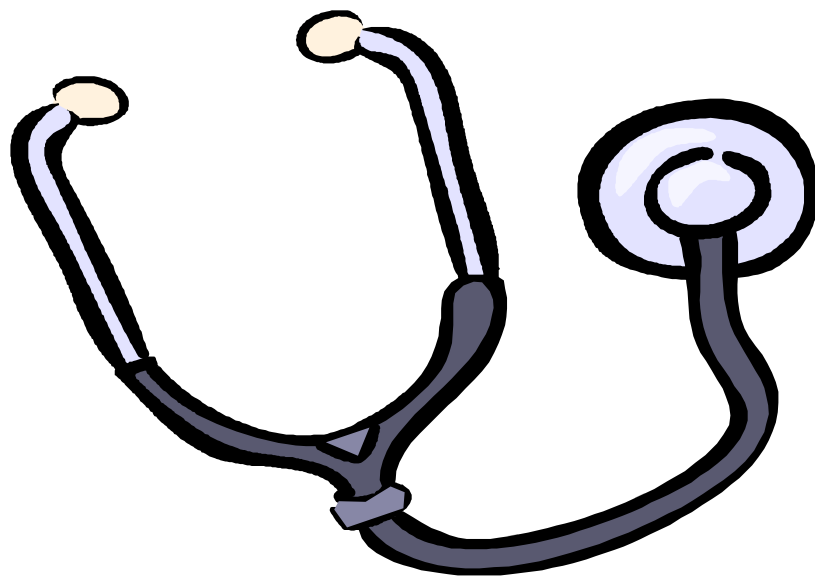


Health Check



and

Personal Growth Plan

For Pastors of the Central Canadian District of
The Christian & Missionary Alliance

CHARACTERISTICS OF A HEALTHY PASTOR

“And Jesus grew in wisdom and stature, and in favour with God and men.” Luke 2:52

SELF ASSESSMENT

Pastor, rate the degree to which you reflect the following indicators of health
(1=low-5=high)

Name: _____ Date Completed: _____

GROWING IN CHARACTER

SPIRITUAL HEALTH

“But grow in the grace and knowledge of our Lord and Savior Jesus Christ.” 1 Peter 3:18

- 1-2-3-4-5 Seek to deepen my love relationship with God through regular times of prayer and Bible reading.
- 1-2-3-4-5 Block out extended times for spiritual enrichment, periodically.
- 1-2-3-4-5 Surrender new areas of my life, regularly, to the rule and reign of Christ.
- 1-2-3-4-5 Experience biblical truth, applying Scripture in the daily routine of my life.
- 1-2-3-4-5 Invest time in listening to God to discern His agenda for my life and ministry.
- 1-2-3-4-5 Expand my capacity to worship God, cultivating a lifestyle of praise and thanksgiving.
- 1-2-3-4-5 Pursue and practice personal holiness and moral purity.
- 1-2-3-4-5 Reflect in action and heart a passion for lost people wherever they are found.
- 1-2-3-4-5 Sense a current call of God to ministry.
- 1-2-3-4-5 Live and lead, out of personal values and mission.

EMOTIONAL HEALTH

“When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put childish ways behind me.” 1 Corinthians 13:11

- 1-2-3-4-5 Anchor my sense of value and significance in God and His unconditional love.
- 1-2-3-4-5 Address issues from the past that are negatively effecting the present.
- 1-2-3-4-5 Examine and ask God to purify my motives.

- 1-2-3-4-5 Grow in my capacity to express positive emotions in appropriate ways to others.
- 1-2-3-4-5 Cooperate with God in allowing pain and failure to refine my character.
- 1-2-3-4-5 Don't take myself or life too seriously.

RELATIONAL HEALTH

"Be devoted to one another in brotherly love." Romans 12:10

- 1-2-3-4-5 Nurture my relationship with my spouse and children, maintaining a healthy balance between ministry and family life responsibilities.
- 1-2-3-4-5 Cultivate long-term, mutually enriching friendships.
- 1-2-3-4-5 Foster honest, authentic relationships with members of my leadership team.
- 1-2-3-4-5 Resolve conflicts in constructive ways, balancing truth and grace.
- 1-2-3-4-5 Develop intentional relationships of support and accountability with ministry peers, participating regularly in a network.
- 1-2-3-4-5 Express genuine care and concern for members of the congregation.
- 1-2-3-4-5 Prioritize the cultivation of friendships with spiritually lost people.
- 1-2-3-4-5 Appreciate and affirm the talents and gifts of others.
- 1-2-3-4-5 Enlist a personal ministry coach and spiritual journey mentor.
- 1-2-3-4-5 Intercede and pray for others consistently, including lost people wherever they are found.

MENTAL HEALTH

"Love the Lord your God with ... all your mind." Matthew 22:37

- 1-2-3-4-5 Demonstrate an attitude of teachability.
- 1-2-3-4-5 Receive correction and grow from it.
- 1-2-3-4-5 Manifest a commitment to life-long learning.
- 1-2-3-4-5 Deepen my grasp of biblical truth and grapple honestly with relevant theological issues.
- 1-2-3-4-5 Develop pure and positive thought patterns.

1-2-3-4-5 Listen and ask good questions.

1-2-3-4-5 Identify and maximize my unique God-made personality, gifting and talents.

PHYSICAL HEALTH

“Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.” 3 John 2

1-2-3-4-5 Maintain a pattern of regular physical exercise.

1-2-3-4-5 Balance rest and work.

1-2-3-4-5 Seek to maintain healthy eating habits.

1-2-3-4-5 Pursue enjoyable recreational activities and enriching hobbies.

1-2-3-4-5 Cope with stress in a constructive manner, establishing appropriate boundaries and margins.

GROWING IN COMPETENCIES

LEAD THE WAY

*“And David shepherded them with integrity of heart; with skillful hands he led them.”
Psalm 78:72*

1-2-3-4-5 Guide church leadership in discerning God’s unique vision for the future.

1-2-3-4-5 Keep the congregation focused on biblical purposes.

1-2-3-4-5 Formulate, in conjunction with the leadership team, priority “next steps” in implementing the church’s vision.

1-2-3-4-5 Evaluate regularly the programs of the church on the basis of their effectiveness in accomplishing biblical purposes.

1-2-3-4-5 Lead appropriate change, calling the congregation to take bold steps of faith.

COMMUNICATE THE WORD

“Preach the Word; be prepared in season and out of season; correct, rebuke, and encourage – with great patience and careful instruction.” 2 Timothy 4:2

1-2-3-4-5 Stimulate the congregation to experience Bible truth by preaching and teaching Scripture with a strong life-application emphasis.

1-2-3-4-5 Equip people to study God’s Word personally and in small groups.

1-2-3-4-5 Provide wise biblical counsel to help people move from brokenness to wholeness.

CULTIVATE COMMUNITY AND MATURITY

“Love one another deeply, from the heart.” 1 Peter 1:22 “Until we all reach unity of the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.” Ephesians 4:13

1-2-3-4-5 Foster the building of authentic, caring relationships among believers.

1-2-3-4-5 Promote fervent individual and corporate prayer.

1-2-3-4-5 Provide opportunities for Christ-exalting, life-transforming worship.

1-2-3-4-5 Design and implement multi-level disciple-making ministries that help stair-step people of all ages toward Christ-like maturity.

1-2-3-4-5 Deal proactively with conflict in a biblical manner, balancing truth and grace.

EQUIP FOR MINISTRY

“Prepare God’s people for works of service.” Ephesians 4:12

1-2-3-4-5 Assist believers in discerning and using their unique God-given gift mix.

1-2-3-4-5 Train people for effective ministry.

1-2-3-4-5 Develop and deploy a variety of ministry teams.

1-2-3-4-5 Invest in a strong leadership team, including Elder Board members.

MOBILIZE FOR OUTREACH – LOCALLY AND GLOBALLY

“Therefore go and make disciples of all nations.” Matthew 28:19

1-2-3-4-5 Promote the cultivation of authentic, caring relationships with unsaved people outside the church.

1-2-3-4-5 Equip believer to share their faith in culturally relevant ways.

1-2-3-4-5 Plan and conduct small and large group outreach events to support individual evangelistic efforts.

1-2-3-4-5 Call people to join Christ in the harvest field in your community expressing God’s love in tangible ways that address practical needs.

1-2-3-4-5 Multiply new converts, new leaders, new ministries and new congregations.

1-2-3-4-5 Challenge people to support Alliance missions through prayer and giving to the Global Advance Fund.

1-2-3-4-5 Involve as many people as possible in short term mission projects in Canada and around the world.

HEALTH SUMMARY

1. Three health indicators you have seen the greatest improvement in during the past year:
 - a)
 - b)
 - c)
2. Three health indicator you want to see improvement in the most during the coming year:
 - a)
 - b)
 - c)

PERSONAL GROWTH PLAN

Name: _____ For the Year: _____

Growth Partner: _____

(Person I will ask to support and help hold me accountable for progress in the following areas)

Network I am currently participating in or plan to join: _____

SPIRITUAL HEALTH GOALS	ACTION STEPS
EMOTIONAL HEALTH GOALS	ACTION STEPS
RELATIONAL HEALTH GOALS	ACTION STEPS

MENTAL HEALTH GOALS	ACTION STEPS
PHYSICAL HEALTH GOALS	ACTION STEPS
LEAD THE WAY GOALS	ACTION STEPS
COMMUNICATE THE WORD GOALS	ACTION STEPS
CULTIVATE COMMUNITY/MATURITY	ACTION STEPS

GOALS	
EQUIP FOR MINISTRY GOALS	ACTIONS STEPS
MOBILIZE FOR OUTREACH GOALS	ACTION STEPS