

# COMMUNITY HEALTH EXERCISE

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Most people are not aware of their own lives. It takes either crisis or vacation to create the space for people to pause and evaluate what they are doing with their lives and why. This is only magnified in community. Most communities do not have intentional conversations about how they are doing as a gospel community on mission, how they are growing, and how they sense God inviting them to grow in the coming season.

This exercise will help your community have that conversation and gain awareness in how you are engaging the communal disciplines of prayer, learning, serving, etc. Start with prayer and ask the Holy Spirit to guide you. Ask Him to show you how you are spending your time together as a community, areas where you are strong and healthy, and areas He wants to grow and strengthen you as a community. Hopefully, the discussion then moves toward why and what must change to grow in health and be more fully the kind of community God has called you to be.

This is most helpful for a community that has been together for some time. This can also be a great conversation starter at the end of a season together as a missional community (example: end of calendar year or school year), or the beginning of a new season together.

## STEP 1: MAKE A PICTURE

Take a look at the graphic on the next page and each practice listed. Mark on the line how your community is doing in each practice, between being absent (outskirts of the circle) to being very present (middle of the circle). You could also rank each area from 0 (absent) to 5 (very present).

## STEP 2: REFLECT

What do you see in this picture? Are you balanced? What areas has God gifted your community? Celebrate those areas! What areas do you see a lack of engagement? Process why you might be strong in some areas and weak in others. Have a conversation about each item and where you are.

## STEP 3: FOCUS AND MAKE A PLAN

Talk together and seek unity in choosing one area your community may want to take steps to grow. What is scary, difficult, hard, and challenging about pursuing that community practice? What would it look like to take steps in this area? Pray together and ask the Holy Spirit to continue to help you grow as a healthy, vibrant, growing community on mission.



