

DISCIPLESHIP HEARTBEAT

This sheet serves as a guide for yourself to gauge your discipleship journey. This isn't meant to make you feel judged in any way, but a guide for you to see areas of growth in your personal walk with Christ.

REACH, TEACH, MEND, SEND

REACH

	No	Sometimes			Yes
Am I interacting with people who do not share the same faith as me?	1	2	3	4	5
Am I actively sharing my faith with those around me?	1	2	3	4	5
Am I demonstrating love to everyone, regardless of whether we have different political beliefs, religious beliefs, or lifestyles?	1	2	3	4	5
Am I reaching out to love the least of these, the lost, the broken, and the next generation at any cost?	1	2	3	4	5

TEACH

Am I attending church (in person or online) on a regular basis?	1	2	3	4	5
Am I spending daily time with the Lord (music, reading, prayer, etc)?	1	2	3	4	5
Am I participating in a GROW Group, fellowship group, or book club at the church?	1	2	3	4	5

MEND

Am I repenting of my sins regularly through prayer and the partaking of Communion?	1	2	3	4	5
Am I working towards forgiving others who have hurt me or wronged me?	1	2	3	4	5
Am I forgiving myself for things that I have done in my past that I tend to dwell on?	1	2	3	4	5

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SEND

Am I utilizing the gifts that God has given me to go out and love my neighbor?	1	2	3	4	5
Am I serving as a part of one of the Dream Teams at Eastside?	1	2	3	4	5
Am I encouraging and affirming others in their gifts and talents?	1	2	3	4	5

YOUR HEARTBEAT

13-26

If you landed here, the good news is that you took this inventory and realize that there are some things that you can do to significantly make a difference in your life with God. First, make sure that you choose to have a personal relationship with Jesus and acknowledge your need of Him in your life. The challenging news is that if you stay here, the Bible says that it will be difficult to experience the full life as God intended. If you want to grow in Jesus, choose some of the areas of growth and practice them in your life every day.

27-52

If you landed here the good news is that you have moved in the direction of growing your spiritual life. But there is reason for concern because some spiritual movement can lull a person into complacency and leave a person close to the kingdom of God without actually experiencing the full joy God intended. If you find yourself here, consider what barriers or habits are getting in your way of growing in Jesus. Is there a key issue or area of your life where something is holding you back? If you want to grow your faith life, what is your next step that will move you deeper in your relationship with Jesus?

53-65

For those of you here, you have seen Jesus at work in you. Celebrate His goodness! Bask in His grace and enjoy the wonder of what God has done to bring you to this point. Remember: You will need to keep growing. The track you are on is a great one, but it is important that you not become weary or indifferent and complacent. Continue in the patterns and practices that have brought you to this place so far. Choose some new areas of growth to become a person with even a deeper and bigger faith.