

DISCIPLESHIP INVENTORY REFLECTIONS

Please mark the circle of every item that is true for your life. At some point, someone helped you to learn or grow in one of these areas. This list of items is not all-inclusive, but is provided as a guide to help you reflect on what you have received, and what you can now give away to help others.

IN MY DISCIPLESHIP JOURNEY, SOMEONE...

- ☐ helped me understand how to pray.
- ☐ helped me see how God has made me unique.
- ☐ encouraged me to listen to God's voice.
- ☐ helped me discover and use my spiritual gifts.
- ☐ helped me understand God's heart for me through prayer.
- ☐ modeled for me how to engage in worship music meaningfully.
- ☐ taught me about the spiritual realm.
- ☐ called me out on sin.
- ☐ helped me sacrifice my own preferences for the good of someone else.
- ☐ helped me form a rule of life.
- ☐ helped me align my heart with God's heart.
- ☐ showed me how to spend time with God.
- ☐ showed me how to pursue holiness in my life.
- ☐ helped me understand the purpose of fasting.
- ☐ helped me understand the theology of the body.
- ☐ taught me importance of diet, exercise, rest, and sleep.
- ☐ helped me understand and practice silence and solitude.
- ☐ taught me how to use natural abilities for glory of God.
- ☐ spoke a blessing or prayed for healing over my body.
- ☐ taught me a biblical perspective on sexuality.
- ☐ taught me how to be a good boss/employer.
- ☐ helped me understand the value of Sabbath.
- ☐ taught me worship hymns and songs.
- ☐ showed me how physical postures help with worship.
- ☐ validated my feelings.
- ☐ expressed a shared experience of joy, struggle, trauma, growth, faith, etc.
- ☐ encouraged humility in me.
- ☐ cried with me in a time of need.
- ☐ modeled healthy grieving in a time of loss.
- ☐ shared in a joyful moment together.
- ☐ helped me understand how God was speaking to me through my emotions.
- ☐ modeled for me how to be honest with God.
- ☐ helped me understand my, and other people's, love language.
- ☐ helped me process anger, disappointment, loss, hurt...
- ☐ encouraged me.
- ☐ prayed for healing for my emotions.
- ☐ taught me how to encourage others.
- ☐ taught me how to be gentle with myself and others.
- ☐ asked me questions that helped me reflect on my past, present, and future.
- ☐ was a friend to me when I was lonely.
- ☐ taught me how to read the Bible as a whole.
- ☐ taught me how to read different genres of the Bible.
- ☐ led me through a Bible study.
- ☐ showed me how to lead a Bible study.
- ☐ taught me about theology.
- ☐ taught me how to identify if something is heresy (incorrect theology)
- ☐ taught me about church history.
- ☐ helped me to keep my views while being kind to others with different views.
- ☐ helped me learn how to interpret Scripture.
- ☐ did a book study with me.
- ☐ taught me about evangelism.
- ☐ taught me about apologetics.
- ☐ took me through a class on discipleship.

- ☐ helped me prepare a lesson to teach.
- ☐ showed me different Christian writers.
- ☐ helped me memorize scripture.
- ☐ taught me how to discern between conflicting ideas.
- ☐ helped me see where I spend my time.
- ☐ helped me overcome hard times in my life.
- ☐ shared a devotional with me.
- ☐ helped me understand the character of God.
- ☐ helped me manage my finances in accordance with biblical principles.
- ☐ worked hard with me toward a common goal (training, new skill, etc.).
- ☐ came to my event or game.
- ☐ invited me over to share a meal.
- ☐ helped me learn how to forgive.
- ☐ taught me how to tell my testimony.
- ☐ helped me learn how to articulate the Gospel.
- ☐ showed me how to engage in meaningful conversations.
- ☐ gave me wise counsel in a confusing or difficult time.
- ☐ invited me over for a holiday.
- ☐ invited me to church.
- ☐ went with me on a missions trip.
- ☐ invited me to serve those in need with them.
- ☐ welcomed me into their small group.
- ☐ helped me learn how to lead a group discussion.
- ☐ helped me find community.
- ☐ encouraged me to serve on a team.
- ☐ helped hold me accountable.
- ☐ invited me to be involved in their family.
- ☐ sponsored me in recovery.
- ☐ helped me understand the value of generosity.
- ☐ helped me with my marriage.
- ☐ helped me with my children.
- ☐ helped me in my singleness.
- ☐ taught me a new skill.
- ☐ taught me how to be a good friend.
- ☐ cared for my practical needs.
- ☐ Other: _____

DISCIPLESHIP CONVERSATIONS

As a disciple - one who loves and follows Jesus - we are called by Him to go and make disciples in our neighborhoods and the nations (Matthew 28:19-20).

This happens best as we build relationships by being curious about people's lives and asking good questions:

History (where are you from?)

- What was it like living there?
- What is your faith background?
- What's your experience with church, religion, Christians...?
- Who most influenced your views on God?

Transitions (where are you now?)

- What's going on in life right now?
- Work, school, family, kids, etc?

Principles (how did you get here?)

- How did you get to the place you are in life?
- Why did you go into your job field?
- Who is the spiritual person you most admire?
- Who do you rely on for life or spiritual advice?
- If you could ask God one question, what would it be?

Goals (where are you going?)

- What are your hopes for the future?
- If you could give a million dollars to any charity, who would it be and why?
- What is your expectation of life after death?
- Where will you go when you die?

May these conversations be marked by the love we receive from God and give to one another as we seek to follow Jesus together. (John 13:34-35).



Find resources and next steps to grow in relational discipleship – learning to love like Jesus by giving away what you've received – online at CalvaryLife.org/Disciple