

# Personal Health Plan

*Loving God - Loving All People - Following Christ Together*  
[mission]

*To be a healthy biblical community: creating irresistible and transformational environments, connecting people with Christ, experiencing wholeness and holiness locally and globally.*  
[vision]

Spiritual Health Plan for \_\_\_\_\_ I will share my plan with  
\_\_\_\_\_ who will be my spiritual partner to help me to  
*love God, love all people and follow Christ together?*

Purposes	Practices	Partnership	Progress
Which of the 3G's is out of balance?	What do I need to do?	What is my next step?	Who will help me?

## Gather

- **fellowship**

How I scored myself \_\_\_\_\_

How my friend scored me \_\_\_\_\_

- **worship**

How I scored myself \_\_\_\_\_

How my friend scored me \_\_\_\_\_

## Grow

- **discipleship**

How I scored myself \_\_\_\_\_

How my friend scored me \_\_\_\_\_

## Go

- **ministry**

How I scored myself \_\_\_\_\_

How my friend scored me \_\_\_\_\_ YpsiFree • Transforming Adult Environments • Small Groups • March 2015

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- **mission**

How I scored myself \_\_\_\_\_

How my friend  
scored me \_\_\_\_\_

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