GARDEN CITY CHURCH

Wholeness Review

VISION & GOALS

1. What are your goals for this year (spiritually, personally, professionally, relationally, calling/ministry, etc.)?
2. What are you focused on this quarter?
3. What are your key objectives this month?
4. What tasks have you identified this week?

SPIRITUAL DEVELOPMENT

1. What passages of scripture are currently speaking to you?
2. What verses are you memorizing?
3. How is your prayer/fasting/giving/serving (mercy & justice, evangelism & outreach)/communion (bread & wine) life?
4. What encounters with God have you had?
5. What are your rhythms of rest (family time/personal vacations, sabbath, silence, solitude, stillness with the Lord) like?

PERSONAL DEVELOPMENT

1. In what ways did you invest into your personal development/care this month (time management skills, working out, hobbies, therapy/counseling, reading more books, personal goals you took next steps in etc.)?

LEADERSHIP DEVELOPMENT

1. In what ways did you step up/step out as a leader this month among your family, friends, co-workers? (This may look like letting God use you to pray for or encourage others, serving others, holding brothers and sisters around you accountable, taking lead on assignments at your work etc.)
2. Have you read books or watched videos on leadership?

SPIRITUAL WELL-BEING

1. On a scale of 1-10, how would you rate your overall spiritual well-being?
2. Are you speaking the truth of God's word over yourself and life daily?
3. Are you attending church regularly during the week?
4. Are there individuals that you confess your sins to and allow to hold you accountable as you walk towards your spiritual goals?
5. Who are you discipling? How is it going?
6. What goals do you have for your spiritual well-being?

EMOTIONAL WELL-BEING

1. On a scale of 1-10, how would you rate your overall emotional well-being?
2. Are you aware of the emotional wounds God is looking to heal in this season of your life?
3. Are you walking in the peace and joy of the Holy Spirit?
4. What goals do you have for your emotional well-being?

PHYSICAL WELL-BEING

1. On a scale of 1-10, how would you rate your overall physical well-being?
2. Are you eating healthy?
3. Do you exercise regularly?
4. Do you go to bed at a decent time?
5. What goals do you have for your physical well-being?

FINANCIAL WELL-BEING

1. On a scale of 1-10, how would you rate your overall financial well-being?
2. Are you tithing weekly?
3. Are you paying your bills on time?
4. Do you have a budget?
5. Do you have a savings/retirement/investment account?
6. Are you talking to someone about your finances who is a better steward of their finances than you?
7. What goals do you have in your financial well-being?

MENTAL WELL-BEING

1. On a scale of 1-10, how would you rate your overall mental well-being?
2. Are you regularly inviting the Holy Spirit to reveal to you what may be going on in your soul related to your mental health?
3. Have you been isolating yourself from others at work, friends, at church, family?
4. Have you lost interest in activities and pursuits that usually bring you joy and fulfillment?
5. Have you been struggling with anxiety or depression?
6. Have you noticed that you are getting tired easily, losing your appetite easily or having mood swings?
7. What goals do you have for your mental health? Is there someone you are talking to about your mental health goals?

Scripture to combat Fear

- 2 Timothy 1:7
- Deuteronomy 31:8
- Isaiah 43:1
- Isaiah 41:10

Scripture to combat Depression

- Psalm 34:17
- Psalm 42:11
- 2 Corinthians 1: 3-4
- Psalm 40: 1-3 1

Scripture to combat Anxiety

- Philippians 4:6-7
- Jeremiah 29:11
- John 14:27

Scripture to combat Perfectionism

- Galatians 1:10
- Psalm 18:32
- 1 John 1:9

VOCATIONAL WELL-BEING

1. On a scale of 1-10, how would you rate your overall vocational well-being?
2. Do you show up to work on time? Are you honorable and submissive to your boss?
3. Do you see your job as worship unto the Lord? Do you work with a spirit of excellence in all that you do? (Colossians 3:23-24)
4. Do you look for opportunities to release the Kingdom of God in your workplace?

5. Do your boss and co-workers see God's nature and character in you daily? (Beatitudes - Matthew 5:3-8; Fruit of the Spirit - Galatians 5:22-23)
6. What goals do you have in your vocational well-being?

INTELLECTUAL/IMAGINATION/CREATIVITY WELL-BEING

1. On a scale of 1-10, how would you rate your overall creative well-being?
2. Are you exercising your creative skills regularly? (Writing, drawing, painting, photography, cooking, building things, spending time in nature, playing instruments, etc.)
3. What goals do you have in this area?

SOCIAL & RELATIONAL WELL-BEING

1. On a scale of 1-10, how would you rate your overall social and relational well-being?
2. Are you taking time to intentionally build, strengthen, & repair relationships with family & friends?
3. What goals do you have in your relationships?

LIVING A LIFE OF SONSHIP

1. Are you living to bring glory to God (John 17:1-4,, magnifying the beauty and majesty of Jesus Christ (Revelation 5:12), walking in the Holy Spirit (Galatians 5:16) in all you do?
2. Are you living your life in agreement/alignment, in proactive partnership with God? - Your Heavenly Father, who desires to give the nations to Jesus as His inheritance/possession (Psalm 2), to restore the Garden of Eden to usher in New Jerusalem (Revelation 21-22), for the fullness of His Kingdom to come to earth as it is in heaven (Matthew 6:9-13)?
3. Are you living your life from the awareness of being a child of God (Romans 8:14-17), a co-heir of Jesus Christ (Reve, and your fellowship with Holy Spirit (2 Cor. 13:14)?
4. Are you living your life from the awareness of being a royal (king) priest, hosting the presence of God and walking in the authority of His government (Exodus 19:6, 1 Peter 2:9, Revelation 5:8-10)?
5. When you go to bed do you measure the success of your day by whether or not you & loved God and loved people? - (Matthew 22:37-38), being the evidence of the gospel of the Kingdom (Matthew 6:9-10, Romans 14:17, Luke 17:21), its power and compassion (Matthew 10:1-8, Matthew 25:31-46)
6. From the place of communion with Jesus (Psalm 27:4), community with the body of Christ (John 17:20-23) are you cultivating every sphere that you have influence for Kingdom of Heaven (Mark 4:26-29) and the return of the Bridegroom King (Revelation 22:17)?