



Love God, love others and serve the world.

## Resources for Growing Disciples

# Spiritual Growth Assessment



Which of the following statements best describe where you are in your spiritual life? (select one)

- I have a solid relationship with Jesus that makes a difference in my life.
- I consider myself a Christian even though my faith is not a significant part of my life.
- My relationship with Jesus is the most important one in my life.
- I believe in God, but I've not crossed over the line into a personal relationship with Jesus.
- I've definitely crossed over the line into a personal relationship with Jesus.
- I am just beginning to explore how to grow spiritually.
- I have an intimate relationship with Jesus that influences my daily life.

How would you best describe the current pace of your spiritual growth? (select one)

- I am experiencing a season of rapid spiritual growth.
- I am growing at a moderate but not rapid rate of spiritual growth.
- I am growing at a slow but steady rate of spiritual growth.
- I am content with staying right where I am spiritually.
- I am stalled spiritually.

How often do you engage in these spiritual practices? (circle one for each statement)

Frequently=several times a week; Occasionally=monthly; Rarely=a few times a year

I read the Bible.	Daily	Frequently	Occasionally	Rarely	Never
I reflect on the meaning of scripture in my own life.	Daily	Frequently	Occasionally	Rarely	Never
I write down my spiritual thoughts in a journal.	Daily	Frequently	Occasionally	Rarely	Never
I thank God for who he is and what he's doing in my life.	Daily	Frequently	Occasionally	Rarely	Never
I pray to seek guidance from God for my life.	Daily	Frequently	Occasionally	Rarely	Never
I pray for the concerns of others and the world.	Daily	Frequently	Occasionally	Rarely	Never
I set time aside to be in solitude and listen to God.	Daily	Frequently	Occasionally	Rarely	Never
I give an offering or tithe to honor God.		Weekly	Occasionally	Rarely	Never

Indicate with an X along the continuum to show how strongly you agree or disagree with each statement.

	Strongly Disagree	Strongly Agree
I'm part of a small group that holds me accountable to grow.	<..... .....>	
I give my time to serve and help others in my community.	<..... .....>	
I use my spiritual gifts and abilities to fulfill God's purposes.	<..... .....>	
I want following Jesus to be the priority for my life.	<..... .....>	
I feel equipped to share my faith with my family and others.	<..... .....>	
I study the Bible to know God and find direction for my life.	<..... .....>	

Overall, how satisfied are you with your spiritual growth? (select one)

- Extremely satisfied    Very satisfied    Satisfied    Somewhat satisfied    Somewhat dissatisfied    Dissatisfied

List any areas of growth you would like to explore. Journey Resources are available to help you take next steps.

1. \_\_\_\_\_ Journey Resource \_\_\_\_\_
2. \_\_\_\_\_ Journey Resource \_\_\_\_\_
3. \_\_\_\_\_ Journey Resource \_\_\_\_\_



# Journey Resources — January thru May 2012

*The Journey* is a path of teaching, resources, tools and options designed to help you grow as a disciple of Jesus Christ who will love God, love others and serve the world. These resources have no prerequisites, no check-off list and do not confine you to a linear path because we all begin *The Journey* at different places and with different needs. You may step into any section or choice that best fits you and your plan for growth. To register for any of the classes listed, go to [www.firstmethodistmansfield.org](http://www.firstmethodistmansfield.org), and click on the "Events" tab in the upper right hand corner of the home page.

## Love God

- \_\_\_\_\_ **GPS: Grow Pray Study** – GPS [Grow, Pray, Study] is a daily devotion guide designed to help people engage scripture on a daily basis. This weekly guide also serves as a supplement to our weekend worship experience allowing participants to dig deeper into the themes and emphasis shared in worship. Go to [www.growpraystudy.org](http://www.growpraystudy.org) to explore all the resources available through GPS.
  
- \_\_\_\_\_ **First Connections Class** – A two-week course that will introduce you to First Methodist Mansfield, our history, our mission and what we believe, offered on Wednesdays, January 11/18, February 1/8, March 7/21, April 4/11 and May 2/9. An introduction to *The Journey*, our discipleship teaching and resources, is included. Classes are led by Senior Pastor Mike Ramsdell and Jana Hall, First Connections/Group Life Director.
  
- \_\_\_\_\_ **Basics of Christianity** – This two-week class led by Rev. Mike Ramsdell, Senior Pastor, is for those who are new to their faith or those seeking basic answers to questions about Christian fundamentals. Offered both Wednesday, January 18, and Wednesday, April 18, from 6:30-8:30 p.m. in M-109.
  
- \_\_\_\_\_ **Pause** – Pause is an informal experience of worship designed to be a place to find quiet, to be still and reconnect with God. Led by Rev. David Alexander, Teaching Pastor, Pause will be held on Wednesday, January 18, and Wednesday, May 16, from 6:30-7:30 p.m. in the Chapel.
  
- \_\_\_\_\_ **Dave Ramsey's Financial Peace University** – This 13-week class led by Ray Harrell is a life-changing program that teaches you how to make the right decisions with your money. You'll be empowered with the practical skills and confidence needed to achieve your financial goals and experience true financial peace. A free preview class is being offered Tuesday, January 24, at 6:30 p.m. in M-109. The program begins Tuesday, January 31, from 6:30-8:30 p.m. in M-109. The cost for class materials is \$99. Scholarships may be available; registration is required.
  
- \_\_\_\_\_ **A Journey Through the Gospel of Mark** – During the season of Lent, you are invited to join Rev. Sharon Reid, Discipleship/Executive Pastor, for a four-week journey through the Gospel of Mark. Addressing the main themes of Mark's Gospel with particular emphasis on Jesus' journey to the cross, Pastor Sharon will take you through the entirety of Mark's Gospel. It will prove to be a great supplement to your own journey through this sacred season. Join us beginning Wednesday, February 29, from 6:30-7:30 p.m. in the Chapel.
  
- \_\_\_\_\_ **Utilizing GPS for Daily Direction** – This four-week class is taught by our Teaching Pastor, Rev. David Alexander, who writes the GPS most weeks. The class will focus on how to get the most out of this resource. If you are looking for some basic instruction on how to read the Bible and allow it to speak into your life, please join us beginning Wednesday, April 18, from 6:30-7:30 p.m. in the Chapel.

## Love Others

- \_\_\_\_\_ **Group Life Connections** – Small groups are the best place for sustained life-change to occur. In a small group, people study God's Word together, discuss the issues and challenges of life, pray together and care for one another. We want to help you find a small group Bible Study or Sunday School group that is right for you. You can join a group anytime or consider attending the Group Life Launch on Tuesday, January 10, at 6:30 p.m. in *The Loft* to meet other group leaders, join a group or create a new one. We will also have the Couples Group Launch on Wednesday, February 15, at 7:30 p.m. for married couples who want to connect to a group together. A list of small group Bible Studies and Sunday School groups are located at Connection Central, or contact Jana Hall at [janah@firstmethodistmansfield.org](mailto:janah@firstmethodistmansfield.org).

# Journey Resources — January thru May 2012



## Love Others (cont'd)

———— **Community Life** – Community Life provides venues where you can connect and build relationships with people who have similar interests and needs as your own. We offer groups for Men, Women, Married Couples, Young Adults, Single Adults, Senior Adults and individuals interested in Sports and Health. Contact Leslie Waldson, Community Life Coordinator, at [lesliew@firstmethodistmansfield.org](mailto:lesliew@firstmethodistmansfield.org). Here are a few examples of upcoming events:

- I “Still” Do — Our Married Life Community led by Stephanie Gow invites you to join them for a ceremony to renew your marriage vows along with dinner and a reception with music and dancing, Friday, February 17, 6:30-11:00 p.m. at Aristide Event Center.
- Young Adult Community — This group of “20 somethings” led by Krystal Rodgers meets the first Friday of each month from 7:00-9:00 p.m.
- Faith & Friends Bunco — Join our Women’s Community for a fun bunco night on Friday, January 27, from 6:30-9:00 p.m. in *The Loft*.
- 4th Annual Son Run 5K and One-mile Fun Run — Bring your whole family out to participate in our Sports Community’s annual 5K and fun run on April 21.

———— **Sacred Marriage** – This five-week class led by Rev. David Alexander, Teaching Pastor, and Bryan Atkinson L.P.C., Christian Counselor, is designed to help you see the purpose behind God’s holy design of marriage. While this class will not make the issues in your marriage disappear, it will help you to see yourself, your spouse and your marriage in a whole new way. God designed marriage to be a blessing to you, to your spouse and to the entire world. The hope of Sacred Marriage is that we would begin to embrace that dream. Sacred Marriage begins on Wednesday, January 25, from 6:30-7:30 p.m. in the Chapel.

———— **Single & Parenting** – This four-week class led by Tina Schramme, Children and Family Ministries Director, and Rev. Doug Hadley is designed to bring hope to single parents and the unique challenges that are faced. We know single parents deeply desire to do what’s best for their kids, but sometimes it’s all you can do to survive from one day to the next. Single parents from all backgrounds are invited to attend beginning Wednesday, January 25, from 6:30-7:30 p.m. in *The Loft*.

## Serve the World

———— **Serving at First** – This one-hour class prepares you to serve and teaches the basics of our church’s mission, about spiritual leadership and provides Safe Sanctuary training. Following the class, individuals seeking to find a place to serve will receive guidance for next steps. Classes are led by Susan Luttrell, Serving and Outreach Director. Contact Susan at [susanl@firstmethodistmansfield.org](mailto:susanl@firstmethodistmansfield.org).

———— **Serving Our Neighbors** – Consider serving locally with our Wesley Mission Center, Habitat for Humanity, Hands of Christ, ESL classes, Feed by Grace Homeless Ministry, Meals on Wheels or Kairos Prison Ministry. Contact Susan Luttrell at [susanl@firstmethodistmansfield.org](mailto:susanl@firstmethodistmansfield.org).

———— **Mission Trip Experiences** – Consider going out in mission on: (1) the Haiti Mission Trip, May 2-10, as we work with the Methodist Church of Haiti in continued earthquake recovery efforts; (2) the Rwanda Mission Trip, June 19-28, serving with the ZOE Ministry Empowerment Program for AIDS orphans; (3) the Student Ministry Mission Trip, July 8-12; (4) the Joplin Mission Trip, September 22-29, working on the ongoing recovery effort for those affected by the May 2011 tornado. Contact Teresa Sherwood at [teresas@firstmethodistmansfield.org](mailto:teresas@firstmethodistmansfield.org).

Our website shows many other resources, events and opportunities to connect and serve that you might consider in your plan for growth. Go to [www.firstmethodistmansfield.org](http://www.firstmethodistmansfield.org).

# The Journey Team



Here for you — to help you explore resources and take the next step toward spiritual growth.



**Jana Hall, First Connections & Group Life**

Jana welcomes newcomers and new members into the life of First Methodist Mansfield. She also leads Group Life and can help you find the perfect small group Bible study or Sunday School class.

Contact Jana at [janah@firstmethodistmansfield.org](mailto:janah@firstmethodistmansfield.org).



**Leslie Waldson, Community Life**

Leslie is here to help you connect with Community Life, gatherings where you can build relationships with people who have similar interests and needs as your own. She can help you find events for Men, Women, Married Couples, Young Adults, Single Adults, Senior Adults and Sports and Health interests.

Contact Leslie at [lesliew@firstmethodistmansfield.org](mailto:lesliew@firstmethodistmansfield.org).



**Susan Luttrell, Serving and Outreach**

Susan can help you discover just the right place to serve our church, our neighbors or the world. Susan also leads our outreach ministries.

Contact Susan at [susanl@firstmethodistmansfield.org](mailto:susanl@firstmethodistmansfield.org).



**Tina Schramme, Children and Family Ministries**

Tina leads our ministry to children and their families and has tools, knowledge and experience to guide both children and parents in pathways for spiritual growth.

Contact Tina at [tinas@firstmethodistmansfield.org](mailto:tinas@firstmethodistmansfield.org).



**Johnny Brower, Student Ministries**

Johnny leads our ministry to students — middle school to college-age. Johnny has tools, knowledge and experience to guide both students and parents in pathways for spiritual growth.

Contact Johnny at [johnnyb@firstmethodistmansfield.org](mailto:johnnyb@firstmethodistmansfield.org).



**Teresa Sherwood, Mission Ministries**

Teresa offers mission trips and mission experiences in the U.S., Haiti, Mexico and Africa. She develops our mission partnerships throughout the globe such as ZOE Ministry. She also guides the ministry of our Wesley Mission Center.

Contact Teresa at [teresas@firstmethodistmansfield.org](mailto:teresas@firstmethodistmansfield.org).



**Rev. Sharon Reid, Discipleship/Executive Pastor**

Sharon leads the Journey Team and guides our discipleship ministries. She also serves as chief strategist to lead the church and staff in accomplishing the mission of the church — to make disciples of Jesus Christ who will love God, love others and serve the world.

Contact Sharon at [sharonr@firstmethodistmansfield.org](mailto:sharonr@firstmethodistmansfield.org).



**Rev. David Alexander, Teaching Pastor**

As Teaching Pastor, David is the primary contributor for GPS and develops online teaching and short-term classes for spiritual growth. He also preaches at our Saturday night, *The Well* and Sunday 5:00 p.m. worship services.

Contact David at [davida@firstmethodistmansfield.org](mailto:davida@firstmethodistmansfield.org).