**Spiritual Health Resources & Discussion Guide:**

*To help you know how to lead your group and   
choose your next study.*

**You may ask your group to complete** [**this survey**](https://forms.office.com/Pages/ResponsePage.aspx?id=tuytkW-G3ECYpd4BGzWuh5sQ5HRVi8FAq2RbgcBIXfBURU9CUU9MWlo5UkpJUDQ2QlFRUEVESEdGTC4u) **anonymously or you can summarize the answers from your relationship with each Group member.**

**For each question, please rank your answers from 1-5 based on how you feel you are doing spiritually in that category (1 being the weakest and 5 being the strongest).**

**Belief:**  At what level are you being changed by Jesus; reflecting Jesus’ truth in your life? (e.g., behavior, thinking, motivation).   
*Take time to share your story with your Group*.

**Gospel Conversations:** **Sharing the good news of Jesus with the lost and searching -trusting the Holy Spirit for the results.** Are praying for and having Gospel Conversations with the lost people around you? (Friends, neighbors, co-workers? )A  
*Discuss with your Group leader how the Group might help you.*

**GROUPS: Ongoing biblical community that grow, care, and equip.**

**Growing:** How regularly do you spend time with God and God’s Word?   
*Share with your Group what spiritual practices are helping you to mature in the faith.*

**Caring:** How would you rank your service to your family, your group, your campus?   
*Share with the Group some ideas that have helped you in this area.*

**Equipping:** Are you intentionally helping someone be more like Jesus, disciple making?   
*Let your Group know what resources you have found to be most encouraging.*

**Going:** **Engaging…on mission at your campus, with your neighbors, and to the nations.** To what degree are you addressing the things that are breaking your heart in your community and in the world?   
*Challenge your Group to turn what is breaking your heart into a mission project for the Group.*

**We have a categized collection of Bible studies which relate to each of the seven areas. We suggest choosing a study from this vetted list that will help your Group grow spiritually in one of their weaker areas.**

**Being Changed by Jesus:**  
“[Basic. We are Church” Francis Chan](https://www.amazon.com/We-Are-Church-Followers-BASIC/dp/0781403855/ref=sr_1_1?crid=15UTLMRCBTUD7&dchild=1&keywords=basic+we+are+church&qid=1614803028&sprefix=basic+we+are+chu%2Caps%2C187&sr=8-1)  
“[Connected: My life in the Church” Thom Rainer](https://www.amazon.com/Connected-Church-Studies-Rainer-2014-01-01/dp/B01FKTV1HQ/ref=sr_1_1?crid=2J9811GAVKS6C&dchild=1&keywords=connected+my+life+in+the+church&qid=1614806635&sprefix=connected+my+life%2Caps%2C201&sr=8-1)  
“[Awake: A Call to a Renewed Life” Ronnie Floyd](https://www.amazon.com/Bible-Studies-Life-BSFL-Renewed/dp/1430034963/ref=sr_1_2?dchild=1&keywords=awake+the+call+to+a+renewed+life&qid=1614873472&sr=8-2)  
[“Basics: Understanding the Foundations of a Healthy Church” Robert Jamieson III, Mark Dever](https://www.amazon.com/Basics-Understanding-Foundations-Healthy-Church/dp/1430055146/ref=sr_1_1?dchild=1&keywords=basics+understanding+the+foundations+of+a+healthy+church&qid=1614873533&sr=8-1)  
[“Seven Realities for Experiencing God” Henry & Richard Blackaby](https://www.amazon.com/Seven-Realities-Experiencing-God-Know/dp/1430036559/ref=sr_1_2?crid=17U9KFTPH3ZBZ&dchild=1&keywords=seven+realities+experiencing+god&qid=1614873604&sprefix=seven+real%2Caps%2C173&sr=8-2)  
[“Defined: Who God Says You Are” Stephen Kendrick and Alex Kendrick](https://www.amazon.com/Defined-Who-God-Says-You/dp/1535948922/ref=sr_1_1?crid=2XYLDBWEFOW9I&dchild=1&keywords=defined+who+god+says+you+are&qid=1614873650&sprefix=defined+who+%2Caps%2C171&sr=8-1)  
“[Pathways: The Providence to Purpose” Tony Evans](https://www.amazon.com/Pathways-Bible-Study-Providence-Purpose/dp/1462796796/ref=sr_1_1?dchild=1&keywords=pathways+the+providence+to+purpose&qid=1614873704&sr=8-1)  
[“Unfolded: The Story of God” Eric Geiger](https://www.amazon.com/Unfolded-Bible-Study-Book-Story/dp/1430054972/ref=sr_1_2?crid=21EFH404FEAZN&dchild=1&keywords=unfolded+the+story+of+god&qid=1614873759&sprefix=unfolded+the+stor%2Caps%2C172&sr=8-2)  
[“Living Faith” Tom Wright](https://www.amazon.com/Living-Faith-multimedia-package-Christianity/dp/0801065623/ref=sr_1_1?dchild=1&keywords=living+faith+tom+wright&qid=1614873796&sr=8-1)  
[“The Beginning: First Steps for New Disciples” LifeWay](https://www.lifeway.com/en/product/the-beginning-first-steps-for-new-disciples-workbook-P005685160)  
[“The Case for Christ” Lee Strobel](https://www.lifeway.com/en/product/the-case-for-christ-P006119778)  
[Essential Guide to Becoming a Disciple, Greg Odgen](https://www.amazon.com/Essential-Guide-Becoming-Disciple-Discipleship/dp/0830811494)  
[“The Jesus I Never Knew” Philip Yancey](https://www.lifeway.com/en/product/the-jesus-i-never-knew-P001063659)  
[“Grey Areas” Mike Glenn](https://www.amazon.com/Gray-Areas-Finding-Truth-Leader/dp/1430034319/ref=sr_1_1?dchild=1&keywords=grey+area+mike+glenn&qid=1614873964&sr=8-1)  
[“Think Differently” James MacDonald](https://www.amazon.com/Think-Differently-Bible-Nothing-Different/dp/1430032049/ref=sr_1_2?dchild=1&keywords=think+differently&qid=1614874001&sr=8-2)  
[“I Can Only Imagine” Bart Millard](https://www.lifeway.com/en/product/i-can-only-imagine-P006179575)

**Gospel Conversations:**[“The Case for Christ” Lee Strobel](https://www.lifeway.com/en/product/the-case-for-christ-P006119778)  
[The Master Plan of Evangelism, Robert Coleman](https://www.amazon.com/Master-Plan-Evangelism-Robert-Coleman/dp/0800788087/ref=sr_1_1?crid=1ZU7CISK5KJR6&dchild=1&keywords=master+plan+of+evangelism&qid=1623185401&sprefix=master+plan+of+%2Caps%2C176&sr=8-1)  
[Share Anywhere](https://brentwood.church/groups/group/?id=10591)  
[3 Circles](https://lifeonmissionbook.com/conversation-guide)  
[“Tell Someone: You Can Share the Good News” Greg Laurie](https://www.lifeway.com/en/product/tell-someone-P005776378)  
[“The Beginning: First Steps for New Disciples” LifeWay](https://www.lifeway.com/en/product/the-beginning-first-steps-for-new-disciples-workbook-P005685160)  
[“The Jesus I Never Knew” Philip Yancey](https://www.lifeway.com/en/product/the-jesus-i-never-knew-P001063659)  
[“Gospel in Life: Grace Changes Everything” Tim Keller](https://www.lifeway.com/en/product/gospel-in-life-study-guide-P005313998)  
[“Making Room for Neighbors” Randy Frazee & Max Lucado](https://www.lifeway.com/en/product/making-room-for-neighbors-strengthen-relationships-cultivate-community-P005424513)  
[“Just Open the Door: Biblical Hospitality” Jen Schmidt](https://www.lifeway.com/en/product/just-open-the-door-P005786058)

**Growing by Spending Time With God:**  
[Discipleship Essentials, Building Your Life in Christ, Greg Odgen](https://www.amazon.com/Discipleship-Essentials-Guide-Building-Christ/dp/0830821287/ref=sr_1_2?crid=1B8H2IWKI366I&dchild=1&keywords=ogden+discipleship+essentials&qid=1623185273&sprefix=ogden+discipleship+%2Cstripbooks%2C169&sr=8-2)  
[“The Gospel According to Jonah” JD Greer](https://www.lifeway.com/en/product/the-gospel-according-to-jonah-buy-M00000307)  
[“Life and Ministry of the Messiah” Ray Vander Laan](https://www.amazon.com/Life-Ministry-Messiah-Discovery-Guide/dp/0310878829/ref=sr_1_1?crid=1C2IPRDA7O6E3&dchild=1&keywords=life+and+ministry+of+the+messiah&qid=1614874924&sprefix=life+and+ministry+of+the+%2Caps%2C194&sr=8-1)  
[“Death and Resurrection of the Messiah” Ray Vander Laan](https://www.amazon.com/Death-Resurrection-Messiah-Discovery-Guide/dp/0310878861/ref=sr_1_1?crid=1F70FI6U9GWE6&dchild=1&keywords=death+and+resurrection+of+the+messiah&qid=1614874978&sprefix=death+and+res%2Caps%2C175&sr=8-1)  
“[Basic. We are Church” Francis Chan](https://www.amazon.com/We-Are-Church-Followers-BASIC/dp/0781403855/ref=sr_1_1?crid=15UTLMRCBTUD7&dchild=1&keywords=basic+we+are+church&qid=1614803028&sprefix=basic+we+are+chu%2Caps%2C187&sr=8-1)  
[“Defined: Who God Says You Are” Stephen Kendrick and Alex Kendrick](https://www.amazon.com/Defined-Who-God-Says-You/dp/1535948922/ref=sr_1_1?crid=2XYLDBWEFOW9I&dchild=1&keywords=defined+who+god+says+you+are&qid=1614873650&sprefix=defined+who+%2Caps%2C171&sr=8-1)  
[“Pray Like This: Living the Lord’s Prayer” Steve Gaines](https://www.amazon.com/Pray-Like-This-Living-Prayer/dp/1462742882/ref=sr_1_1?crid=1Z4FB578RY9V1&dchild=1&keywords=pray+like+this+steve+gaines&qid=1614875134&sprefix=pray+like+this%2Caps%2C173&sr=8-1)  
[“Unfolded: The Story of God” Eric Geiger](https://www.amazon.com/Unfolded-Bible-Study-Book-Story/dp/1430054972/ref=sr_1_2?crid=21EFH404FEAZN&dchild=1&keywords=unfolded+the+story+of+god&qid=1614873759&sprefix=unfolded+the+stor%2Caps%2C172&sr=8-2)  
[“Living Faith” Tom Wright](https://www.amazon.com/Living-Faith-multimedia-package-Christianity/dp/0801065623/ref=sr_1_1?dchild=1&keywords=living+faith+tom+wright&qid=1614873796&sr=8-1)  
[“Battle Plan for Prayer” Stephen & Alex Kendrick](https://www.lifeway.com/en/product/the-battle-plan-for-prayer-bible-study-book-P005728499)   
[“The Way: Discovering Christ’s Path of Discipleship” Lifeway](https://www.lifeway.com/en/product/the-way-bible-study-book-P005781999)  
[“Real Life Discipleship” Jim Putman](https://www.lifeway.com/en/product/real-life-discipleship-training-manual-P005339537)  
[“Living by the Book” Howard & William Hendricks](https://www.lifeway.com/en/product/living-by-the-book-P005017287)  
[“Encounters With God: A Study of Acts” Henry Blackaby](https://www.amazon.com/Encounters-God-Transforming-Bible-Study/dp/1418528048/ref=sr_1_2?crid=3LTP00OG0YYT7&dchild=1&keywords=encounters+with+god+blackaby&qid=1614875620&sprefix=encounters+with+god+%2Caps%2C185&sr=8-2)  
[“Extreme Forgiver” Bill Donahue & Keri Wyatt Kent](https://www.amazon.com/Extreme-Forgiver-Jesus-Bible-Studies/dp/0830821546/ref=sr_1_1?dchild=1&keywords=bill+donahue+extreme+forgiver&qid=1614883477&sr=8-1)  
[“Provocative Teacher” Bill Donahue](https://www.amazon.com/Provocative-Teacher-Jesus-Bible-Studies/dp/0830821511/ref=sr_1_1?dchild=1&keywords=bill+donahue+provocative+teacher&qid=1614883531&sr=8-1)  
[“Relentless Love” Bill Donahue](https://www.amazon.com/Relentless-Lover-Jesus-Bible-Studies/dp/0830821570/ref=sr_1_1?dchild=1&keywords=bill+donahue+relentless+love&qid=1614883574&sr=8-1)  
[“Anxious for Nothing: Finding Calm in a Chaotic World” Max Lucado](https://www.lifeway.com/en/product/anxious-for-nothing-P006192264)  
[“Transformed: How God Changes Us” Rick Warren](https://www.amazon.com/Transformed-Changes-Small-Group-Study/dp/142280254X/ref=sr_1_1?crid=3VOFBLXVRB1JQ&dchild=1&keywords=transformed+rick+warren&qid=1614875896&sprefix=transformed+rick%2Caps%2C171&sr=8-1)  
[“Gospel Foundations: The God Who Creates” LifeWay](https://www.lifeway.com/en/product/gospel-foundations-volume-1-bible-study-book-P005803632)

**Caring:**“[Basic. We are Church” Francis Chan](https://www.amazon.com/We-Are-Church-Followers-BASIC/dp/0781403855/ref=sr_1_1?crid=15UTLMRCBTUD7&dchild=1&keywords=basic+we+are+church&qid=1614803028&sprefix=basic+we+are+chu%2Caps%2C187&sr=8-1)  
[“Anxious for Nothing: Finding Calm in a Chaotic World” Max Lucado](https://www.lifeway.com/en/product/anxious-for-nothing-P006192264)  
[“When Relationships Collide” Ron Edmondson](https://www.lifeway.com/en/product/when-relationships-collide-group-member-book-P005650047)  
[“Heaven” Randy Alcorn](https://www.lifeway.com/en/product/heaven-P001235774)  
[“20/20” Christine Caine](https://www.lifeway.com/en/product/20-20-bible-study-book-P005814000)  
[“Detours: The Unpredictable Path to Your Destiny” Tony Evans](https://www.lifeway.com/en/product/detours-P005728692)  
[“Not Forsaken: Finding Freedom as Sons and Daughters of a Perfect Father” Louie Giglio](https://www.lifeway.com/en/product/not-forsaken-P005814801)

**Equipping / Disciple Making:**[“Seven Realities for Experiencing God” Henry & Richard Blackaby](https://www.amazon.com/Seven-Realities-Experiencing-God-Know/dp/1430036559/ref=sr_1_2?crid=17U9KFTPH3ZBZ&dchild=1&keywords=seven+realities+experiencing+god&qid=1614873604&sprefix=seven+real%2Caps%2C173&sr=8-2)  
[“Pray Like This: Living the Lord’s Prayer” Steve Gaines](https://www.amazon.com/Pray-Like-This-Living-Prayer/dp/1462742882/ref=sr_1_1?crid=1Z4FB578RY9V1&dchild=1&keywords=pray+like+this+steve+gaines&qid=1614875134&sprefix=pray+like+this%2Caps%2C173&sr=8-1)  
[“Eat this Book Study Guide” Eugene Peterson & Peter Santucci](https://www.amazon.com/Eat-This-Book-Study-Guide/dp/0802832636/ref=sr_1_2?crid=3W0YAYT4Y3ON4&dchild=1&keywords=eat+this+book+eugene+peterson&qid=1614878584&sprefix=eat+this+book%2Caps%2C193&sr=8-2)  
[“Open Your Bible” Raechel Myers & Amanda Bible Williams](https://www.lifeway.com/en/product/open-your-bible-bible-study-book-P005757875)  
[“The Prayers of Jesus” Matt Williams](https://www.amazon.com/Book-Participant-Dr-Matt-Williams/dp/1628627697/ref=sr_1_1?dchild=1&keywords=matt+williams+the+prayers+of+jesus&qid=1614884397&sr=8-1)  
[The Call, counting the cost of following Christ, LifeWay](https://www.lifeway.com/en/shop/disciples-path/the-call)  
[Essential Guide to Becoming a Disciple, Greg Odgen](https://www.amazon.com/Essential-Guide-Becoming-Disciple-Discipleship/dp/0830811494)

**Service and Missions in Your Community and the World:**[“The Mission: Joining God in his Work” LifeWay](https://www.lifeway.com/en/product/the-mission-bible-study-book-P005727822)  
[Radical: Taking Back Your Faith from the American Dream](https://www.christianbook.com/radical-taking-faith-from-american-dream/david-platt/9781601422217/pd/422211)

**Finances:**[“God Owns it All” Ron Blue](https://www.lifeway.com/en/product/god-owns-it-all-bible-study-book-P005774869)  
[“The Money Challenge: 30 Days of Discovering God’s Design for You and Your Money” Art Rainer](https://www.lifeway.com/en/product/the-money-challenge-P005792103)

**Women:**[“Seed Pack 1: Forgotten, Enough, Control” by Priscilla Shirer](https://www.amazon.com/SEED-Bible-Study-Book-1/dp/1415869588/ref=sr_1_3?dchild=1&keywords=seed+pack+priscilla+shirer&qid=1614881003&sr=8-3)  
[“Sermon on the Mount” by Jen Wilkin](https://www.lifeway.com/en/product/the-sermon-on-the-mount-bible-study-book-P005644876)  
[“Finding I am” Lysa TerKeurst](https://www.lifeway.com/en/product/finding-i-am-bible-study-book-P005784578)  
[“Here and Now… There and Then” by Beth Moore](https://www.amazon.com/Here-Now-There-Then-Assignments/dp/B00OQS1RAY/ref=sr_1_1?dchild=1&keywords=here+and+now+beth+moore&qid=1614881208&sr=8-1)  
[“Covenant” by Kay Arthur](https://www.amazon.com/Covenant-Bible-Study-Book-Enduring/dp/1415867747/ref=sr_1_2?crid=18LCB1QSZIJOW&dchild=1&keywords=covenant+kay+arthur&qid=1614881416&sprefix=covenant+%2Caps%2C201&sr=8-2)  
[“Discerning the Voice of God” by Priscilla Shirer](https://www.lifeway.com/en/product/discerning-the-voice-of-god-bible-study-book-revised-P005797596)  
[“Jonah” by Priscilla Shirer](https://www.lifeway.com/en/product/jonah-bible-study-book-P005264295)  
[“Seamless: Understanding the Bible as a Complete Story” Angie Smith](https://www.lifeway.com/en/product/seamless-bible-study-book-P005644879)  
[“Open Your Bible” Raechel Myers & Amanda Bible Williams](https://www.lifeway.com/en/product/open-your-bible-bible-study-book-P005757875)  
[“Me Myself and Lies” by Jennifer Rothschild](https://www.lifeway.com/en/product/me-myself-lies-bible-study-book-P005179845)  
[“Beloved Disciple” by Beth Moore](https://www.lifeway.com/en/product/me-myself-lies-bible-study-book-P005179845)  
[“A Woman’s Heart” by Beth Moore](https://www.lifeway.com/en/product/a-woman-s-heart-bible-study-book-P005076821)  
[“Esther: It’s Tough Being a Woman” by Beth Moore](https://www.lifeway.com/en/product/esther-bible-study-book-P005162885)  
[“20/20” Christine Caine](https://www.lifeway.com/en/product/20-20-bible-study-book-P005814000)  
[“The Family of Jesus” Karen Kingsbury](https://www.lifeway.com/en/product/the-family-of-jesus-P006117897)  
[“Finding God Faithful” Kelly Minter](https://www.lifeway.com/en/product/finding-god-faithful-bible-study-book-P005810344)

**Men:**[“Manhood Restored: How the Gospel Makes Men Whole” by Eric Mason](https://www.lifeway.com/en/product/manhood-restored-P005539319)  
[“Knights of the 21st Century: Manhood Journey”](https://liveupresources.com/product/manhood-journey-volume-1-book/)   
[“The Quest for Authentic Manhood” by Robert Lewis](https://www.lifeway.com/en/product/the-quest-for-authentic-manhood-viewer-guide-P001260520)  
[“Detours: The Unpredictable Path to Your Destiny” Tony Evans](https://www.lifeway.com/en/product/detours-P005728692)

**Marriage:**[“The 5 Love Languages” Gary Chapman](https://www.lifeway.com/en/product/the-five-love-languages-bible-study-book-revised-P005085884)  
[“Saving Your Second Marriage Before it Starts” Drs. Les & Leslie Parrott](https://www.lifeway.com/en/product/saving-your-second-marriage-before-it-starts-P005770104)  
[“Saving Your Marriage Before it Starts” Drs. Les & Leslie Parrott](https://www.lifeway.com/en/product/saving-your-marriage-before-it-starts-P005770101)

**Parenting:**[“Sacred Parenting” Gary Thomas](https://www.lifeway.com/en/product/sacred-parenting-P006156531)  
[“Shepherding a Child’s Heart” Tedd Tripp](https://www.lifeway.com/en/product/shepherding-a-child-s-heart-P001184798)  
[“House or Home” Chip Ingram](https://www.amazon.com/House-Home-Marriage-Blueprint-Great/dp/1605931675/ref=sr_1_1?crid=16MP6CSU6G2WW&dchild=1&keywords=house+or+home+marriage+chip+ingram&qid=1614882840&sprefix=house+or+home+chip%2Caps%2C201&sr=8-1)