DIAGNOSTIC TOOLS AND GROWTH RESOURCES

The following tools are designed to help you reflect on your spiritual growth, examine your relationships, and identify practical ways to continue living out the One Another commands. Use them prayerfully, not as a measure of perfection, but as an opportunity to recognize where God is at work and where He is inviting you to grow.

One Another Health Check

Rate each statement from 1 (rarely true) to 5 (consistently true). Do not use your responses to shame yourself or compare your growth with others. Instead, use them to identify areas for prayer, repentance, and support.

Statement	1-5
I am known beyond surface-level conversation by trustworthy believers.	
My love remains active when relationships become inconvenient.	
I take the initiative to honor and include others.	
I notice suffering and respond with practical kindness.	
I can name hurt honestly while moving toward forgiveness.	
I respond to ordinary weakness with humility, gentleness, and patience.	
I both give and receive biblical correction with love	
I use my freedom, gifts, and time to serve.	

Statement	1-5
I ask for help and help carry others' heavy burdens.	
I yield preferences and use authority to serve rather than control	
My words and presence regularly strengthen faith in Christ.	

Relationship Circles

Write down actual names, not ideals. As you reflect, consider whether your relationships are balanced, mutual, and growing.

PEOPLE WHO KNOW ME

Who knows my struggles, fears, temptations, and hopes?

PEOPLE I CARRY

Whose faith or burden am I actively helping strengthen?

PEOPLE WHO CARRY ME

Whom do I allow to help, correct, encourage, and pray for me?

PEOPLE DIFFERENT FROM ME

Who differs from me in age, background, culture, personality, or life experience?

PEOPLE NEEDING REPAIR

What relationships do I need to extend or seek forgiveness, confess wrongdoing, establish boundaries, or pursue reconciliation?

A Simple Conversation Guide

Use these prompts to help guide honest, gracious conversations when care, understanding, or reconciliation is needed.

- **NOTICE** — *"I have noticed..."* State what you observed without exaggeration or assuming someone's motives.
- **ASK** — *"How are you experiencing this?"* Listen before interpreting.
- **OWN** — "*My part in this is...*" Confess without excuses.
- **OFFER** — *"Would it help if I...?"* Give care without controlling.
- **NEXT** — *"What is one wise next step?"* Clarify responsibility, support, and timing.
- **PRAY** — Bring the real situation into the presence of Jesus.

When to Seek Additional Help

Community Groups provide meaningful spiritual friendship and care, but they cannot meet every need or replace professional support when it is necessary. Contact a Chicago West elder or appropriate ministry leader when you need pastoral wisdom, guidance, or coordinated care. Seek qualified professional or emergency help when situations involve abuse, threats, self-harm, violence, addiction withdrawal, serious mental health concerns, medical emergencies, or illegal activity. Do not promise secrecy when someone may be in danger.

30-Day Growth Plan

The *One Another* command I will focus on:

The relationship in which I will practice it:

My weekly action:

The person who will ask me about it:

What I will pray for God to change in me: