



THE HEART OF A LEADER

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Spiritual Formation Domains...

- Corporate Domain – Spiritual formation requires the corporate engagement of fellow believers where everyone can experience the transformative outcomes of life-on-life ministry. The corporate domain of spiritual formation encourages engagement in the spiritual formation practices of service, unity, encouragement, learning, worship, and equipping.
- Relationship Domain – Spiritual formation necessitates deep friendships wherein individuals counsel one another, pray for one another, uphold one another, hold one another accountable, spur one another toward spiritual growth, and challenge one another in the areas of the mind, heart, and ministry. The relationship domain focuses on side-by-side relationships of three to four individuals engaged in deep friendship.
- Discipline Domain – The transformative process of spiritual formation assumes the disciplined actions of believers engaged in spiritual exercises historically proven in their significance to being about spiritual growth. Spiritual disciplines are formation catalysts drawn from the imperatives of Scripture and deployed as spiritual conditioning to train the heart, mind, and body for godliness.
- Gap Domain – The spiritual formation of believers requires a concerted effort to form the heart by identifying formation gaps and bridging them with God's truth to grow in Christlikeness (awaken, admit, ask, act).
- Rest Domain – While much of spiritual formation is active, it also necessitates the practice of self-restraint and abstention in personal rest.

The spiritual formation domains intersect one another, and when utilized concurrently, they supplement and strengthen one another.

Spiritual Formation Environments...

- The Group Environment – *“And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.”* (Hebrews 10:24–25)
- Micro-Group Environment – *“Him we proclaim, warning everyone and teaching everyone with all wisdom, that we may present everyone mature in Christ. For this I toil, struggling with all his energy that he powerfully works within me.”* (Colossians 1:28–29)
- Individual Environment – *“Rather train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.”* (1 Timothy 4:7b–8, ESV)

How: (*Domains Engaged*)

Group Environment –

- Study the Word Corporately (*Corporate, Discipline, Gap, Rest*)
- Serve Together (*Corporate, Discipline*)
- Enable Group Accountability (*Corporate, Discipline*)
- Practice Corporate Prayer (*Corporate, Discipline, Rest*)
- Engage in Worship and Celebration (*Corporate, Discipline*)

Micro-Group Environment –

- Foster Accountability (*Relationship, Discipline, Gap*)
- Foster Authenticity (*Relationship, Discipline, Gap*)
- Group Prayer (*Relationship, Discipline, Rest*)
- Gap Identification (*Relationship, Gap*)

Individual Environment –

- Set Spiritual Goals (*Corporate, Relationship, Discipline, Gap, Rest*)
- Implement Spiritual Disciplines (*Corporate, Relationship, Discipline, Gap, Rest*)
- Quarterly Self-Assessment (*Corporate, Relationship, Discipline, Gap, Rest*)
- Self-Identify Gaps (*Relationship, Discipline, Gap*)
- Engage in Personal Bible Study (*Discipline*)
- Foster in an Active Prayer Life (*Discipline*)
- Participate in Intentional Rest (*Discipline, Gap, Rest*)

Accountability Question Bank

“Accountability can serve as our best friend, even when we don’t want that friend around. It’s like a chaperone for life—always in the room with us, but tucked discreetly in the corner. We submit to accountability when we have a passion to please God, to avoid moral failure, or to avoid wasting the years through neglect and sloth. Accountability means submitting ourselves to at least one other person. That individual has permission to ask any question and keep us honest about life.” ~ Bill Hull¹

1. Tell me about your Bible reading and how it has impacted your life this week.
2. What passage of Scripture are you meditating on this week? Why?
3. What are you currently struggling with this week?
4. Who have you talked to about the Lord this week?
5. How is your heart working?
6. How are you fostering intimacy in your prayer life?
7. Do you enjoy your prayer life?
8. What are you learning?
9. What is going on in your world?
10. How is your energy level? At home? At work?
11. What is God teaching you?
12. What are you currently working on?
13. What is going really well for you right now?
14. What is not going so well and how can we help?
15. What does your time with the Lord look like right now?
16. How are you personally participating in church life?
17. What passages are you memorizing right now?
18. How are you developing your personal leadership skills?
19. Who are you mentoring right now?
20. How’s your relationship with your spouse?
21. How’s your relationship with your children?
22. Have you allowed any person or circumstance to rob you of your joy recently?
23. How’s your work life and family life balance?
24. What are you doing to ensure you get enough rest?
25. How do you spend your spare time?
26. How have you seen God be faithful recently?
27. What new stressors are entering your life?
28. How can I pray for you?
29. How can we help you grow in your walk with the Lord in the days ahead?
30. What have you not told us that you should?
31. What should I have asked that I haven’t?

¹ Hull, The Complete Book of Discipleship, 30-31. See also Hendricks, "Foreword," in *Foundations of Spiritual Formation: A Community Approach to Becoming Like Christ*.

Quarterly Personal Assessment Question Bank

“The value of many of these questions is not in their profundity, but in the simple fact that they bring an issue or commitment into focus. For example, just be articulating which person you most want to encourage this year is more likely to help you remember to encourage that person than if you hadn’t considered the question.”

~ Donald Whitney²

1. Do I have an increased thirst for God’s presence?
2. Do I have an increased love for God and others?
3. Do I have an increased awareness and confession of personal sin?
4. Do I have an increased willingness to forgive others?
5. Do I have an increased desire to implement the disciplines of the faith?
6. Do I have an increased concern for the spiritual well-being of others?
7. What is one thing I can do this quarter to increase my enjoyment of God?
8. What am I asking God to do that is beyond me (requires God to be God)?
9. What is one thing I can do this quarter to increase the quality of my family life?
10. What spiritual discipline do I need to focus on this quarter?
11. How do I waste time, and what will I do about it this quarter?
12. For whose salvation am I praying for right now?
13. What can I do this quarter to improve my prayer life?
14. What area of my life needs to be simplified?
15. Am I consciously or unconsciously creating the impression that I am better than I really am? In other words, am I a hypocrite?
16. Am I honest in all my acts and words, or do I exaggerate?
17. Am I a busybody or do I break people’s confidence?
18. Am I trustworthy?
19. Am I self-conscious, self-pitying, or self-justifying?
20. Do I give God time to speak to me through His Word every day?
21. When did I last speak to someone else about my faith?
22. Do I pray about the money I spend?
23. Do I get to bed on time and get up on time?
24. Am I being disobedient in any are of my life?
25. Do I insist upon doing something about which my conscience is uneasy?
26. Am I defeated in any part of my life?
27. Am I proud, jealous, impure, critical, irritable, or touchy?
28. Is there anyone whom I fear, dislike, disown, criticize, hold a resentment toward or disregard? If so, what am I doing about it?
29. Do I grumble or complain constantly?
30. Assess your eating and exercise habits this quarter.

² Donald Whitney, “10 Questions to Ask at the Start of a New Year on Your Birthday,” Center for Biblical Spirituality, accessed October 30, 2017, <http://biblicalspirituality.org/10-questions-to-ask-at-the-start-of-a-new-year-or-on-your-birthday/>.