

## DIMENSIONS OF DISCIPLESHIP

# *Lifecheck*

Rank each sentence 1-7, with 1 being the lowest and 7 being the highest, then count the total for each Greek character to check your Discipleship Profile.

γ	I provide a space of welcome and hospitality to many different people
γ	I often eat with Christians outside my immediate family
α	I am excited about reading the bible with other people
δ	My physical health never suffers because of the rhythms of my life
δ	Others have commented that I am a person of great prayerfulness
α	The idea of God being my Father is positive and energising
ζ	My service of others never comes with an expectation of being repaid
ζ	I am becoming increasingly aware of my abilities to serve others
γ	Others would say they know God's blessing through me
ζ	I often pray prayers of thankfulness for the good things God has given me
η	There are specific people to whom I recognise God calling me to witness
δ	Whilst I might work hard and play hard, I'm never too busy to pray
ε	When I recognise sin in my life I have someone who I tell to help me deal with it
ζ	The poor would be worse off if I was not living my life as I am
β	I often initiate prayer and love to pray for people, listening to God for them
γ	Asking others for forgiveness and seeking reconciliation is central to my faith
ε	Others would describe me as a humble and self-aware person pursuing purity
β	I often find myself doing things that are only possible by the Spirit's power
β	I understand my spiritual gifts and am comfortable using and developing them

η	I pray very specific prayers for the growth of God's Kingdom
α	I have a regular pattern of personal engagement with the scriptures
ζ	Others find me to be a liberating and encouraging person to be around
β	Being led by the Holy Spirit is a key part of my decision-making process
δ	I can describe recent occasions where God has been speaking to me in suffering
ε	In the face of my own sin, I normally find a way to repent and discover freedom
η	Others are encouraged to share their faith by spending time with me
α	The story of my redemption from sin is central to my identity
γ	I frequently give and receive practical support without anxiety
α	Others look to me for help with their Bible reading
η	I pray regularly for boldness to overcome opposition to my witness
ε	I can tell personal stories of finding freedom from brokenness to encourage others
β	Others would say that my spiritual gifts are being used to build the church
ε	I am quick to recognise specific sin in my life and keen to deal with it
δ	I regularly give God space to meet with me without distractions
η	People are discovering faith in Jesus around me

## MY DISCIPLESHIP PROFILE

	Dimension	Total
$\alpha$ ( <i>alpha</i> )	True Life	
$\gamma$ ( <i>gamma</i> )	Shared Life	
$\delta$ ( <i>delta</i> )	Deep Life	
$\epsilon$ ( <i>epsilon</i> )	Pure Life	
$\beta$ ( <i>beta</i> )	Full Life	
$\zeta$ ( <i>zeta</i> )	Serving Life	
$\eta$ ( <i>eta</i> )	Bold Life	



**MY STRONGEST DIMENSION IS:**

**ONE WAY I CAN USE MY STRENGTH TO ENCOURAGE OTHERS IS:**

**THE DIMENSION REQUIRING MOST GROWTH IS:**

**ONE WAY I WILL LOOK TO GROW STRONGER IN THIS AREA IS:**

# TRUE LIFE

## BEST SCORE

Congratulations! Your strongest sign of life seems to be True Life. This is the ability to live in the truth of who God is - your Father; the truth of who you are - part of His redeemed people; and the truth of the story we live in the coming kingdom of God.

Someone who is strongest in True Life will love opening the Bible in personal and corporate settings, you will often find yourself frustrated if the preacher doesn't really get into the text. One of the main ways that you connect with God is by studying and praying through the Bible and you should look to treasure and continue to develop your routines.

It is easy to let something good slip away. While people might look to you for help in reading and studying the scriptures you would do well to ensure that you keep growing in True Life otherwise your reputation could become a burden!

Maybe look at finding new ways to engage with the scriptures. Think about:

- Getting a new Study Bible - or one where you can record your own notes
- Memorization of extended Bible passages
- Renewing your routine of personal devotions
- Finding someone to keep you accountable and even sharing the journey with you

## WORST SCORE

True Life has received the lowest of your seven scores. This is not a label to carry — we can all grow in any area of life. God is committed to growing this sign of life in you and so it can't be a moment to look for excuses. While True Life involves engaging with Biblical truth it is not limited to those who are literate - much less those with degrees in Biblical languages.

Your challenge is to find a way to engage with the truth of the Scriptures in a way that increasingly allows you to know the freedom of knowing God as Father, know your identity as part of his redeemed people, and the certain hope of his coming kingdom.

Ideas for growing in true life include finding:

- A small group who will help you open the Bible regularly
- A Bible translation (or recording) that you can engage with
- Bible study notes that are presented in a way you can access
- A pattern of Bible reading, meditation or memorization that you can pursue

# SHARED LIFE

## BEST SCORE

Congratulations! Your strongest sign of life seems to be Shared Life. This is the ability to live as one who has open doors in your life — known for your welcome, hospitality and honour; an open heart - seeking forgiveness, honesty and reconciliation; and open hands — practically serving and giving to people in need. Someone who is strongest in Shared Life will often love building community and you will come alive when there people are being increasingly honest and learning to share each other's burdens. You will find yourself frustrated if relationships, church or ministries feel artificial and you feel like you're struggling to get to know people.

One of the main ways that you connect with God is through understanding and practically meeting other people's needs and letting them meet your needs with grace and little expectation of repayment. You should look to pursue and treasure opportunities to further this ensuring that all the while, Jesus is the hero in your heart and you are not!

It is easy to let something good slip away. While people might look to you as someone who is community- minded, you would do well to ensure that you keep growing in Shared Life otherwise your reputation could become a burden!

Maybe look at finding new ways to get yourself in a place where you're experiencing and offering God's love in Christian community. Think about:

- Scheduling meals with people you've never eaten with
- Apportioning some of your income (in addition to other giving) to use in blessing other people
- Taking a lead in sharing your needs and hopes in a vulnerable way in a small group
- Finding someone to keep you accountable to growing in Shared Life

## WORST SCORE

Shared Life has received the lowest of your seven scores. This is not a label to carry - we can all grow in any area of life. God is committed to growing this sign of life in you and so it can't be a moment to look for excuses. While Shared Life is about opening your life - opening doors, being vulnerable and sharing practically -it is not limited to extroverts or any specific personality type in fact.

Different life-circumstances stress different signs of life in different ways. Whatever your situation, your challenge is to find a way to engage with Christian community in a way that increasingly allows you to know the blessing of sharing in God's love. The goal being that you will become more like Jesus in every area of your life. Ideas for growing in Shared life include:

- Finding a small group who will share needs and record prayer requests together
- Investigating ways of sharing hospitality on neutral territory like the church hall, coffee shops etc.
- Ask God to show you someone you might offer forgiveness to & act on it
- A pattern of recording who you feel the Spirit calling you to and how you can serve

# DEEP LIFE

## BEST SCORE

Congratulations! Your strongest sign of life seems to be Deep Life. This is the ability to live your life deeply rooted in the Father's love. This is about relentlessly pursuing God even in the dark moments, it is about knowing the peace of God as a guard on your heart and it is about recognizing the pruning of God for what it is.

Someone who is strongest in Deep Life will often love getting away from other people to spend time alone with their heavenly Father and you will feel most alive when you have had uncontested time alone in the presence of God. Conversely, you will find yourself frustrated if other people are living their lives, or worse, expecting you to live your life out of balance. One of the main ways that you connect with God is through prayerful meditation. You should look to pursue and treasure opportunities to grow in this discipline ensuring that your pursuit of God doesn't slip into legalism or cause you to look down on others who struggle with quiet times.

It is easy to let something good slip away. While people might look to you as someone who is prayerful and peaceful, you would do well to ensure that you keep growing in Deep Life otherwise your reputation could become a burden!

Maybe look at finding new ways to put yourself in a place where discover God's presence in Christian community or new spiritual disciplines. Think about:

- Using your pattern of Sabbath-rest to encourage others to take it seriously
- Connecting with a different (possibly) monastic tradition by utilizing their patterns or models of prayer
- Taking a lead in modelling healthy rhythms of life and often asking God for a health-check
- Finding someone to keep you accountable to growing in Deep Life

## WORST SCORE

Deep Life has received the lowest of your seven scores. This is not a label to carry - we can all grow in any area of life. God is committed to growing this sign of life in you and so it can't be a moment to look for excuses. While Deep Life is about pursuing the presence of God in quiet moments, discovering His peace and His pruning it is not limited to introverts or any specific personality type in fact.

Different life-circumstances stress different signs of life in different ways. Whatever your situation, your challenge is to find a way to connect with the presence of God that increasingly allows you to know His guidance and His correction. The goal being that you will become more like Jesus in every area of your life. Ideas for growing in Deep life include:

- Schedule in your diary so you might be able to 'Divert Daily, Withdraw Weekly and Abandon Annually'
- Find an individual or group who you respect in Deep Life and ask them to share their rhythms
- Follow a pattern of quiet times for a season and record your prayers & reflections
- Ask God to tell you the story of the last season of your life from His perspective

# PURE LIFE

## BEST SCORE

Congratulations! Your strongest sign of life seems to be Pure Life. This is the ability to live your life in increasing freedom from sin. It is all about recognizing sin in your own life, learning quickly and effectively to repent of sin and discover a habit of replacing sin with the opposite behaviour or attitude. Someone who is strongest in Pure Life will often love opportunities to be held accountable by friends and you will feel most alive when you have moments of repentance and discover freedom from sin in new patterns of life. Conversely, you will find yourself frustrated if other people, especially leaders, are living their lives as unaccountable, or worse living as a hypocrite or endorsing those who are. One of the main ways that you connect with God is through prayerful repentance on your own or with others. You should look to pursue and treasure opportunities to grow in corporate repentance, ensuring your pursuit of freedom from sin doesn't slip into legalism or cause you to look down on others who struggle with habitual sin.

It is easy to let something good slip away. While people might look to you as someone who is humble and constantly pursuing holiness, you would do well to ensure that you keep growing in Pure Life otherwise your reputation could become a burden!

Maybe look at finding new ways to help you reflect on God's perspective on your life on your own or with other people. Think about:

- Setting aside time regularly to ask the Spirit to reveal your weakness and sin
- Connecting with a different (possibly) monastic tradition by utilizing their patterns or models of confession
- Taking a lead in sharing your need of forgiveness in a vulnerable way in a small group
- Finding someone to keep you accountable to growing in Pure Life

## WORST SCORE

Pure Life has received the lowest of your seven scores. This is not a label to carry - we can all grow in any area of life. God is committed to growing this sign of life in you and so it can't be a moment to look for excuses. While Pure Life is about recognizing, repenting and replacing sin in your life it is not limited to people who are naturally introspective, puritanical or any specific personality in fact.

Different life-circumstances stress different signs of life in different ways. Your challenge is to find a way to connect with God such that you experience a growing freedom from the sins that so easily entangle us. The goal being that you will become more like Jesus in every area of your life. Ideas for growing in Pure life include:

- Finding someone who will ask for and hear your confessions in confidence - preferably in a mutual relationship
- Trying to pray for God to bless those who need your forgiveness. God will change your heart for them
- Schedule time to ask God to help you reflect on a time period or task. Ask for his perspective
- A pattern of recording your efforts to live in the opposite spirit to your sin

# FULL LIFE

## BEST SCORE

Congratulations! Your strongest sign of life seems to be Full Life. This is the ability to live as one who is filled - and continually being filled by the Holy Spirit; it reflects on your sensitivity to the leading of the spirit - both for yourself and for others; and it is a reflection on your ability to live a life empowered by the spirit - doing things that would be impossible without the Spirit's empowerment.

Someone who is strongest in Full Life will often love corporate prayer and worship. You will find yourself frustrated if the ministry time is cut short or if you sense a lack of freedom to respond to the Spirit in worship. One of the main ways that you connect with God is through praying for others and letting others pray and prophesy over you and you should look to pursue and treasure opportunities to further this without neglecting private times of listening to God for yourself and others.

It is easy to let something good slip away. While people might look to you as someone who is in touch with the Spirit, you would do well to ensure that you keep growing in Full Life otherwise your reputation could become a burden!

Maybe look at finding new habits to get yourself in a place where you're allowing the Spirit to meet you. Think about:

- Starting a new journal — where you record what the Spirit is doing
- Pursuing opportunities to pray for people at church and outside church
- Taking a lead in small group sessions when there is space to pray for each other
- Finding someone to keep you accountable and maybe even sharing the journey with you

## WORST SCORE

Full Life has received the lowest of your seven scores. This is not a label to carry—we can all grow in any area of life. God is committed to growing this sign of life in you and so it can't be a moment to look for excuses. While Full Life involves engaging with the Holy Spirit on an emotional, practical and intellectual way it is not limited to a specific personality type.

Your challenge is to find a way to engage with the Holy Spirit in a way that increasingly allows you to know the filling, leading and empowering of the Spirit such that you will become more like Jesus in every area of your life.

Ideas for growing in Full life include finding:

- A small group who will help you pray to be filled by the spirit regularly
- Opportunities to step out in faith as you pray for people and share scripture with them
- A course (SHAPE or another) which will allow you to identify the spiritual gifts God has given you
- A pattern of recording what you feel the Spirit is saying or doing

# SERVING LIFE

## BEST SCORE

Congratulations! Your strongest sign of life seems to be Serving Life. This is the most incredible sense of being blessed by God to be a blessing to others. It is about a deep knowledge of the riches God has poured on your life, it is about a free and wholehearted release of these riches to the benefit of those around you and it is about discovering the wonderful reward in store for those who pour themselves out on behalf of others.

Someone who is strongest in Serving Life will love seeing other people's situations improve as a result of their service and you will feel most alive as you understand how your efforts are meeting the needs of another. Conversely, you will find yourself frustrated if you run into people who are living for themselves or failing to notice the blessings God has given them. One of the main ways that you connect with God is through serving the poor and those on the margins. You should look to pursue and treasure opportunities to develop skills and spend time with people who you can serve. All the while ensuring that you remain grateful for what God has given you and slow to condemn those Christians who might see service as a lower priority.

It is easy to let something good slip away. While people might look to you as someone who is caring, wholehearted and generous, you would do well to ensure that you keep growing in Serving Life otherwise your reputation could become a burden! Maybe look at finding new ways to pray prayers of thankfulness. Think about:

- Asking the community around you what their specific needs are and organize a response
- Scheduling time out to specifically invest in your gifts - withdraw so you can come back stronger
- Taking a lead in helping your small group to be thankful even in difficult moments
- Finding someone to keep you accountable to growing in Serving Life

## WORST SCORE

Serving Life has received the lowest of your seven scores. This is not a label to carry - we can all grow in any area of life. God is committed to growing this sign of life in you and so it can't be a moment to look for excuses. While Serving Life is about experiencing the generosity of God, serving others freely and discovering how the gifts God's given you can be a blessing to those around you it is not limited to confident extroverts or any specific personality type In fact.

Different life-circumstances stress different signs of life in different ways. Whatever your situation your challenge is to find a way to understand the blessings God's given you in this season such that you might be better able to serve those God is putting around you. The goal being that you will become more like Jesus in every area of your life. Ideas for growing in Serving life include:

- Finding a small group who will encourage you to lead according to your gifts
- Asking five Christians where they think you could best serve the church, write down and it pray over
- Starting to record things that you are thankful to God over a week and sharing them with someone
- Ask a Christian leader you admire to let you serve alongside them for a session or season

# BOLD LIFE

## BEST SCORE

Congratulations! Your strongest sign of life seems to be Bold Life. This is the ability to live your life deeply committed to the joining the work of the Kingdom. This is about joining Jesus mission by understanding our 'sent-ness', sowing the good news by word and deed and as we go suffering faithfully.

Someone who is strongest in Bold Life will love taking any opportunity to make Jesus famous - whether at their own expense or not and you will feel most alive when you have the opportunity to share the gospel with friends you have been praying for. Conversely, you will find yourself frustrated if other people, especially leaders, seem disinterested in evangelism, or worse somehow undermine evangelistic efforts. One of the main ways that you connect with God is through intercessory prayer and seeking God's heart for the growth of His Kingdom. You should look to pursue and treasure opportunities share your faith and encourage others to do so without allowing yourself to look down on others who struggle with Bold Life.

It is easy to let something good slip away. While people might look to you as someone who is bold in sharing their faith, you would do well to ensure that you keep growing in Bold Life otherwise your reputation could become a burden!

Maybe look at finding new ways to put yourself in places where there are plenty of opportunities to share your faith with others - as an individual and as part of a witnessing community. Think about:

- Using unstructured time to ask God who he wants to speak to through you
- Keying a record of moments when you've stepped out in faith - a Bold Life journal perhaps?
- Taking a lead in getting your community to try new ways of sharing faith
- Finding people who will keep you accountable in Bold Life - others who will inspire and challenge

## WORST SCORE

Bold Life has received the lowest of your seven scores. This is not a label to carry - we can all grow in any area of life. God is committed to growing this sign of life in you and so it can't be a moment to look for excuses. While Bold Life is about joining the work of the kingdom even in the face of suffering by going to others as sent people with news to share it is not limited to extroverts or any specific personality type in fact.

Different life-circumstances stress different signs of life in different ways. Whatever your situation, your challenge is to find a way to connect with the work of the kingdom in ways that allows people to see Jesus in you. The goal being that you will become more like Jesus in every area of your life. Ideas for growing in Bold Life include:

- Supporting a team or an individual who is being bolder than you and serving with them as you can
- Practicing sharing your faith or your testimony with other Christians
- Praying for an opportunity to share your faith (pray every day if you dare!)
- Keeping a record of your experiences of sharing your faith - maybe with others