Discipleship Reflection Tool
What's the diagnosis?

As disciples, our end goal is to grow more in the image of Christ—to be more like Him not only in what we do but how we do it, and why we do it. The 'what' we're called to do is vast (though it can be summed up in the Great Commission in Matt. 28:18-20!), but 'how' we do these things is equally as important.

Our greatest command is to love the Lord with all of our heart, our soul, our mind, and our strength (Mark 12:30), in many ways encompassing the 'how' and 'why' of our walk with Christ. This tool is meant to help you self-reflect, to diagnose how you're doing with each discipleship measure, and give direction into which area you want to (or need to) grow more in your pursuit of Jesus. You can use this tool as you reflect on each area you're seeking to grow in Christlikeness (e.g. time in the Word, marriage, serving, community, evangelism, justice, etc.) Be aware, each measure has its own pitfalls if taken to the extreme. Just because you're really strong in an area, doesn't mean you're being like Christ in that way.....strength without heart could turn you into a Pharisee.

Heart
Emotion, Feeling, Countenance.
Do you feel like your heart is alive and activated? Are your emotions involved? Do feelings like joy, excitement, and longing compel you forward in your faith?

Soul
Spirit, Faith, Sacrifice.
Do you sense that your inner being is engaged, moving out of a response to what Christ has already done for you? Are you dying to yourself, serving others, and walking by the Spirit?

Mind
Intellect, Thinking, Analyzing.
Are you acting sober-minded and intentionally? Are you considering the 'how' and 'why' that motivate you as you purposefully and thoughtfully move? Are you engaging logic and reason?

Strength
Actions, Discipline, Obedience.
Do you see yourself living out the commands of God as seen in Scripture? Can you list out tangible, practical ways in which you are demonstrating good works and following in the example of Christ?