paul: that as Christ dwells in your heart through faith, you may have the power through the Holy Spirit, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge – that you may be filled to the measure of all the fullness of God! (Eph 3:16-19)



¹Thompson, A. C. (Ed.). (2014). *A Plain Account of Christian Perfection as Believed and Taught by Mr. John Wesley from the Year 1725 to the Year 1777*. Seedbed Publishing. <https://asburyseminary.edu/wp-content/themes/asburyseminary/books/Christian-Perfection.pdf>

WESLEY DISCIPLESHIP MODEL

By **David Mok**, *Chairperson, Discipleship & Nurture*



Your spiritual well-being matters. Here at Wesley, we are very interested in your spiritual growth. It is this concern of your faith growth that a framework of discipleship was prepared. The Wesley Discipleship Model (WDM) is a holistic approach to discipleship developed with the discernment of disciple-making teachings from the Bible and John Wesley's application of the scriptures. The ultimate aim is to form and sustain a Christ-like spirit in us, so that we will love our God with all our heart, soul, strength and mind and love our neighbour as ourselves.

WDM recognises that we need different faith environments (or catalysts) to grow fully. Hence the WDM is not a linear model but a dynamic and spirit led concept of spiritual growth. It allows the Holy Spirit to guide us through different growth seasons of our lives. The application of WDM is simple. We just need to seek our Lord and avail ourselves to all the five faith environments for the holistic formation of our spirit. The balanced approach of our head, heart, and hands will help us avoid a lop-sided development of our Christian faith. The five faith-growing environments are **Significant Circumstances, Scriptural Obedience, Spiritual Relationships, Spiritual Disciplines** and **Sacrificial Service**, or **CORDS** for short. In availing ourselves to the equipping sessions and activities in the CORDS environments, we will discover the wonderful and fulfilling life that God has intended for us individually and collectively!

To equip you in your life-long journey of faith and enable you to develop your God-given talents for works of service in God's Kingdom, the church and Discipleship & Nurture (D&N) committee has assembled many courses and events across all the CORDS environments for you to participate in. You will find information of these courses on our church website and other communications media.

Becoming a disciple does not happen in a moment. It is a lifelong journey of intentionally following the footsteps of Christ that leads to personal transformation. God has created each one of us in our own unique way. As such, all of us will have our own distinct faith journey in God's time and pace. Our response is simply to take the next step!

WHAT IS C.O.R.D.S.?



SIGNIFICANT CIRCUMSTANCES

I Want To Experience God's Transforming Love

Significant Circumstances are defining moments of great joy or deep pain. Whether you grow closer to or further away from God during these times depends on how you interpret the circumstances. When you interpret those significant moments with a biblical perspective, they will lead you to a positive experience of God's transforming love.

Take the Next Step:

- o Do a course on Spiritual Formation
- o Attend a Spiritual Retreat



SCRIPTURAL OBEDIENCE

I Want To Be Transformed By God's Word

God's Word is critical in your training in righteousness. It is not merely the intellectual understanding of the Scripture that transforms you, but your response to God's Word in practice that does.

Take the Next Step:

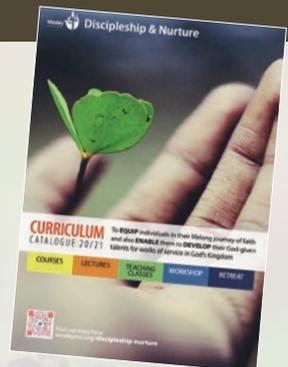
- o Attend a lecture
- o Sign up for a Bible study course



Discipleship & Nurture Ministry offers a comprehensive curriculum and resources that cater to members of different levels of spiritual maturity and needs.

Click on link for Curriculum Catalogue:

wesley.sg/dn_curriculum



**R****SPIRITUAL RELATIONSHIPS**

I Want To Experience Love And Fellowship in God's Community

It is in the context of relationships that you are best able to live out the commands found in the Scriptures and be challenged to grow in Christlikeness. It is also in relationships that you receive encouragement, inspiration and guidance to live a life worthy of God's calling.

Take the Next Step:

- o Join a Small Group
- o Make spiritual friendships

**D****SPIRITUAL DISCIPLINES**

I Want To Be More Like Jesus

Drawing from our rich Christian heritage, the Scriptures and example of Christ, we see the crucial role of spiritual disciplines in the formation of our spirit. The Spiritual disciplines are not marks of discipleship in themselves but means of placing you in the 'pathway' of the Holy Spirit's transforming power.

Take the Next Step:

- Practise the daily disciplines of of prayer and reflection
- Spend time with God in silence and solitude



S**SACRIFICIAL SERVICE****I Want To Serve God And Serve Others**

Whether it is serving on a missions trip or serving the poor in our community, ministry work changes you. When you serve sacrificially, it stretches your faith and often leads to a deeper experience of the goodness and greatness of God for others and yourself.

Take the Next Step:

- o Invite someone to a worship service or Alpha
- o Serve where there is a need



TAKE A SPIRITUAL HEALTH CHECK

Examine yourselves to see whether you are in the faith; test yourselves. Do you not realise that Christ Jesus is in you – unless of course, you fail the test? And I trust that you will discover that we have not failed the test.

2 Corinthians 13:5-6



Each year, many of us go through a physical check-up, a performance review at our workplace, or perhaps a financial health check. But how often do we take time to review our spiritual life? For our spiritual health, we ought to regularly check to see if we are living out a transformed life orientated towards God; the kind of life God meant for us to live.

Instructions

The Spiritual Health Check offers you a snapshot of your spiritual health. The purpose is to help you identify the faith environments that you are strong in and those that you would like to grow in.

1. Prayerfully ask God to guide you in your evaluation of your relationship with Him.
2. Ask the Holy Spirit to reveal the faith environments where He desires you to grow in.
3. Reflect on each question and answer as honestly as possible.
4. Score 3 for Always, 2 for Most of the time, 1 for Sometimes and 0 for Never.
5. Total up the score per faith environment in the scorecard on page 15.

Click here to do your Spiritual Health Check online: wesleymc.org/spi-health-check

Click here to contact us: discipleshipnurture@wesleymc.org

SIGNIFICANT CIRCUMSTANCES (C)

1. I seek God first in crisis/problem/unexpected (trials and tribulations).	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never
2. I believe that God has the best plan for me and trust in His perfect timing.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never
3. I have faith that God is in control even during times of uncertainty.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never
4. I have faith that God is in control even when I do not understand why bad things happen.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never
5. I surrender my worries to God and trust Him to take care of things for me.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never
6. I know that God has a purpose to work all things (even the bad) out for my good.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never
7. I believe trials and tribulations serve as opportunities for me to obey God as He moulds my character.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never
8. I seek to discern God's lessons for me in my trials.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never

Score to Always (3), Most of the time (2), Sometimes (1), Never (0)

SCRIPTURAL OBEDIENCE (O)

1. I spend time in God's Word daily.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never
2. I make life's decisions based on God's Word.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never
3. I confess and repent when my actions contradict God's commandments.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never
4. I read and study the Bible in order to have a better understanding of God and His plan for my life.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never
5. I obey God's Word even when I do not feel like it.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never
6. I believe God's Word can inform and transform me.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never
7. I believe the Bible is still relevant today and is able to address my needs.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never
8. I obey God's Word out of gratitude for His love, not from guilt or fear.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never

Score to Always (3), Most of the time (2), Sometimes (1), Never (0)

SPIRITUAL RELATIONSHIPS (R)

1.	I am actively involved in a small group.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never
2.	I have a godly mentor to help me grow in my walk with Christ.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never
3.	I have brothers and sisters-in-Christ to hold me accountable for my actions.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never
4.	I value and welcome input on areas for spiritual growth in my life.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never
5.	I own up to my faults and humbly ask for forgiveness from those I have wronged.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never
6.	I make an effort to build and strengthen spiritual friendships with my fellow brothers and sisters-in-Christ.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never
7.	I value others for their qualities and accomplishments instead of focusing on their flaws and failures.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never
8.	I am aware of and attempt to satisfy the needs of my fellow brothers and sisters-in-Christ.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never

SPIRITUAL DISCIPLINES (D)

1.	I pray for the church and other people.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never
2.	I spend time in silence and solitude to discern God's will.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never
3.	I set aside time daily for prayer to have conversations with God.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never
4.	I budget my money to give God first, out of joy and worship, not obligation.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never
5.	I tithe by setting aside a portion of my income to give to the ministry of the church.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never
6.	I have a sense of awe and wonder for God through practice of Spiritual Disciplines.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never
7.	I gather with other believers to attend worship services (online/on site) weekly.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never
8.	I make time daily for reflection – to give thanks for God's blessings and repent of any wrongdoing.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never

Score to Always (3), Most of the time (2), Sometimes (1), Never (0)

SACRIFICIAL SERVICE (S)

1. I feel prepared to talk to other people about the gospel.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never
2. I am not ashamed or afraid to share the gospel.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never
3. I invite friends to our Worship services/Alpha	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never
4. I participate in missions and outreach initiatives of the church.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never
5. I make an effort to conduct my life in such a way that others can see Christ in me.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never
6. I serve with my spiritual gifts, passion and abilities, to fulfil God's purpose.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never
7. I serve without grumbling or frustration.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never
8. I serve even if it puts me out of my comfort zone.	<input type="radio"/> Always	<input type="radio"/> Most of the time	<input type="radio"/> Sometimes	<input type="radio"/> Never

Score to Always (3), Most of the time (2), Sometimes (1), Never (0)

SPIRITUAL HEALTH CHECK

Score Card



SIGNIFICANT CIRCUMSTANCES (C)

SCRIPTURAL OBEDIENCE (O)

SPIRITUAL RELATIONSHIPS (R)

SPIRITUAL DISCIPLINES (D)

SACRIFICIAL SERVICE (S)

SPIRITUAL HEALTH CHECK

ACTION PLAN

Take Charge Of Your Spiritual Growth!

Sustaining a healthy spiritual life requires an intentional and disciplined effort. It is important for Christians to take ownership of our discipleship as we strive for a healthy spiritual life. This is so that we can experience the transformative power of God and run a good race for and with Him. God has created us uniquely and each of us has our own individual faith journey in God's time and pace. Wesley Methodist Church's approach to discipleship recognises this fluidity and as such has provided flexible and varied spiritual growth opportunities for you.

We suggest you work on the faith environment with the lowest score or on the one the Holy Spirit may be nudging you to consider.

ACTION PLAN

1. For each faith environment in the Spiritual Health Check, we have provided a list of recommended actions categorised into three levels:
 - o Step Out
 - o Walk On
 - o Run Well
2. Ask God to guide you in choosing the action steps for each faith environment. For example, you may choose to **Step Out** in the faith environment of Spiritual Disciplines but **Run Well** for the faith environment of Scriptural Obedience.
3. Commit your action plan to God and ask the Holy Spirit to do His transformative work in your life.
4. Do not journey alone – partner with a spiritual friend or mentor who is committed to help you follow through with your plans. He/she will encourage and pray with you, as well as help with accountability where needed.



C Recommended Actions Significant Circumstances

Step Out

- Attend Alpha
- Do a Spiritual Formation course e.g. Companions In Christ
- Attend Discipleship (CORDS) workshops
- Practise the daily discipline of *Examen* - reviewing the day's events and seeing where God is working in, through, with and for you as you think about the events that have just happened.

Walk On

- Actions listed in **Step Out**
- Go for "Strangely Warm" Weekends
- Go for a half-day spiritual retreat to spend uninterrupted time with God in silence and solitude
- Journey with a mentor or spiritual friend

Run Well

- Actions listed in **Step Out** and **Walk On**
- Journey with a spiritual director

O Recommended Actions Scriptural Obedience

Step Out

- Do daily Bible reading and reflection through the Bible Reading Drive
- Attend Baptism and Membership Class
- Attend Mid-Week Teaching Series
- Attend Contemporary Issues seminars
- Attend D&N Core Series

Walk On

- Actions listed in **Step Out**
- Do Bible study courses:
 - DISCIPLE 1/2/3/4
 - Precept upon Precept
 - Companions in Christ

Run Well

- Actions listed in **Step Out** and **Walk On**
- Do EQUIP courses at TTC
- Do part-time/full-time theological studies

R Recommended Actions Spiritual Relationships

Step Out

- Make spiritual friendships
- Join a Small Group
- Join a ministry group

Walk On

- Actions listed in **Step Out**
- Start an accountability group
- Have an accountability partner(s) where you commit to meeting in groups of 2 or 3 persons, once a month or whatever frequency which is preferred, to share faith stories and encourage each other in their personal relationship with God

Run Well

- Actions listed in **Step Out** and **Walk On**
- Start a mentoring relationship

Each level is no better than another. It is important to just take the next step at the pace you are able to manage.

D Recommended Actions Spiritual Disciplines

Step Out

- Practise the daily discipline of prayer and reflection
- Join the weekly Wesley Synchronised Prayer to pray for the world, the nation and the church
- Join the monthly Wesley Prayer Service
- Attend worship services (Online/Onsite) weekly (faithfully)
- Commit to regular tithing/offering

Walk On

- Actions listed in **Step Out**
- Practise the daily discipline of Journalling
- Attend Prayer workshops and seminars
- Practise spending time with God in silence and solitude

Run Well

- Actions listed in **Step Out** and **Walk On**
- Practise regular fasting
- Go for full-day or week-long spiritual retreats

S Recommended Actions Sacrificial Service

Step Out

- Attend Discover Your SHAPE workshop
- Reach out to someone in need
- Serve where there is a need
- Connect with and invite someone to a worship service and Alpha
- Engage in evangelism, whether conversational or relational

Walk On

- Actions listed in **Step Out**
- Serve with your SHAPE in Ministries
- Serve in your Small Group
- Conduct Alpha with a non-believer or in your Small Group
- Equip through missions, evangelism workshops and training

Run Well

- Actions listed in **Step Out** and **Walk On**
- Disciple/mentor someone
- Go for missions trips

MY ACTION PLAN SPIRITUAL HEALTH CHECK

My area of growth is: **C**() **O**() **R**() **D**() **S**() *(please tick)*

This year, I will commit to the following actions to grow as a disciple of Christ:

1. _____
2. _____
3. _____

My Spiritual Friend/Mentor who will hold me accountable for my progress is:

Signed, _____

Name: _____





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