



REFLECTION TOOLKIT

GROW A HEALTHY CHURCH



STEP ONE

Set aside 45 mins
every 6 weeks



STEP TWO

Ask yourself the
questions listed below



STEP THREE

Write down your answers



STEP FOUR

Take action

REFLECTION QUESTIONS

How's my single life/marital life?

How's my relationships with my kids?

How's my relationships with my friends?

What can I do in the next month to strengthen these relationships?

How's my energy levels?

How's my exercise regime?

What season are we/am I in – spring, summer, autumn, winter?

How's my character and integrity?

How is my goal achievement?

How can I add income streams to my world?

What is the Lord saying to me?

What needs to change in my life to help me hear from Christ?

What brave decisions am I making?

How am I connecting with unchurched people?

What new things am I learning?

What have I learned recently that has helped me grow?

What problem, failure or pressure am I not facing?

What do I need to start doing?

What do I need to stop doing?

John Finkelde

[Grow a Healthy Church](#)