

STUDY ON: SPIRITUAL CHECKLIST

Journey Together 2025 Weekly Sermon Series

Warming Up... (with a quiet reflective activity)... With the printouts, spend some time quietly going through the checklist together, please be as honest as possible! Feel free to clarify any of the points if you find them confusing. If you aren't sure, leave it blank and finish it later after the study discussions.	Aims & Objectives of today's session: - To evaluate and assess, taking stock of where we are with Christ - Assess our journeys in 3 months time!
Reflection as a group 1. What surprised you while you were filling out the checklist? 2. Scripture: Read 2 Timothy 3:16-17, what does these two verses mean? Why is this important for us? 3. What are some excuses we make that prevent us from spending time in God's word? 4. Prayer: Read Matthew 7:7-11, what are the significant verbs presented here? Why is this important to us? 5. Why do we find it difficult to pray? How can we be better at praying more? 6. Fellowship: Read Acts 2:43-47, how is this passage presenting to us a foretaste of what Heaven will be like? 7. What are some practical ways we can prioritise being better committed and invested in each others' lives in LG, church and others? 8. How can we actively take responsibility and be better at improving the quality of our fellowships? What does this look like, practically speaking? 9. Missions: Read Matthew 28:18-20. Why are these verses important? 10. Uncle Kay mentioned in his sermon "Your mission field is where you are" how is this the case for you? 11. How can we actively take responsibility and be better as a church to be more mission-focused? What are some practical things? 12. Of the four items: scripture, prayer, fellowship or missions—which one would you want to see more improvement on, in the next 3 months? Why? Spend some time at the end in pairs/trios praying over these things together.	Prep with the following materials: - Print and staple page 2+3 - Print enough copies for each member - Provide pens for your group Extra notes for the leader: Uncle Kay preached a thorough spiritual checklist to help aid us in our journey. He said we are called to do life together, to pursue Jesus together to love God and love our neighbour, but also to never underestimate the purpose of a good checklist. If you think there are other items to add to the checklist, or things to discuss in your LG, please be sure to discuss it! This study is flexible and can be adapted to suit your LG needs. Please leave space for the Holy Spirit to move, lead and guide! Homework / Challenge for this week Take your checklist home and put it somewhere safe where you'll remember. Set a phone reminder in your schedule to refer to this checklist on the date set in 3 months time. Hopefully there is some improvement! Ending with prayer Our Heavenly Father, help us to strive for your goodness, in our time alone in your Word, in our prayer life, in our fellowship time and in our mission field wherever you have set before us. Help us to rely on You, make you help us grow more in You. We commit our lists to you. Amen.

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- Spend some time quietly filling in the checklist below, score yourself as honest as you possibly can!
0 being non-existent/poor, 5 being committed/excellent,
- Please feel no obligation to show each other your list responses, as it is entirely between you and God, as it wouldn't be good to compare/brag and make others feel insecure if you score yourself or see someone with 5 out of 5 for a lot of them.
- You have the option to share some of the points vocally in your reflection time, but please be mindful that we are all in different seasons, learning or growing or simply being challenged on different things! Other members' checklists will look entirely different to yours!
- The purpose of this checklist is to evaluate where we are on the four things Uncle Kay preached on regarding a spiritual check-up checklist, it is to help us strive for Christ's help to help us improve and score more 5 out of 5 on those things!
- Keep your checklist somewhere safe and somewhere you'll remember, set a reminder and check back in 3 months time about the list to hopefully assess and to see some improvement!

Scripture:	0	1	2	3	4	5
1. How would you score the <i>frequency</i> of your personal quiet time with the Lord?						
2. How would you rate your <i>current</i> commitment level, your time and dedication to reading God's Word?						
3. How would you like your <i>future</i> quiet time commitment level to be, in 3 months time?						
4. How is the quality of your personal quiet time with the Lord, <i>currently</i> ?						
5. How would you like the <i>future</i> quality of your quiet time with the Lord to be improved, in 3 months time?						
6. How would you rate the bible resources you have? (Do you have a good study bible? Good reading plan? Journal? Good game plan?)						
Prayer:	0	1	2	3	4	5
1. How would you score the <i>frequency</i> of your prayer time with the Lord?						
2. How would you rate your <i>current</i> commitment level, your time and dedication to praying to God, <i>alone</i> ?						
3. How would you like your <i>personal</i> prayer life to score, in 3 months time?						
4. How often do you pray <i>with others</i> ?						
5. How would you like praying <i>with others</i> to improve, in 3 months time?						

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Fellowship:	0	1	2	3	4	5
1. How is your <i>attendance</i> at LG?						
2. How would you like to see your LG attendance score improve in 3 months time?						
3. How committed and invested are you to other brothers and/or sisters' spiritual growth and faith journey?						
4. How is the quality of your time spent having fellowship with other believers <i>outside</i> of LG (at church or in other fellowship settings)?						
5. How would you rate the quality of the fellowships you attend?						
6. How would you want the quality rate of fellowships to score in 3 months time?						
Missions:	0	1	2	3	4	5
1. How mission focused are you?						
2. What score would you like to see your mission-focus to be, in 3 months time?						
3. How much do you desire to learn more about missions?						
4. How would you rate your commitment to supporting missionaries/mission work?						
5. How would you like your support to improve, in 3 months time?						
6. How mission focused do you think our church is?						
7. How would you like to see our church be better at mission work, in 3 months time?						

The date in 3 months time will be: _____

I, _____ (print name) want to really prayerfully focus and improve on the following:

Date:

Signed: