



**SEVEN QUESTIONS TO PROVOKE
WHOLE-LIFE, ACCOUNTABLE
DISCIPLE-MAKING**

The Hebrew word for peace is '*Shalom*'.

It's a word which speaks about the wholeness that God alone brings - wellbeing, human flourishing in every aspect of life – physically, mentally, emotionally, relationally, spiritually etc. What does this mean when it comes to growing as disciples? It means that we should talk about the whole of life, exploring together how Jesus wants to bring transformation to the whole person. Here are some catalytic questions that will provoke, challenge and inspire someone in their walk with God, embracing this whole-life approach.

Each of the 7 questions provokes you to think about your own growth and the growth of those you are discipling. If you have honest conversations on a regular basis about these questions - setting some goals - keeping accountable - then you and those you're discipling WILL grow in faith in life. So what are you waiting for?

SPIRITUALLY: What has God been speaking to you about, and what are you doing about it? (E.g. through prayer, bible reading, worship and silence) and how are you applying it?

EMOTIONALLY: What practical and prayerful steps are you taking to address your character flaws? Looking beneath the surface of your emotional health. How are you inviting the Holy Spirit to bring healing and Wholeness to this area?

PHYSICALLY: What are you doing to cultivate good physical health?
E.g. rest, exercise, diet?

MENTALLY: How are you protecting your mind from unhelpful thoughts and images?

RATIONALLY: What decisions are you facing, that need wisdom from God and courage to do the right thing?

RELATIONALLY: How can you improve your relationships with people?
Which relationships require a greater investment of your time, energy, forgiveness etc.?

MISSIONALLY: How are you making a Kingdom impact through words and actions?
(e.g. with family, friends, colleagues, neighbours, strangers, the poor, creation etc.)