



# GUIDE TO GROW



## SELF-ASSESSMENT FOR MY SPIRITUAL DEVELOPMENT

At Northbrook Church, we value spiritual growth – taking next steps toward God – as a vital component to the “abundant life” God desires for us through Jesus. [John 10:10] We believe it’s healthy to continually DISCOVER God’s love in meaningful ways, GROW in a deep relationship with Him, and SHARE this gift of abundant life with others.

To get the best results from this *personal and private* assessment, simply answer the questions. Next, choose only one or two areas (Discover, Grow or Share) in which you’d like to grow. Then, choose at least one NEXTSTEP to try. Finally, in six months or so, review your assessment, see how you’ve grown, and consider trying another NEXTSTEP.



### DISCOVER: LEARNING THE TRUTH OF WHO GOD IS

- NEXTSTEP**
- Participate in a LifeGroup: Life with Jesus, book 1
  - Visit a website: [biblex.com](http://biblex.com), [biblegateway.com](http://biblegateway.com), [blueletterbible.org](http://blueletterbible.org), or [sermonindex.net](http://sermonindex.net)
  - Get an App: YouVersion Bible

I am growing in my understanding of the character of God the Father, God the Son, and God the Holy Spirit.

strongly agree    
  agree    
  undecided    
  disagree    
  strongly disagree

- NEXTSTEP**
- Read a good book: The Reason for God by Timothy Keller, or Knowledge of the Holy by A.W. Tozer

I understand the seriousness of my sin, Christ’s sacrifice on the cross, and His ongoing work in my life.

strongly agree    
  agree    
  undecided    
  disagree    
  strongly disagree

- NEXTSTEP**
- Read a good book: What’s So Amazing About Grace? by Philip Yancey

I understand that I am unconditionally loved and fully forgiven through Christ; this transforms how I view myself.

strongly agree    
  agree    
  undecided    
  disagree    
  strongly disagree

- NEXTSTEP**
- Read a good book: Victory Over Darkness by Neil Anderson

I have placed my faith in Jesus Christ as my personal Savior.

yes    
  I’m still investigating

- NEXTSTEP**
- Attend a Discover Event: see [nbLIFE magazine](#) or [northbrookchurch.org](http://northbrookchurch.org)
  - Explore this decision with a LifeGroup leader, another believer or a Pastor
  - Read a good book: The Gift of Forgiveness by Charles Stanley
  - Read/complete a study: Breaking Free by Beth Moore
  - If yes, get baptized: make a public declaration of your decision

# GUIDE TO GROW



SELF-ASSESSMENT FOR MY SPIRITUAL DEVELOPMENT

2

## GROW: LEARNING HOW TO LIVE IN RELATIONSHIP WITH GOD

**NEXTSTEP** • Participate in a LifeGroup: [Life with Jesus](#), book 2

I read the Bible every day.



strongly agree

agree

undecided

disagree

strongly disagree

**NEXTSTEP** • Try a devotional: [Our Daily Bread](#)  
• Follow a Daily Bible Reading Plan: [One Year Bible](#)  
• Get an app: YouVersion Bible

I make time every day to pray.



strongly agree

agree

undecided

disagree

strongly disagree

**NEXTSTEP** • Visit a website: [stormieomartian.com](http://stormieomartian.com)  
• Try a devotional: [Jesus Calling](#) by Sarah Young  
• Read a good book: [Too Busy Not to Pray](#) by Bill Hybels, [Face to Face Devotional](#) by Kenneth Boa, or [On the Highroad of Surrender](#) by Frances Roberts  
• Find a Prayer Partner  
• Attend Evening Prayer Time: Wednesdays, 6:30pm at Northbrook

I grow in my relationship with God through other spiritual practices. *\*(see below)*



strongly agree

agree

undecided

disagree

strongly disagree

### \*Definition of a Spiritual Practice:

a believer makes a conscious choice, through the power of the Holy Spirit, to cultivate holy habits. These include solitude, prayer, study, meditation, fasting, confession, fellowship, simplicity, stewardship, sacrifice, worship and celebration, service and witness. As these habits grow, they replace habits of sin, ultimately leading to greater intimacy with Christ.

**NEXTSTEP** • Choose one practice to develop: see list above  
• Participate in a LifeGroup: see [nBLIFE Magazine](#) or [northbrookchurch.org](http://northbrookchurch.org)  
• Read a good book: [Sacred Rhythms](#) by Ruth Haley Barton, [The Life You Always Wanted](#) by John Ortberg, [Celebration of the Disciplines](#) by Richard Foster, or [Practicing the Presence of God](#) by Brother Lawrence

I make changes in my life based on the guidance of the Holy Spirit.



strongly agree

agree

undecided

disagree

strongly disagree

**NEXTSTEP** • Participate in a LifeGroup: Real Life  
• Read a good book: [The Helper](#) by Catherine Marshall or [Whisper](#) by Bill Hybels

I engage in a small group to grow in my knowledge and love of God.

strongly agree     agree     undecided     disagree     strongly disagree

**NEXTSTEP** • Join a LifeGroup: see nbLIFE Magazine or northbrookchurch.org for choices

I understand how my unique life experiences impact my relationship with God and others.

strongly agree     agree     undecided     disagree     strongly disagree

**NEXTSTEP** • Participate in a Healing LifeGroup: Celebrate Recovery, GriefShare or DivorceCare, if applicable

- Read a good book: Streams in the Desert devotional, Emotionally Healthy Spirituality by Peter Scazzerio, or DNA of Relationships by Gary Smalley
- Meet with a Counselor: call Northbrook at 262.628.3142



### LEARNING HOW TO SHARE MY LIFE WITH OTHERS

**NEXTSTEP** • Participate in a LifeGroup: Life with Jesus, book 3

I view my life circumstances and interactions with people as spiritual growth opportunities for myself and others.

strongly agree     agree     undecided     disagree     strongly disagree

**NEXTSTEP** • Read/complete a study: Jonah by Priscilla Shirer

I know how to share my faith and am doing so.

strongly agree     agree     undecided     disagree     strongly disagree

**NEXTSTEP** • Read a good book: Becoming a Contagious Christian by Bill Hybels or Know What You Believe by Paul Little

- Invite family, friend or neighbor to a Discover Event: see nbLIFE Magazine or northbrookchurch.org
- Share my faith with one person within the next 6 months

I encourage others to live for Christ through my words, actions, choices and resources.

strongly agree     agree     undecided     disagree     strongly disagree

**NEXTSTEP** • Read/complete a study: Community Living as the People of God by Scott Nelson  
• Read a good book: Just Walk Across the Room by Bill Hybels

# GUIDE TO GROW



SELF-ASSESSMENT FOR MY SPIRITUAL DEVELOPMENT

I relate to others as I believe Christ relates to me - with love, compassion, kindness and generosity.

▶  strongly agree     agree     undecided     disagree     strongly disagree

- NEXTSTEP** • Observe those around you and respond to their needs  
• Read a good book: Love Does by Bob Goff

I have identified and use my unique gifting and talents.

▶  strongly agree     agree     undecided     disagree     strongly disagree

- NEXTSTEP** • Read a good book: Living Your Strengths by Winseman, Clifton & Liesveld  
• Complete a Spiritual Gifts Assessment: [SpiritualGiftsTest.com](http://SpiritualGiftsTest.com)

I put my faith into action with my family. (They're happy with the time I invest in our relationships & can depend on me.)

▶  strongly agree     agree     undecided     disagree     strongly disagree

- NEXTSTEP** • Participate in a LifeGroup: Family Health or Marriage, if applicable

I put my faith into action in my neighborhood, work, school and church.

▶  strongly agree     agree     undecided     disagree     strongly disagree

- NEXTSTEP** • Practice random acts of kindness  
• Volunteer at Northbrook: e-mail Taylor at [tklopatek@northbrookchurch.org](mailto:tklopatek@northbrookchurch.org)

I choose to serve beyond my normal spheres of influence - locally (southeastern Wisconsin) and globally.

▶  strongly agree     agree     undecided     disagree     strongly disagree

## NEXTSTEP

- Locally... • **Contribute:** nb Clothing Collections, nb Food Pantry, or special collections  
• **Look for Share opportunities:** see nbLIFE Magazine, weekly service folder, [northbrookchurch.org](http://northbrookchurch.org), or meet with Pam Arbeiter  
• **Participate in seasonal giving:** Thanksgiving, Operation Christmas Child, etc.

- Globally... • **Attend a Share Global Weekend or Dinner:** see nbLIFE Magazine or [northbrookchurch.org](http://northbrookchurch.org)  
• **Give to nbMissions Fund:** for nb supported workers & partners  
• **Go on a Short-term Missions Trip:** see nbLIFE Magazine or [northbrookchurch.org](http://northbrookchurch.org)

**REMEMBER:** Please only pick 1 or 2 NEXTSTEPS to try out now. Tuck this personal assessment away someplace safe. You can always review your answers/notes after taking a couple of NEXTSTEPS - and see how you've grown!