The Healthy Church Workbook

Nineteen Questions for a Disciple-Making Church

Congregation Edition

J.C. Hoogeveen III

Published by Made The Exchange Media Lab, Michigan.

©2026 by Made The Exchange Media Lab, LLC.

All rights reserved. No part of this book may be reprinted, reproduced, or utilized in any form or by any electronic, mechanical, or other means, now known or hereafter invented, including photography and recording, or in any information storage or retrieval system without permission in writing from the publishers, with the exception of the Healthy Church Assessment, the Church Health Checks, and the Church Action Plan, which may be copied for use within a local church.

Trademark notice: Product or corporate names may be trademarked or registered trademarks and are used only for identification and explanation without intent to infringe.

Scripture references are intended for use with the Holy Bible, New International Version® (NIV®).

Scripture quotations taken from The Holy Bible, New International Version® NIV® Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc. Used with permission. All rights reserved worldwide.

Made The Exchange Media Lab

Michigan

The Healthy Church Workbook

Nineteen Questions for a Disciple-Making Church

Congregation Edition

Table of Contents

How to Use This Workbook----------1
The Healthy Church Assessment----------2
Church Health Profile----------3
Module 1: The Gospel Proclaimed----------4
Module 2: New Believers Nurtured----------9
Module 3: The Word Obeyed----------14
Module 4: Equipped and Gifted----------19
Module 5: Loving One Another----------24
Module 6: Reaching Out----------29
Module 7: Multiplying----------34
Group Ratings Summary----------38
Our Part in the Action Plan----------39
Six-Month Follow-Up----------41
My Obey, Teach, Share Journal----------44
People I Am Praying For----------51

How to Use This Workbook

This workbook is for church members who want to see their church become healthy, disciple-making, and multiplying, and who want to do their part. It is built around nineteen questions, grouped into seven themes. It is designed for small groups that meet weekly in a home or at church. Plan on about 90 minutes for each gathering.

Before Module 1, complete the Healthy Church Assessment in the Start column. Rate the church as you see it, honestly and with love. A healthy church is not built by leaders alone. As you work through each module, ask two questions: How is our church doing? and What is my part?

Each module ends with homework: a five-day reading plan, an Obey, Teach, Share journal, an activity, and a memory verse. After Module 6, retake the assessment in the End column. In Module 7 your group will complete a Group Ratings Summary for church leaders and Our Part in the Action Plan. About six months later, meet for the Six-Month Follow-Up to retake the assessment and review your progress.

Each module includes:

- An opening question or activity
- Read: Scripture passages to study together
- The Questions: two or three of the nineteen assessment questions, with their biblical basis
- Reflection: honest, personal questions
- Something to Think On: a common assumption corrected by Scripture
- Apply It: one concrete step of obedience
- Church Health Check: a page to rate the questions and record evidence
- Homework: assignments and activities for the week

A word before you begin

No church is perfectly healthy. The purpose of this assessment is not to criticize leaders or members, but to see clearly, repent where needed, and take faithful steps forward. Rate with honesty, speak the truth in love (Ephesians 4:15), and pray for your church as you go.

The Healthy Church Assessment

Rate each question from 1 to 5 based on what you see in our church. Complete the Start column before Module 1. After Module 6, rate the church again in the End column. Six months after Module 7, rate it a third time in the 6 Mo column.

1 = Not happening 2 = Rarely 3 = Sometimes 4 = Often 5 = Consistently, with clear evidence

#	Question	Start	End	6 Mo
1	Where and when is the gospel being proclaimed by word and deed?			
2	Where and when are new believers baptized?			
3	Where and how are new believers growing in their ability to surrender and sacrifice for the kingdom?			
4	Where and how are new believers intentionally nurtured and developed?			
5	Where and how are believers willingly investing their financial resources in the kingdom of God?			
6	Is the whole counsel of God being taught with a view toward application, even to the point of church discipline?			
7	How are the leaders equipping and empowering the saints?			
8	How are the saints growing in maturity?			
9	In what ways are the saints growing in unity and love for one another?			
10	How are the saints encouraged to discover and use their spiritual gifts?			
11	What evidence has been shown due to most saints using their gifts properly, according to God's design?			
12	How are relational groups intentionally developed and growing in their love for one another?			
13	How are relational groups lovingly sharing their lives and the gospel with unbelievers, living on mission in the community?			
14	Is prayer continually being offered up for the lost and laborers?			
15	How are leaders of the Great Commission intentionally being developed?			
16	How is worship occurring at the individual level, and is it manifested when the body gathers together?			
17	How are the poor and the least of these intentionally reached for the gospel?			
18	How is the mission of Christ being accomplished locally, regionally, nationally, and globally by members from within the local body?			
19	Where have new churches been planted due to effective discipleship and leadership development?			

Church Health Profile

Add the ratings for each theme. The lowest themes show where our church most needs to grow, and where you may be able to help.

Theme	Questions	Possible	Start	End	6 Months
1. The Gospel Proclaimed	1, 2, 14	15			
2. New Believers Nurtured	3, 4, 5	15			
3. The Word Obeyed	6, 8, 16	15			
4. Equipped and Gifted	7, 10, 11	15			
5. Loving One Another	9, 12, 13	15			
6. Reaching Out	17, 18	10			
7. Multiplying	15, 19	10			
Total	**1-19**	**95**			

Which themes scored lowest? What evidence led to those ratings?

_____
_____
_____
_____

After Module 6: Where did the ratings change? Why?

_____
_____
_____
_____

Module 1

The Gospel Proclaimed

Is the Gospel Going Out?

Activity: Break out into pairs. Each of you shares how you came to faith in Jesus in 2 minutes or less.

Who shared the gospel with you? Where did it happen?

_____
_____
_____
_____
_____

Discuss this in your small group: What are the common themes?

_____
_____
_____
_____

Read

Luke 24:46-48; 1 Corinthians 15:1-4; Matthew 28:19-20; Romans 10:9-15; Luke 10:2-3

Based on these verses, how do you understand what the Bible teaches about proclaiming the gospel?

_____
_____
_____
_____
_____

Discuss this in your small group: What are some common theme words?

_____
_____
_____
_____

Looking at these verses, we can think of a healthy church as one that:

1. Proclaims repentance and forgiveness of sins in Jesus' name to all nations.
2. Holds to the gospel: Christ died for our sins, was buried, and was raised on the third day.
3. Baptizes new believers in Jesus' name for the forgiveness of sins (Acts 2:38).
4. Prays continually for the lost and for laborers, and then goes.

The Questions

Question 1: Where and when is the gospel being proclaimed by word and deed?

Jesus' mission is that repentance for the forgiveness of sins be proclaimed in his name to all nations (Luke 24:46-48). We are to preach the gospel of his death, burial, and resurrection (1 Corinthians 15:1-4) to every creature.

Question 2: Where and when are new believers baptized?

The Great Commission calls us to make disciples as we go and to baptize them in the name of the Father, the Son, and the Holy Spirit (Matthew 28:19-20). The person who accepts Jesus as Savior also accepts him as Lord (Romans 10:9-10), and is baptized in the name of Jesus Christ for the forgiveness of sins (Acts 2:38) in submission and surrender to him.

Question 14: Is prayer continually being offered up for the lost and laborers?

Jesus told his disciples that the harvest is plentiful but the workers are few, so they should ask the Lord of the harvest to send out workers, and then he sent them (Luke 10:2-3). A healthy church consistently looks toward the harvest fields and passionately prays for laborers.

Reflection

How comfortable are you sharing the gospel?

_____
_____
_____
_____
_____

Are there roadblocks that stop you? If so, what are they?

_____
_____
_____
_____
_____

Discuss this in your small group: What insights did you gain from one another?

_____
_____
_____
_____

Something to Think On

Many churches assume the gospel is being proclaimed because it is preached on Sunday morning. But the question is not only whether the gospel is preached from a pulpit; it is where and when the gospel is going out by word and deed into the places where unbelievers live and work. Jesus sent his followers to be witnesses to all nations (Luke 24:46-48). A healthy church can point to specific places and times the gospel is being shared, to new believers being baptized, and to prayer that is continually offered for the lost and for laborers (Luke 10:2). When baptisms are rare, it is often a sign that the gospel is not going out.

Here are some questions we can ask ourselves:

1. When was the last baptism in your church?
2. Where, outside the building, is the gospel being shared?
3. Who in your church prays regularly for the lost by name?
4. Is evangelism a program or a way of life in your church?
5. When did you last share the gospel?

Self-Reflection

Take some time for yourself and answer these questions. Be honest with yourself. Answer these questions from your life perspective, not from the standpoint of having right or wrong answers.

_____
_____
_____
_____
_____
_____
_____
_____

Apply It

Write down the names of three people who do not know Jesus. Start to pray over them every day. Ask the Holy Spirit for an opportunity to share the gospel with one of them this week.

Ask the Holy Spirit to give you the courage to obey. Be ready to share what happened at the next gathering.

Church Health Check: Module 1

Rate each question for our church, as I see it from 1 to 5. Record the evidence you see and what is missing.

Question 1: Where and when is the gospel being proclaimed by word and deed?

Rating (1-5): _____

Evidence we see: _____
_____
_____

What is missing: _____
_____
_____

Question 2: Where and when are new believers baptized?

Rating (1-5): _____

Evidence we see: _____
_____
_____

What is missing: _____
_____
_____

Question 14: Is prayer continually being offered up for the lost and laborers?

Rating (1-5): _____

Evidence we see: _____
_____
_____

What is missing: _____
_____
_____

One step I will take:

_____
_____
_____

Module 1 Homework

Complete this homework before the next gathering.

Daily Reading

- ☐ Day 1: Luke 24:44-49
- ☐ Day 2: 1 Corinthians 15:1-11
- ☐ Day 3: Matthew 28:16-20
- ☐ Day 4: Romans 10:8-15
- ☐ Day 5: Luke 10:1-12

Obey, Teach, Share Journal

After each daily reading, ask the Holy Spirit to teach you the passage. Then answer these questions in the journal pages at the back of this workbook:

1. What does this passage teach about God?
2. What does this passage teach about people?
3. How is God asking me to obey this passage?
4. Whom is God asking me to teach to obey this passage?
5. With whom is God asking me to share the gospel?

Activity

Teach one believer how to share the gospel using your testimony or a simple tool such as the Three Circles. Then go together and share it with someone.

What did you do? What did you learn?

_____
_____
_____
_____

Memory Verse

Luke 10:2 (NIV). Write it out from memory below by the end of the week.

_____
_____
_____

Module 2

New Believers Nurtured

Are New Believers Growing?

When you first came to faith, who helped you grow? What did that person do?

_____
_____
_____
_____
_____

Discuss this in your small group: What are the common themes?

_____
_____
_____
_____

Read

Luke 9:23-24; John 3:3-8; 2 Corinthians 5:17; 1 Thessalonians 2:7-9; Hebrews 5:12-14; Matthew 6:19-21

Based on these verses, how do you understand what the Bible teaches about growing new believers?

_____
_____
_____
_____
_____

Discuss this in your small group: What are some common theme words?

_____
_____
_____
_____

Looking at these verses, we can think of a healthy church as one that:

1. Teaches new believers that following Jesus means denying self and taking up the cross daily.
2. Treats new believers like newborns who need loving, intentional care.
3. Devotes time and love to new believers, as a mother cares for her little children.
4. Teaches believers to invest their resources in God's kingdom, because where their treasure is, their heart will be.

The Questions

Question 3: Where and how are new believers growing in their ability to surrender and sacrifice for the kingdom?

Jesus said that anyone who follows him must deny himself, take up his cross daily, and follow him (Luke 9:23-24). You cannot follow Christ without surrendering everything to him.

Question 4: Where and how are new believers intentionally nurtured and developed?

Scripture pictures salvation as being born again (John 3) and becoming a new creation (2 Corinthians 5:17). A new believer is like a baby who needs nurturing and care to grow spiritually strong (Hebrews 5:12-14). A healthy church intentionally devotes time and loving care to new believers (1 Thessalonians 2:7-9).

Question 5: Where and how are believers willingly investing their financial resources in the kingdom of God?

A healthy church teaches its members to invest financially in God's kingdom. Jesus taught us to store up treasures in heaven, because where our treasure is, our heart will be also (Matthew 6:19-21). Paul says much about this topic (1 Corinthians 16:1-4; 2 Corinthians 8:1-5; 9:6-8).

Reflection

What have you surrendered to follow Jesus? What are you holding back?

_____
_____
_____
_____
_____

Do you view giving as an obligation or as an investment in the kingdom?

_____
_____
_____
_____
_____

Discuss this in your small group: What insights did you gain from one another?

_____
_____
_____
_____

Something to Think On

Many churches celebrate when a person comes to Christ and then leave that new believer to find their own way. Scripture describes salvation as being born again (John 3) and becoming a new creation (2 Corinthians 5:17). Newborns do not raise themselves. Paul cared for the Thessalonians like a mother caring for her little children (1 Thessalonians 2:7). A healthy church has an intentional plan to nurture new believers, to teach them that following Jesus means surrender and sacrifice (Luke 9:23-24), and to help them invest their resources, including their finances, in the kingdom (Matthew 6:19-21).

Here are some questions we can ask ourselves:

1. What happens to a new believer in your church in the first month?
2. Who is responsible for nurturing new believers?
3. Is surrender taught as part of the gospel or as an advanced step?
4. How is generosity taught, and is it modeled by leaders?
5. Whom have you helped grow in the faith?

Self-Reflection

Take some time for yourself and answer these questions. Be honest with yourself. Answer these questions from your life perspective, not from the standpoint of having right or wrong answers.

_____
_____
_____
_____
_____
_____
_____
_____

Apply It

Ask the Holy Spirit to show you one area you have not surrendered. Write it down and pray over it daily. Then reach out to one newer believer and offer to meet with them.

Ask the Holy Spirit to give you the courage to obey. Be ready to share what happened at the next gathering.

Church Health Check: Module 2

Rate each question for our church, as I see it from 1 to 5. Record the evidence you see and what is missing.

Question 3: Where and how are new believers growing in their ability to surrender and sacrifice for the kingdom?

Rating (1-5): _____

Evidence we see: _____
_____
_____

What is missing: _____
_____
_____

Question 4: Where and how are new believers intentionally nurtured and developed?

Rating (1-5): _____

Evidence we see: _____
_____
_____

What is missing: _____
_____
_____

Question 5: Where and how are believers willingly investing their financial resources in the kingdom of God?

Rating (1-5): _____

Evidence we see: _____
_____
_____

What is missing: _____
_____
_____

One step I will take:

_____
_____
_____

Module 2 Homework

Complete this homework before the next gathering.

Daily Reading

- ☐ Day 1: Luke 9:18-27
- ☐ Day 2: John 3:1-21
- ☐ Day 3: 1 Thessalonians 2:1-12
- ☐ Day 4: Hebrews 5:11-6:3
- ☐ Day 5: 2 Corinthians 8:1-15

Obey, Teach, Share Journal

After each daily reading, ask the Holy Spirit to teach you the passage. Then answer these questions in the journal pages at the back of this workbook:

1. What does this passage teach about God?
2. What does this passage teach about people?
3. How is God asking me to obey this passage?
4. Whom is God asking me to teach to obey this passage?
5. With whom is God asking me to share the gospel?

Activity

Meet with a newer believer for coffee or a meal. Ask how they are growing, and pray with them.

What did you do? What did you learn?

_____
_____
_____
_____

Memory Verse

Luke 9:23 (NIV). Write it out from memory below by the end of the week.

_____
_____
_____

Module 3

The Word Obeyed

Is God's Word Producing Obedience and Worship?

How has a passage of Scripture changed the way you live?

_____
_____
_____
_____
_____

Discuss this in your small group: What are the common themes?

_____
_____
_____
_____

Read

Acts 20:25-27; James 1:22-25; Matthew 18:15-17; John 15:1-8; Ephesians 4:15; Romans 12:1-2

Based on these verses, how do you understand what the Bible teaches about obeying God's Word?

_____
_____
_____
_____
_____

Discuss this in your small group: What are some common theme words?

_____
_____
_____
_____

Looking at these verses, we can think of a healthy church as one that:

1. Teaches the whole counsel of God, not only favorite topics.
2. Teaches the Word for obedience, not for information alone.
3. Lovingly calls those who persist in sin to account, as Jesus instructed.
4. Grows to maturity by remaining connected to Christ through Scripture and prayer.
5. Worships with all of life, not only on Sunday.

The Questions

Question 6: Is the whole counsel of God being taught with a view toward application, even to the point of church discipline?

Paul did not shrink back from declaring the whole will of God to the Ephesian church (Acts 20:25-27). James calls us to be doers of the word and not hearers only (James 1:22). A healthy church teaches the Word for the purpose of obedience. When someone is

intentionally disobeying God's Word, the church takes it seriously and calls that person to account (Matthew 18:15-17).

Question 8: How are the saints growing in maturity?

Believers are to grow from immaturity to maturity. The essential method of this growth is connection to the head, Christ, through the Scriptures and prayer (John 15). Speaking the truth in love, we grow up in every way into him who is the head (Ephesians 4:15).

Question 16: How is worship occurring at the individual level, and is it manifested when the body gathers together?

We are to offer our bodies as living sacrifices, holy and pleasing to God, and be transformed by the renewing of our minds (Romans 12:1-2). A healthy church understands that the ultimate form of worship is living for God every hour of every day of every year.

Reflection

How much of what you hear taught do you obey?

_____
_____
_____
_____
_____

What does your worship look like Monday through Saturday?

_____
_____
_____
_____
_____

Discuss this in your small group: What insights did you gain from one another?

_____
_____
_____
_____

Something to Think On

Many churches measure their health by the quality of the Sunday sermon or the music. Paul did not hesitate to proclaim the whole will of God (Acts 20:27), and James warns that hearing without doing is self-deception (James 1:22). A healthy church teaches the Word with a view toward application, even to the point of loving church discipline when someone is intentionally disobeying God's Word (Matthew 18:15-17). Maturity comes from staying connected to Christ, the vine (John 15). Worship is not limited to a gathering; it is living for God every day, which then overflows when the body gathers (Romans 12:1-2).

Here are some questions we can ask ourselves:

1. Are there parts of Scripture your church avoids?
2. How do you know whether teaching is producing obedience?
3. How does your church handle a member who persists in sin?
4. What daily practices keep you connected to Christ?
5. Is worship in your church mostly an event or a way of life?

Self-Reflection

Take some time for yourself and answer these questions. Be honest with yourself. Answer these questions from your life perspective, not from the standpoint of having right or wrong answers.

_____
_____
_____
_____
_____
_____
_____
_____

Apply It

Choose one passage from this module. Study it, obey it, and teach it to one person this week.

Ask the Holy Spirit to give you the courage to obey. Be ready to share what happened at the next gathering.

Church Health Check: Module 3

Rate each question for our church, as I see it from 1 to 5. Record the evidence you see and what is missing.

Question 6: Is the whole counsel of God being taught with a view toward application, even to the point of church discipline?

Rating (1-5): _____

Evidence we see: _____
_____
_____

What is missing: _____
_____
_____

Question 8: How are the saints growing in maturity?

Rating (1-5): _____

Evidence we see: _____
_____
_____

What is missing: _____
_____
_____

Question 16: How is worship occurring at the individual level, and is it manifested when the body gathers together?

Rating (1-5): _____

Evidence we see: _____
_____
_____

What is missing: _____
_____
_____

One step I will take:

_____
_____
_____

Module 3 Homework

Complete this homework before the next gathering.

Daily Reading

- ☐ Day 1: Acts 20:17-35
- ☐ Day 2: James 1:19-27
- ☐ Day 3: Matthew 18:15-20
- ☐ Day 4: John 15:1-17
- ☐ Day 5: Romans 12:1-8

Obey, Teach, Share Journal

After each daily reading, ask the Holy Spirit to teach you the passage. Then answer these questions in the journal pages at the back of this workbook:

1. What does this passage teach about God?
2. What does this passage teach about people?
3. How is God asking me to obey this passage?
4. Whom is God asking me to teach to obey this passage?
5. With whom is God asking me to share the gospel?

Activity

Read Acts 20:17-35 with your family or a friend. Talk about what it means to teach and obey the whole counsel of God.

What did you do? What did you learn?

_____
_____
_____
_____

Memory Verse

James 1:22 (NIV). Write it out from memory below by the end of the week.

_____
_____
_____

Module 4

Equipped and Gifted

Is Every Member Doing the Ministry?

What gift do you think God has given you? Where are you using it?

_____
_____
_____
_____
_____

Discuss this in your small group: What are the common themes?

_____
_____
_____
_____

Read

Ephesians 4:11-16; Romans 12:3-8; 1 Corinthians 12:4-27; Ephesians 2:10

Based on these verses, how do you understand what the Bible teaches about equipping and spiritual gifts?

_____
_____
_____
_____
_____

Discuss this in your small group: What are some common theme words?

_____
_____
_____
_____

Looking at these verses, we can think of a healthy church as one that:

1. Has leaders whose primary role is to equip the saints for the work of ministry.
2. Helps every member discover and use the gifts Christ has given them.
3. Grows and builds itself up in love as each part does its work.
4. Believes each person was created for good works that God prepared in advance.

The Questions

Question 7: How are the leaders equipping and empowering the saints?

In a healthy church, the pastor sees his primary role as equipping and training the saints to do the ministry. Christ gave apostles, prophets, evangelists, pastors, and teachers to equip his people for works of service and to build up the body of Christ (Ephesians 4:11-12).

Question 10: How are the saints encouraged to discover and use their spiritual gifts?

Paul devoted three chapters to this subject (Romans 12; 1 Corinthians 12; Ephesians 4). One of a church's highest goals should be helping every believer discover and use their gift. This also serves as an assessment: when most members are using their gifts, the church is likely healthy; when only a few are, it is not.

Question 11: What evidence has been shown due to most saints using their gifts properly, according to God's design?

The whole body, joined and held together by every supporting ligament, grows and builds itself up in love as each part does its work (Ephesians 4:16). Christ wants his children to be active, and he has a specific plan for them (Ephesians 2:10).

Reflection

Are you mostly a receiver of ministry or a doer of ministry?

_____
_____
_____
_____
_____

What keeps you from using your gift?

_____
_____
_____
_____
_____

Discuss this in your small group: What insights did you gain from one another?

_____
_____
_____
_____

Something to Think On

In many churches, the pastor does the ministry and the members receive it. Paul says Christ gave leaders to equip his people for works of service (Ephesians 4:11-12). In a healthy church, the pastor sees equipping as his primary role, and members are helped to discover and use their gifts. This can serve as an assessment: when most members are using their gifts, the church is likely healthy; when only a few are, it is not. When each part works properly, the body grows and builds itself up in love (Ephesians 4:16).

Here are some questions we can ask ourselves:

1. What percentage of your church is actively using its gifts?
2. How are gifts discovered in your church?
3. Do leaders spend more time doing ministry or equipping others to do it?
4. What evidence shows the body is building itself up?
5. What gift has Christ given you, and where are you using it?

Self-Reflection

Take some time for yourself and answer these questions. Be honest with yourself. Answer these questions from your life perspective, not from the standpoint of having right or wrong answers.

_____
_____
_____
_____
_____
_____
_____
_____

Apply It

Ask two people who know you well what gift they see in you. Then take one step this week to use it in the body.

Ask the Holy Spirit to give you the courage to obey. Be ready to share what happened at the next gathering.

Church Health Check: Module 4

Rate each question for our church, as I see it from 1 to 5. Record the evidence you see and what is missing.

Question 7: How are the leaders equipping and empowering the saints?

Rating (1-5): _____

Evidence we see: _____
_____
_____

What is missing: _____
_____
_____

Question 10: How are the saints encouraged to discover and use their spiritual gifts?

Rating (1-5): _____

Evidence we see: _____
_____
_____

What is missing: _____
_____
_____

Question 11: What evidence has been shown due to most saints using their gifts properly, according to God's design?

Rating (1-5): _____

Evidence we see: _____
_____
_____

What is missing: _____
_____
_____

One step I will take:

_____
_____
_____

Module 4 Homework

Complete this homework before the next gathering.

Daily Reading

- ☐ Day 1: Ephesians 4:1-16
- ☐ Day 2: 1 Corinthians 12:1-31
- ☐ Day 3: Romans 12:3-13
- ☐ Day 4: Ephesians 2:1-10
- ☐ Day 5: 1 Peter 4:7-11

Obey, Teach, Share Journal

After each daily reading, ask the Holy Spirit to teach you the passage. Then answer these questions in the journal pages at the back of this workbook:

1. What does this passage teach about God?
2. What does this passage teach about people?
3. How is God asking me to obey this passage?
4. Whom is God asking me to teach to obey this passage?
5. With whom is God asking me to share the gospel?

Activity

Serve in one area of the church this week where you have never served. Note what you learned about your gifts.

What did you do? What did you learn?

_____
_____
_____
_____

Memory Verse

Ephesians 4:11-12 (NIV). Write it out from memory below by the end of the week.

_____
_____
_____

Module 5

Loving One Another

Is Love Visible?

Activity: Break out into small groups. Each person names someone in the church who has loved them well and what that person did. You will have 3 minutes per person.

Would an outsider describe our church as a loving place? Why or why not?

_____
_____
_____
_____
_____

Discuss this in your small group: What are the common themes?

_____
_____
_____
_____

Read

John 13:34-35; Matthew 22:37-39; Acts 2:42-47; Romans 12:9-13; 1 Peter 4:8-10

Based on these verses, how do you understand what the Bible teaches about love within the body and toward neighbors?

_____
_____
_____
_____
_____

Discuss this in your small group: What are some common theme words?

_____
_____
_____
_____

Looking at these verses, we can think of a healthy church as one that:

1. Loves one another as Jesus has loved us, so all people know we are his disciples.
2. Practices the one another commands in close, relational groups.
3. Gathers in homes for teaching, fellowship, breaking bread, and prayer.
4. Lives on mission together, sharing life and the gospel with neighbors, friends, and coworkers.

The Questions

Question 9: In what ways are the saints growing in unity and love for one another?

Jesus gave a new command: love one another as he has loved us. By this everyone will know that we are his disciples (John 13:34-35). A healthy church creates this loving environment.

Question 12: How are relational groups intentionally developed and growing in their love for one another?

Jesus commanded us to love one another (John 13:34) and to love our neighbor as ourselves (Matthew 22:39). Churches should develop a strategy that accomplishes both commands in a single structure. We cannot practice the one another commands without close interaction, and the place where this happens most naturally is in the homes of believers.

Question 13: How are relational groups lovingly sharing their lives and the gospel with unbelievers, living on mission in the community?

In the early church, believers gathered in homes and lived on mission together (Acts 2:42-47). They prayed for and shared their lives with their friends, neighbors, and coworkers. A healthy church encourages evangelism to occur naturally in the context of relationships.

Reflection

Who in the church knows you well?

_____
_____
_____
_____
_____

Whom could you love more intentionally this week?

_____
_____
_____
_____
_____

Discuss this in your small group: What insights did you gain from one another?

_____
_____
_____
_____

Something to Think On

Many churches believe they are loving because they are friendly on Sunday morning. Jesus said everyone will know we are his disciples by our love for one another (John 13:35). That kind of love cannot be practiced without close interaction. The early church met together in homes and shared life, and the Lord added to their number daily (Acts 2:42-47). A healthy church intentionally develops relational groups that love one another and love their neighbors, so evangelism happens naturally in the context of relationships.

Here are some questions we can ask ourselves:

1. Would an outsider describe your church as loving?
2. Where are the one another commands being practiced?
3. Who knows you well enough to care for you in a crisis?
4. Is your group focused inward or living on mission?
5. Which unbelieving neighbor, friend, or coworker is your group praying for?

Self-Reflection

Take some time for yourself and answer these questions. Be honest with yourself. Answer these questions from your life perspective, not from the standpoint of having right or wrong answers.

_____
_____
_____
_____
_____
_____
_____
_____

Apply It

Invite someone from the church into your home for a meal this week. Ask how you can pray for that person.

Ask the Holy Spirit to give you the courage to obey. Be ready to share what happened at the next gathering.

Church Health Check: Module 5

Rate each question for our church, as I see it from 1 to 5. Record the evidence you see and what is missing.

Question 9: In what ways are the saints growing in unity and love for one another?

Rating (1-5): _____

Evidence we see: _____
_____
_____

What is missing: _____
_____
_____

Question 12: How are relational groups intentionally developed and growing in their love for one another?

Rating (1-5): _____

Evidence we see: _____
_____
_____

What is missing: _____
_____
_____

Question 13: How are relational groups lovingly sharing their lives and the gospel with unbelievers, living on mission in the community?

Rating (1-5): _____

Evidence we see: _____
_____
_____

What is missing: _____
_____
_____

One step I will take:

_____
_____
_____

Module 5 Homework

Complete this homework before the next gathering.

Daily Reading

- ☐ Day 1: John 13:31-35
- ☐ Day 2: Acts 2:42-47
- ☐ Day 3: Romans 12:9-21
- ☐ Day 4: Matthew 22:34-40
- ☐ Day 5: 1 John 4:7-21

Obey, Teach, Share Journal

After each daily reading, ask the Holy Spirit to teach you the passage. Then answer these questions in the journal pages at the back of this workbook:

1. What does this passage teach about God?
2. What does this passage teach about people?
3. How is God asking me to obey this passage?
4. Whom is God asking me to teach to obey this passage?
5. With whom is God asking me to share the gospel?

Activity

With your group, list the one another commands you find in the New Testament and choose one to practice together this week.

What did you do? What did you learn?

_____
_____
_____
_____

Memory Verse

John 13:34-35 (NIV). Write it out from memory below by the end of the week.

_____
_____
_____

Module 6

Reaching Out

Whom Are We Reaching?

Who in our community could never repay you? How could you share the love of Jesus with them?

_____
_____
_____
_____
_____

Discuss this in your small group: What are the common themes?

_____
_____
_____
_____

Read

Luke 4:18-19; Luke 14:12-14; James 2:14-17; Matthew 25:34-40; Acts 1:8

Based on these verses, how do you understand what the Bible teaches about reaching the poor and the nations?

_____
_____
_____
_____
_____

Discuss this in your small group: What are some common theme words?

_____
_____
_____
_____

Looking at these verses, we can think of a healthy church as one that:

1. Follows Jesus' mission to bring good news to the poor, the prisoner, the blind, and the oppressed.
2. Ministers to those who cannot repay.
3. Shows its faith through deeds as well as words.
4. Sends its own members locally, regionally, nationally, and globally.

The Questions

Question 17: How are the poor and the least of these intentionally reached for the gospel?

Jesus' mission statement should be our guide: good news to the poor, freedom for the prisoners, sight for the blind, and freedom for the oppressed (Luke 4:18-19). Because of our love, a healthy church ministers to those who cannot repay.

Question 18: How is the mission of Christ being accomplished locally, regionally, nationally, and globally by members from within the local body?

Jesus said we would receive power when the Holy Spirit comes and would be his witnesses in Jerusalem, Judea, Samaria, and to the ends of the earth (Acts 1:8). The Lord wants us to go locally and globally. A healthy church works on a plan to accomplish this with the disciples in the local church.

Reflection

Whom have you served this month who could not repay you?

_____
_____
_____
_____
_____

Where is God sending you: across the street, across the region, or across the world?

_____
_____
_____
_____
_____

Discuss this in your small group: What insights did you gain from one another?

_____
_____
_____
_____

Something to Think On

Many churches focus their resources on the people already in their building, or they leave the poor and the nations to organizations and missionaries. Jesus' mission statement included good news for the poor and freedom for the oppressed (Luke 4:18-19). He told his disciples they would be his witnesses in Jerusalem, Judea, Samaria, and to the ends of the earth (Acts 1:8). A healthy church reaches the least of these with the gospel, not only with aid, and has a plan to send its own members locally, regionally, nationally, and globally.

Here are some questions we can ask ourselves:

1. Whom in your community could never repay your church?
2. Does your church reach the poor with the gospel, or only with aid?
3. Where is your church's Jerusalem, Judea, Samaria, and ends of the earth?
4. Who from your church has been sent out?
5. Where is God asking you to go?

Self-Reflection

Take some time for yourself and answer these questions. Be honest with yourself. Answer these questions from your life perspective, not from the standpoint of having right or wrong answers.

_____
_____
_____
_____
_____
_____
_____
_____

Apply It

Serve one person this week who cannot repay you. Look for an opportunity to share the gospel with them.

Ask the Holy Spirit to give you the courage to obey. Be ready to share what happened at the next gathering.

Church Health Check: Module 6

Rate each question for our church, as I see it from 1 to 5. Record the evidence you see and what is missing.

Question 17: How are the poor and the least of these intentionally reached for the gospel?

Rating (1-5): _____

Evidence we see: _____
_____
_____
_____

What is missing: _____
_____
_____
_____

Question 18: How is the mission of Christ being accomplished locally, regionally, nationally, and globally by members from within the local body?

Rating (1-5): _____

Evidence we see: _____
_____
_____
_____

What is missing: _____
_____
_____
_____

One step I will take:

_____
_____
_____

Module 6 Homework

Complete this homework before the next gathering.

Daily Reading

- ☐ Day 1: Luke 4:14-21
- ☐ Day 2: Luke 14:12-24
- ☐ Day 3: James 2:1-17
- ☐ Day 4: Matthew 25:31-46
- ☐ Day 5: Acts 1:1-11

Obey, Teach, Share Journal

After each daily reading, ask the Holy Spirit to teach you the passage. Then answer these questions in the journal pages at the back of this workbook:

1. What does this passage teach about God?
2. What does this passage teach about people?
3. How is God asking me to obey this passage?
4. Whom is God asking me to teach to obey this passage?
5. With whom is God asking me to share the gospel?

Activity

Serve together with your group in your community this week, and pray together for the people you serve.

What did you do? What did you learn?

_____
_____
_____
_____

Memory Verse

Acts 1:8 (NIV). Write it out from memory below by the end of the week.

_____
_____
_____

Before the next session, retake the Healthy Church Assessment in the End column and update your Church Health Profile.

Module 7

Multiplying

Is the Church Reproducing?

Activity: Each person shares the theme in the Church Health Profile where they see the most need.

Who invested in you so that you could help someone else grow?

_____
_____
_____
_____
_____

Discuss this in your small group: What are the common themes?

_____
_____
_____
_____

Read

2 Timothy 2:1-2; Matthew 16:18; Acts 13:1-3; Acts 14:21-23; Titus 1:5

Based on these verses, how do you understand what the Bible teaches about developing leaders and planting churches?

_____
_____
_____
_____
_____

Discuss this in your small group: What are some common theme words?

_____
_____
_____
_____

Looking at these verses, we can think of a healthy church as one that:

1. Entrusts what it has learned to reliable people who will teach others.
2. Develops leaders for the mission, not only mature disciples.
3. Trusts Jesus to build his church.
4. Reproduces by planting new churches through effective discipleship and leadership development.

The Questions

Question 15: How are leaders of the Great Commission intentionally being developed?

Paul told Timothy to be strong in grace and to entrust what he had heard to reliable people who would be able to teach others (2 Timothy 2:1-2). A healthy church does not just develop growing and maturing disciples; it also develops leaders for the mission.

Question 19: Where have new churches been planted due to effective discipleship and leadership development?

Jesus said he will build his church, and the gates of Hades will not overcome it (Matthew 16:18). For almost two thousand years, the church has been the force of world evangelism. Ultimately, the test of whether a church is healthy is whether it is reproducing. A healthy, growing, maturing body should be birthing new churches.

Reflection

Who invested in you?

_____
_____
_____
_____
_____

Whom are you investing in?

_____
_____
_____
_____
_____

Discuss this in your small group: What insights did you gain from one another?

_____
_____
_____
_____

Something to Think On

Many churches measure health by attendance and growth in one location. Jesus said he will build his church (Matthew 16:18), and for almost two thousand years the church has been the force of world evangelism. Paul told Timothy to entrust what he had heard to reliable people who would teach others (2 Timothy 2:2). A healthy church develops leaders for the Great Commission, and the ultimate test of health is whether it is reproducing. A healthy, growing, maturing body should be birthing new churches.

Here are some questions we can ask ourselves:

1. How many generations of disciples can your church trace?
2. Whom are you developing as a leader right now?
3. When did your church last help plant a new church?
4. What would it take to send out some of your best leaders?
5. What is your next step to reproduce?

Self-Reflection

Take some time for yourself and answer these questions. Be honest with yourself. Answer these questions from your life perspective, not from the standpoint of having right or wrong answers.

_____
_____
_____
_____
_____
_____
_____
_____

Apply It

Complete Our Part in the Action Plan. Choose one person you will invest in, and set a time to meet.

Ask the Holy Spirit to give you the courage to obey. Be ready to share what happened at the next gathering.

Church Health Check: Module 7

Rate each question for our church, as I see it from 1 to 5. Record the evidence you see and what is missing.

Question 15: How are leaders of the Great Commission intentionally being developed?

Rating (1-5): _____

Evidence we see: _____
_____
_____
_____

What is missing: _____
_____
_____
_____

Question 19: Where have new churches been planted due to effective discipleship and leadership development?

Rating (1-5): _____

Evidence we see: _____
_____
_____
_____

What is missing: _____
_____
_____
_____

One step I will take:

_____
_____
_____

Group Ratings Summary

Group leader: add each member's ratings for each theme and divide by the number of members to find the group average. Give this page to your church leaders so they can compare the congregation's view with the leadership team's view in their Health Snapshot.

Theme	Possible	Group average Start	Group average End	Our group's comments
1. The Gospel Proclaimed	15			
2. New Believers Nurtured	15			
3. The Word Obeyed	15			
4. Equipped and Gifted	15			
5. Loving One Another	15			
6. Reaching Out	10			
7. Multiplying	10			
Total	**95**			

Number of members who completed the assessment: _____

Group leader: _____

Date given to church leaders: _____

What do we want our church leaders to hear from our group?

_____
_____
_____
_____

Our Part in the Action Plan

A healthy church is built by every member doing their part (Ephesians 4:16). As a group, choose one priority from the Church Health Profile. Then decide your own part.

Prayer of Commitment

> *Lord Jesus, you are the head of the church. Thank you for placing me in this body. Show me my part. Give me courage to share the gospel, to love my brothers and sisters, to use the gifts you have given me, and to invest in others who will invest in others. Build your church through us. In your name I pray, Amen.*

Our Group's Priority

Question number and theme: _____

Current rating: _____

Target rating in six months: _____

Action steps: 1. _____

2. _____

3. _____

Group member who will lead it: _____

Start date and check-in date: _____

My Part

The question where I can help most: _____

My next step: _____

The person I will invest in: _____

The person who will hold me accountable: _____

We will meet on (date): _____

Signed: _____

Module 7 Homework

Complete this homework before the next gathering.

Daily Reading

- ☐ Day 1: 2 Timothy 2:1-7
- ☐ Day 2: Acts 13:1-3; 14:21-28
- ☐ Day 3: Titus 1:5-9
- ☐ Day 4: Matthew 16:13-20
- ☐ Day 5: Acts 19:8-10

Obey, Teach, Share Journal

After each daily reading, ask the Holy Spirit to teach you the passage. Then answer these questions in the journal pages at the back of this workbook:

1. What does this passage teach about God?
2. What does this passage teach about people?
3. How is God asking me to obey this passage?
4. Whom is God asking me to teach to obey this passage?
5. With whom is God asking me to share the gospel?

Activity

Meet with the person you chose to invest in. Share one thing you have learned in this study.

What did you do? What did you learn?

_____
_____
_____
_____

Memory Verse

2 Timothy 2:2 (NIV). Write it out from memory below by the end of the week.

_____
_____
_____

Six-Month Follow-Up

Give Careful Thought to Your Ways

Are We Growing?

Meet again about six months after Module 7. Before this gathering, retake the Healthy Church Assessment in the 6 Mo column and update the Church Health Profile. Bring Our Part in the Action Plan.

What has changed in your life and in our church since we finished this study?

_____
_____
_____
_____
_____

Discuss this in your small group: What are the common themes?

_____
_____
_____
_____

Read

Haggai 1:5-7; Lamentations 3:40; 2 Corinthians 13:5; Revelation 2:1-5; Philippians 1:6

Based on these verses, how do you understand what the Bible teaches about examining our ways?

_____
_____
_____
_____
_____

Looking at these verses, we can think of a healthy church as one that:

1. Gives careful thought to its ways instead of assuming all is well.
2. Examines and tests its ways and returns to the Lord.
3. Remembers its first love and does the things it did at first.
4. Trusts that God will carry on to completion the good work he began.

Compare Your Ratings

Compare the Start, End, and 6 Months totals in the Church Health Profile. Where did we grow? Where did we stall?

_____
_____
_____
_____
_____

Review Our Part

Our group's priority: _____

What our group did: _____

Did I take my step? What happened? _____

Whom did I invest in? How are they growing? _____

What I learned: _____

Something to Think On

Many churches complete an assessment, make a plan, and then return to business as usual. In Haggai's day, the people were busy with their own houses while God's house remained a ruin, so the Lord told them to give careful thought to their ways (Haggai 1:5-7). The church in Ephesus worked hard and endured, yet Jesus said it had forsaken its first love and called it to repent and do the things it did at first (Revelation 2:4-5). A healthy church does not assess once; it examines its ways regularly and returns to the Lord. Celebrate what God has done, repent where you have stalled, and trust that he who began a good work will carry it on to completion (Philippians 1:6).

Here are some questions we can ask ourselves:

1. What has God done in the last six months that we should celebrate?
2. Where did we stall? Why?
3. Did we return to business as usual in any area?
4. What first love do we need to return to?
5. What will keep us examining our ways regularly?

Self-Reflection

Take some time for yourself and answer these questions. Be honest with yourself. Answer these questions from your life perspective, not from the standpoint of having right or wrong answers.

_____
_____
_____
_____
_____
_____
_____
_____

Apply It

Choose your next step for the coming six months and the next person you will invest in. Share one story of what God has done with your church leaders.

The Next Six Months

My next step: _____

The next person I will invest in: _____

We will retake the assessment on (date): _____

Closing Prayer

> *Lord Jesus, thank you for what you have done in our church. Forgive us where we have stalled. Help us return to our first love, keep examining our ways, and finish the work you have begun. Build your church through us. In your name we pray, Amen.*

My Obey, Teach, Share Journal

Use these pages with your daily reading. Write the passage, then answer the five questions.

Journal: Module 1

Passage: _____

What does this passage teach about God?

_____
_____
_____

What does this passage teach about people?

_____
_____
_____

How is God asking me to obey this passage?

_____
_____
_____

Whom is God asking me to teach to obey this passage?

_____
_____

With whom is God asking me to share the gospel?

_____
_____

Journal: Module 2

Passage: _____

What does this passage teach about God?

_____
_____
_____

What does this passage teach about people?

_____
_____
_____

How is God asking me to obey this passage?

_____
_____
_____

Whom is God asking me to teach to obey this passage?

_____
_____

With whom is God asking me to share the gospel?

_____
_____

Journal: Module 3

Passage: _____

What does this passage teach about God?

_____
_____
_____

What does this passage teach about people?

_____
_____
_____

How is God asking me to obey this passage?

_____
_____
_____

Whom is God asking me to teach to obey this passage?

_____
_____

With whom is God asking me to share the gospel?

_____
_____

Journal: Module 4

Passage: _____

What does this passage teach about God?

_____
_____
_____

What does this passage teach about people?

_____
_____
_____

How is God asking me to obey this passage?

_____
_____
_____

Whom is God asking me to teach to obey this passage?

_____
_____

With whom is God asking me to share the gospel?

_____
_____

Journal: Module 5

Passage: _____

What does this passage teach about God?

_____
_____
_____

What does this passage teach about people?

_____
_____
_____

How is God asking me to obey this passage?

_____
_____
_____

Whom is God asking me to teach to obey this passage?

_____
_____

With whom is God asking me to share the gospel?

_____
_____

Journal: Module 6

Passage: _____

What does this passage teach about God?

_____
_____
_____

What does this passage teach about people?

_____
_____
_____

How is God asking me to obey this passage?

_____
_____
_____

Whom is God asking me to teach to obey this passage?

_____
_____

With whom is God asking me to share the gospel?

_____
_____

Journal: Module 7

Passage: _____

What does this passage teach about God?

_____
_____
_____

What does this passage teach about people?

_____
_____
_____

How is God asking me to obey this passage?

_____
_____
_____

Whom is God asking me to teach to obey this passage?

_____
_____

With whom is God asking me to share the gospel?

_____
_____

People I Am Praying For

Write the names of the people God places on your heart during this study: people who do not know Jesus, new believers, and people you can invest in. Pray for them by name, and ask the Lord of the harvest to send out workers (Luke 10:2).

Name	How I am praying	Next step

Made The Exchange Media Lab – Michigan – 2026