

Assessment When Ending Counseling

Write your answers on a separate sheet of paper, if necessary

1. Describe the problem that initially brought you into counseling.
2. Summarize the things you have learned (about God, yourself, others, life, gospel, your living situation, etc.).
3. By God's grace, what are the things that have changed since you began counseling (list specific changes you have made to become more like Christ and please God).
4. What are things/areas you still need to learn more about (areas of confusion or doubt), and what are things I areas that still need to be changed?
5. What is your plan to continue to address these areas? What are the things you have put in place to keep you changing and growing in these areas?

DEVELOPING A THREE MONTH PLAN FOR SPIRITUAL GROWTH

In order to develop dependence on God, His Word, and His Church, the following questions have been devised to assist you in the writing of your own goals for ongoing spiritual growth.

Please come to the next session able to give a concrete answer to each of the following questions in order to write your own *Three Month Plan for Spiritual Growth*.

1. What will be my overall plan for reading the Bible?
 - Give sample ideas.
2. What book of the Bible can I read for one month?
 - What key passage can I study from that book (3-6 verses).
 - What verse or verses can I memorize and meditate on?
3. What is my plan and schedule for prayer? When, where, how long?
 - What needs to be on my prayer list?
 - Confession of sin and sinfulness
 - People (self, family, relatives, friends, etc)
 - Church (leaders, teachers, ministries, etc.)
 - Evangelism
4. In what ways can I serve God and others in my local church?
 - What can I be doing?
 - What can I be giving?
5. How can I demonstrate love for God and others each day or week?
6. What additional reading can I plan for to grow in my knowledge of God?
 - What specific time will I set apart for reading?
 - What is my goal for reading?
 - Who can help me?
 - Who can hold me accountable for growth?
7. What sermons can I listen to?
8. How can I take in more spiritually uplifting music?
9. What group, class, or study can I join at Gospel City?