

# **Spiritual Health Assessment of SFA Case Study Church A**

By



BTTB.ORG

*This study investigates the spiritual health and engagement of SFA Case Study Church A congregants based on responses from 1,145 individuals across various locations, including Campus A, B, C and Online Only.*



First and foremost, realizing you are the experts on the spiritual needs of your own congregation, I want you to know how thankful I am to be given the opportunity to offer insight into the spiritual health of SFA Case Study Church A. Having led the research of over 15,000 churches all over the world, I want you to know you are one of the most well-balanced churches I have ever studied and are doing an awesome job.

**Bottom Line Upfront:** When I synthesize all the data, the key insight from this comprehensive analysis of the spiritual health and needs of SFA Case Study Church A congregants reveals a remarkable opportunity:

With 663 Biblically unengaged congregants, 144 self-identified non-believers in attendance and 507 congregants in critical need of true biblical discipleship, SFA Case Study Church A's leadership team is uniquely positioned to act. By getting the 663 congregants engaged in the Bible at a transformative level while at the same time empowering the 231 active disciple makers, the leadership can ignite the 246 mature believers currently uninvolved in discipleship and mentor the 663 congregants in need of both evangelism and discipleship which could lead to the high likelihood of life transformation as well as exponential congregational growth at some level within the first year of implementation.

Thus by adding to the series of recommendations in this report, another option is to implement in partnership with Back to the Bible, phase two, which is where we build you a customized daily personalized spiritual fitness program (digital & print) where your church's congregants' individual spiritual needs are confidentially identified and nurtured within the safety of the Church community as they become Biblically engaged disciple makers on the SFA Case Study Church A Spiritual Services Platform.

This approach will lead to, within the first year, more individuals being evangelized and disciplined, and the "each one win one" compounded yearly effort could grow SFA Case Study Church A significantly within five years.

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*Your Spiritual Fitness drives everything we do!!*

**Executive Summary**

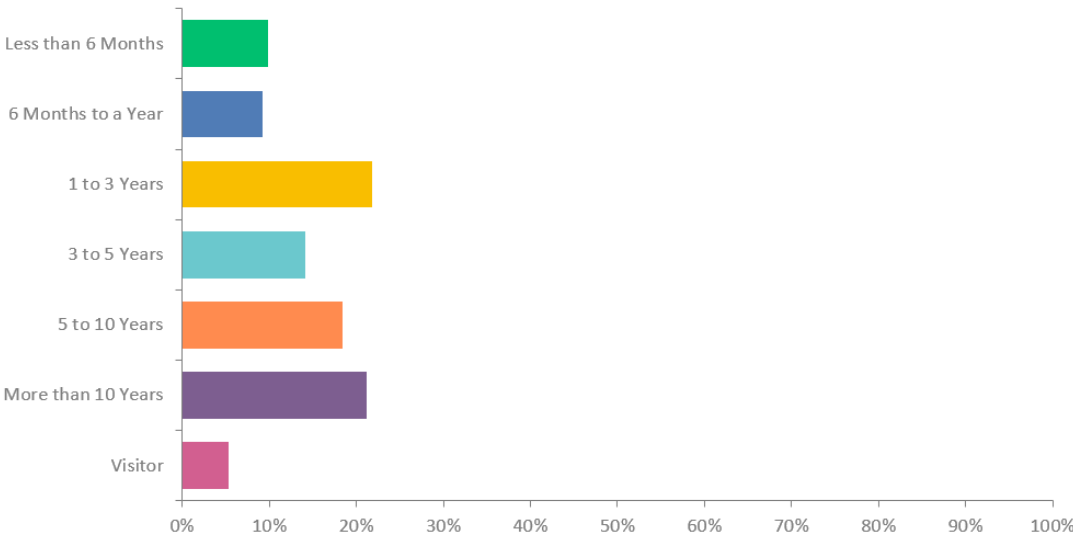
This report provides a comprehensive analysis of the spiritual health of SFA Case Study Church A based on data gathered from 1,145 respondents across multiple locations. The survey offers insight into the church's strengths and challenges in areas such as belief, spiritual practices, discipleship, and community involvement. The findings highlight key areas where the church is thriving, while also identifying critical opportunities for growth.

The majority of respondents were female (58.9%), while 40.3% were male. A small portion (0.8%) preferred not to answer.

53.68% of respondents had attended SFA Case Study Church A for over three years.

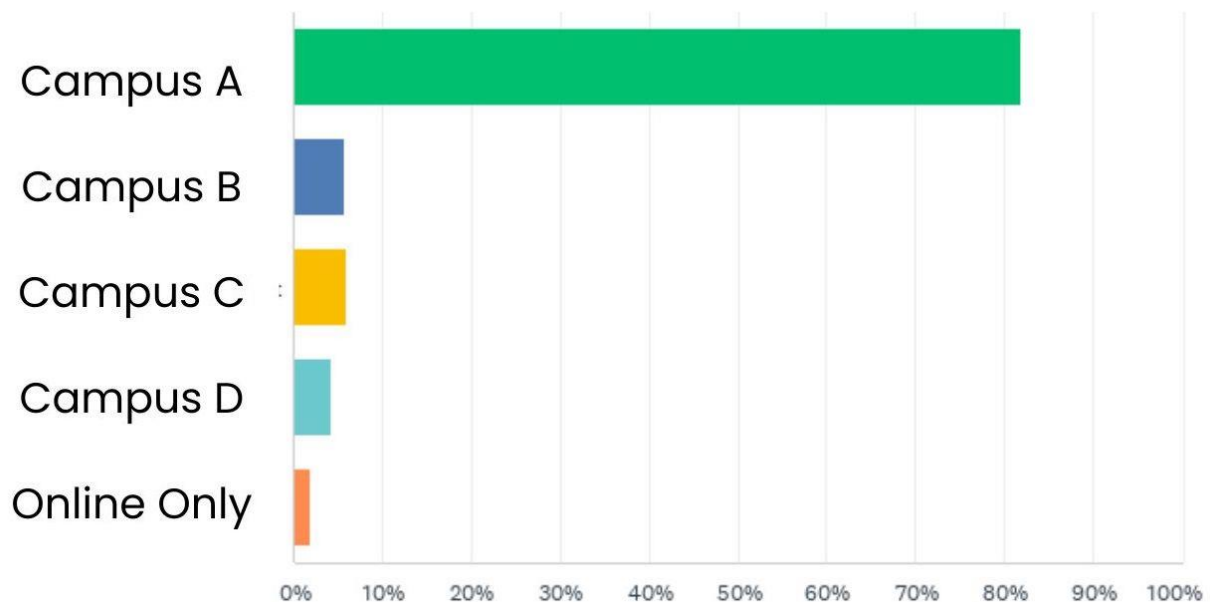
**Q18: How long have you attended Church A?**

Answered: 1101 ; 44



Most of the respondents were aged 35 and older, with the largest age group being 35-49 (29.2%), followed by 50+ (27.7%), and 25-34 (21.8%). A smaller portion of respondents were in the 18-24 (13.8%) and 14-17 (7.5%) age group.

81.93% of all respondents attend Campus A



The spiritual make-up of the spiritual health survey respondents. Approximately:

- 13% of the respondents self-identified as Needing Salvation (SPIRITUAL FITNESS LEVEL 1)
- 45% of the respondents self-identified as Needing to be Discipled, Biblically unengaged—following their notions of Jesus Christ (SPIRITUAL FITNESS LEVEL 2)
- 22% of the respondents self-identified as Needing Activation to become disciple makers (SPIRITUAL FITNESS LEVEL 3)
- 20% of the respondents self-identified as Disciple Makers (SPIRITUAL FITNESS LEVEL 4)

### **Key Findings & Recommendations from the Spiritual Health Assessment of SFA Case Study Church A**

SFA Case Study Church A has a strong foundation of belief and theological understanding, but there is a need for deeper, more consistent spiritual practices, discipleship, and community involvement. By focusing on these areas, the church can facilitate more transformative spiritual growth among its members and create a more connected and engaged congregation.

1. **Engagement and Bible Reading:** While a strong majority (87.3%) of respondents believe they will experience heaven because they are saved by grace through faith in Jesus, there is room for growth in daily Bible engagement. Only 21.7% of the

congregants report reading or listening to the Bible every day. This suggests that despite strong theological beliefs, spiritual disciplines such as daily Scripture reading are not as consistently practiced as might be expected for transformative growth leading to the discipleship of others.

2. **Spiritual Health and Prayer Life:** The survey shows that 52% of respondents pray nearly every day, while 23.4% pray sometimes. However, the overall spiritual health, as reported by the respondents, leans positive, with 76% indicating that their spiritual well-being is very important to them. Yet, 13.2% admit that their faith is not growing, and 1.9% feel they are moving away from God. This demonstrates a disconnect between intent and growth that should be addressed.
3. **Discipleship and Accountability:** A key area of concern is the lack of intentional discipleship of others which could lead to a stunted growth potential. While 33.1% of respondents interact with someone they are mentoring/discipling on a weekly basis, 66.9% do not. (10.3% never do so, and another 24% only a few times a year). This indicates that discipleship is happening but is not a widespread or regular part of congregants' lives.
4. **Program Participation:** Small Group Strategy 1 and Strategy 2 are a core part of spiritual engagement at SFA Case Study Church A, but many congregants are not involved. Over 54% of respondents are not in a Strategy 1 small group, and 58% are not involved in a Strategy 2 Small Group (AllData master combo). Those who are involved report significant spiritual impact, highlighting the importance of these programs in fostering spiritual growth.

### **Recommendations:**

1. **Increase Bible Engagement:** To combat the disparity between belief and daily spiritual practices, SFA Case Study Church A should prioritize Bible engagement initiatives, encouraging congregants to read or listen to Scripture at least 4 times per week. The "Power of 4 Effect" indicates that those who engage with the Bible this frequently experience significant spiritual transformation (AllData master combo). Consider:
  - Bible reading challenges with clear, trackable goals.
  - Promoting Bible engagement through sermons and small group discussions.
  - Offering mobile app-based resources for daily Bible engagement.

2. **Address Specific Spiritual Struggles:** The survey indicates struggles with issues like laziness (20.7%), worry (33.9%), and lust (20.1%) (AllData master combo). SFA Case Study Church A should offer more targeted support in these areas by:
  - Developing sermon series, workshops, or support groups focused on these specific struggles.
  - Providing pastoral care and counseling for congregants who need personal guidance.
  - Develop a personalized identified spiritual needs-based content recommendation program for each congregant that is struggling spiritually
3. **Foster a Culture of Discipleship:** The relatively low level of active discipleship should be addressed by:
  - Providing training and resources for members to become disciple-makers.
  - Integrating discipleship into existing programs like Small Groups Strategy 1 and 2.
  - Highlighting testimonies from disciple-makers during services to encourage more participation.
  - Develop a daily habit of reaching out to others in a mentoring/discipleship way that will lead to exponential growth of SFA Case Study Church A.
4. **Enhance Small Group and Team Participation:** Given the reported impact of Small Group Strategy 1 and 2 on spiritual health, but also the low participation rates, SFA Case Study Church A could:
  - Launch campaigns to educate the congregation about the benefits of group involvement.
  - Create multiple entry points and ease the path to joining groups, including low-commitment or short-term opportunities.
  - Consider more personalized approaches, such as one-on-one invitations from leaders or peers, to encourage involvement.
  - Consider a growth group strategy doubling every year
5. **Focus on Prayer and Spiritual Growth:** Since prayer is a key spiritual discipline but not consistently practiced, the church could:

- Organize prayer events and workshops to deepen the congregants' prayer life.
  - Develop resources like guided prayer journals or daily devotionals to encourage frequent prayer.
  - Emphasize the role of prayer in personal spiritual growth through sermons and teachings.
6. **Promote Cross-Generational Engagement:** Since a significant portion of the congregation is over 35, SFA Case Study Church A could foster stronger intergenerational connections through mentorship programs and cross-generational activities to encourage discipleship and spiritual mentoring across age groups.

## Overall Spiritual Health of SFA Case Study Church A

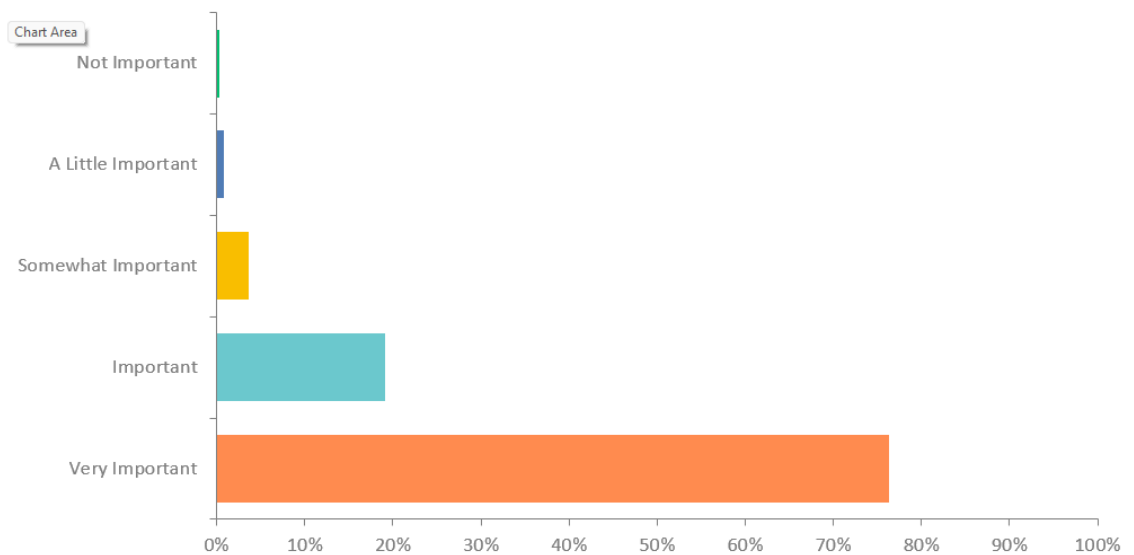
The spiritual health of SFA Case Study Church A, based on the data, presents a complex picture. There are several strengths in terms of belief and personal spirituality, but also areas where growth is needed, particularly in the application of faith and community engagement.

### Strengths in Spiritual Beliefs and Intentions:

1. **Strong Theological Foundation:** An overwhelming majority (87.3%) of congregants believe they will experience heaven through grace and faith in Jesus Christ (AllData master combo). This shows that the church has succeeded in imparting core Christian theological beliefs to its members.
2. **High Value on Spiritual Well-Being:** Most respondents (76.3%) place a high value on their spiritual well-being, with a significant portion (84.9%) reporting that their faith is growing (AllData master combo). This indicates that many individuals at SFA Case Study Church A are motivated to grow spiritually and see their faith as central to their lives.

### How important is your spiritual well-being to you?

All



3. **Prayer Engagement:** The data shows that prayer is a regular part of life for many congregants, with 52% praying nearly every day (AllData master combo). This discipline is key to maintaining a strong personal relationship with God.



## Challenges and Areas for Growth:

1. **Inconsistent Bible Engagement:** A major area of concern is the inconsistency in Bible reading and engagement. While most members hold strong beliefs, only 21.7% read or listen to the Bible daily (AllData master combo). The "Power of 4 Effect" suggests that engaging with the Bible four or more days a week leads to transformative spiritual growth, yet many are falling short of this goal. Encouraging deeper Bible engagement is essential for fostering greater spiritual maturity.
2. **Limited Discipleship Practices:** Discipleship, a core component of spiritual growth, is not widely practiced. While 33.1% of respondents are actively discipling others on a weekly basis, a significant percentage (34%) rarely or never engage in discipleship (AllData master combo). This reflects a gap in the church's ability to activate members to mentor and guide others in their spiritual journeys.
3. **Lack of Community Involvement:** Engagement in church ministries such as Small Group Strategies 1 and 2 is relatively low. Over half (54.8%) of respondents are not involved in a Strategy 1, and 58.2% are not serving in Strategy 2 group (AllData master combo). Those who do participate report significant spiritual benefits, but the low involvement rates indicate missed opportunities for community connection and spiritual growth through service.

## Conclusion:

The overall spiritual health of SFA Case Study Church A is strong in terms of core beliefs and personal spirituality, but there is a notable gap between belief and spiritual practices. While many congregants hold strong theological convictions and value their spiritual well-being, the lack of consistent Bible engagement, limited discipleship, and lower-than-expected involvement in church ministries suggest that spiritual growth is not being maximized.

To enhance the overall spiritual health of the church, SFA Case Study Church A should focus on deepening daily spiritual practices, such as Bible reading and prayer, while also fostering a culture of discipleship and encouraging more active participation in church community life through Small Group Strategies 1 and 2. Addressing these areas can lead to a more vibrant and spiritually mature congregation.

## **Analysis of the Program Effectiveness—Strategy 1 Small Groups at SFA Case Study Church A**

Small Group Strategy 1 plays a significant role in fostering community, spiritual growth, and discipleship at SFA Case Study Church A. However, survey responses indicate that the effectiveness of these groups varies based on the level of participation and individual experiences of members.

### **Participation Levels:**

- **Low Overall Engagement:** The data reveals that 54.8% of respondents are not currently involved in a Strategy 1 Small Group (AllData master combo). This suggests that while these groups are available, many congregants are not taking advantage of the opportunities they offer for fellowship and spiritual growth.
- **Campus-Specific Participation:** Engagement in Strategy 1 Small Groups also varies by campus, with the majority of those involved attending the Campus A. This indicates that the effectiveness and reach of these groups may be stronger at certain locations, potentially due to more established leadership or better promotion.

### **Impact on Spiritual Health:**

- **Moderate to Significant Impact for Participants:** Of those who are involved in a Strategy 1 Small Group, 18.6% reported that their participation had a great deal of impact on their spiritual health, and 9.5% experienced a moderate amount of spiritual growth due to their involvement (AllData master combo). This indicates that for many participants, these groups are an effective tool for enhancing spiritual well-being.
- **Occasional Impact:** Around 8.9% reported that their Strategy 1 Small Group involvement had an occasional impact on their spiritual growth, suggesting that while the impact is not always profound, it still contributes positively to their spiritual journey.

### **Challenges and Barriers to Engagement:**

- **Perceived Lack of Impact:** A small portion (4.9%) of respondents reported that Strategy 1 Small Group engagement had no impact on their spiritual health, while 3.3% indicated a rarely significant impact (AllData master combo). This may reflect challenges such as group dynamics, a lack of effective facilitation, or mismatches between participants and group content.

- **Inaccessibility or Lack of Interest:** With over half of respondents not participating in a Strategy 1 Small Group, there may be barriers such as lack of time, a sense of disconnection from the offered groups, or even logistical challenges like meeting times and locations.

### **Recommendations for Enhancing Strategy 1 Small Group Effectiveness:**

1. **Increase Awareness and Accessibility:** A significant opportunity lies in increasing engagement by raising awareness about the benefits of Strategy 1 Small Groups. Personalized invitations, testimonials from current members, and church-wide campaigns highlighting spiritual growth stories could help address the lack of participation.
2. **Diverse Group Offerings:** To accommodate a broader range of participants, Strategy 1 Small Groups should offer diverse topics, flexible meeting times, and a mix of in-person and virtual options. This diversity could help bridge the gap for those who feel disconnected from the current offerings.
3. **Enhanced Facilitation Training:** To maximize the impact of Strategy 1 Small Groups, ensuring facilitators are well-trained to guide discussions effectively and foster inclusive and engaging environments is crucial. This could address the instances where participants feel their involvement has minimal impact.
4. **Regular Feedback and Adjustments:** Collecting regular feedback from participants could help identify specific areas where groups are falling short and allow leaders to make necessary adjustments. This process would ensure that groups are meeting the needs of their members effectively and promoting spiritual growth.

### **Conclusion:**

Strategy 1 Small Groups at SFA Case Study Church A have a positive impact on many participants, with nearly 28% of those involved reporting a moderate to significant enhancement in their spiritual health. However, the low overall engagement and mixed impact reports suggest that there is substantial room for improvement. By addressing barriers to participation, enhancing group diversity, and investing in facilitator training, SFA Case Study Church A can make Strategy 1 Small Groups a more integral and effective part of the spiritual journey for a larger portion of its congregation.

## **Program Analysis of the Effectiveness- Strategy 2 Small Groups at SFA Case Study Church A**

The Strategy 2 Small Groups are a key area of ministry at SFA Case Study Church A, providing opportunities for congregants to serve in various capacities. The survey results indicate that participation in Strategy 2 Small Groups has a mixed but significant impact on the spiritual health of those involved.

### **Participation in Strategy 2 Small Groups:**

- **Low Engagement:** A significant portion of respondents (58.2%) are not involved in Strategy 2 Small Groups (AllData master combo). This indicates that while Strategy 2 Small Groups may be effective for those who participate, there is still a large portion of the congregation that is not engaging in this ministry.
- **Positive Impact for Participants:** Among those who do serve on Strategy 2 Small Groups, 17.5% reported that it had a great impact on their spiritual health, and 11.2% reported a moderate impact (AllData master combo). These figures suggest that for those who are engaged, Strategy 2 Small Group involvement contributes positively to their spiritual growth.

### **Spiritual Health Impact:**

- **Spiritual Growth:** The 17.5% of respondents who indicated a "great deal" of spiritual impact from serving on a Strategy 2 Small Group highlights that service is a valuable spiritual discipline for many. This group likely experiences spiritual growth through regular service, which aligns with biblical principles of serving others and community involvement.
- **Potential for Growth:** With nearly 60% of respondents not engaged in Strategy 2 Small Groups, there is significant room for growth. Encouraging more congregants to serve could lead to broader spiritual growth across the church community. Those not currently serving may be missing out on the benefits of spiritual growth through service, such as deeper connection with the church community and greater engagement in discipleship.

### **Barriers to Engagement:**

- **Lack of Awareness or Opportunity:** The low level of engagement could suggest that some congregants are unaware of the opportunities to serve or may not feel

equipped or invited to join a Strategy 2 Small Group. SFA Case Study Church A should explore these potential barriers and work on lowering them through more personalized invitations, clearer pathways to service, and offering roles that cater to different skill sets and availability.

### **Recommendations for Strategy 2 Small Group Enhancement:**

1. **Increase Awareness and Access:** Implement initiatives to raise awareness of the Strategy 2 Small Groups, such as service fairs, testimonials during services, and personal invitations from church leaders or existing team members.
2. **Tailor Roles to Different Life Stages:** Offering more flexible roles that cater to different schedules, particularly for busy families or working professionals, could increase participation. Consider developing short-term or one-time service opportunities to allow more congregants to experience serving without long-term commitments.
3. **Spiritual Growth Tracking:** Introduce spiritual growth tracking for Strategy 2 Small Group participants, providing personal feedback or reflection tools to help them see how their service is impacting their faith journey. This could further motivate involvement and deeper spiritual engagement.
4. **Connect Service with Discipleship:** Leverage Strategy 2 Small Group participation as a discipleship tool by pairing serving opportunities with mentorship and small group discussions. This can help ensure that service on the Strategy 2 Small Groups not only contributes to the logistics of church operations but also fosters deeper spiritual growth and accountability.

### **Conclusion:**

Strategy 2 Small Groups are an effective ministry tool at SFA Case Study Church A for those who participate, with clear benefits in terms of spiritual growth. However, the relatively low engagement indicates that there is a large opportunity to involve more congregants. By addressing potential barriers and expanding the accessibility and appeal of service opportunities, the church can increase participation, leading to a more engaged and spiritually healthy congregation.

## **Executive Summary of SFA Case Study Church A Congregants based on spiritual need:**

This report assesses the spiritual health of various groups at SFA Case Study Church A, including non-believers, notional Christians, mature believers, and disciple makers. Each group displays unique strengths, challenges, and opportunities for growth, which are explored in detail. Overall, the church exhibits a strong theological foundation and commitment to spiritual growth, but there are clear areas where increased discipleship, engagement, and support could deepen the spiritual health of the entire congregation.

### **Key Findings:**

#### **1. Non-Believers:**

- **Openness to Spiritual Growth:** Despite not yet being committed to faith, many non-believers value their spiritual well-being, with 42.4% rating it as very important.
- **Spiritual Practices:** While sporadic, some non-believers engage in prayer (23.6% nearly every day) and show curiosity about faith, with 28.1% believing God answers their prayers frequently.
- **Engagement Opportunities:** Low participation in Strategy 1 Small Groups (34.3%) and Strategy 2 Small Groups (69.1%) suggests there is room for more targeted outreach and inclusion in church programs.
- **Recommendation:** The church should focus on clear teaching about core Christian doctrines and offer pathways for non-believers to experience community and service as they explore faith.

#### **2. Notional Christians:**

- **Strong Belief in Salvation:** All notional Christians (100%) believe they will experience heaven due to salvation by grace through faith in Jesus, demonstrating a firm theological foundation.
- **Struggles with Spiritual Practices:** Many report inconsistent Bible engagement, with 19.9% not reading the Bible at all and 33.3% reading only once per week. Similarly, 47.9% report struggling with temptation multiple times a day.
- **Recommendation:** There is a need to deepen daily spiritual practices and foster more consistent engagement in Bible reading and prayer, alongside encouraging more participation in small groups and service opportunities.

### 3. **Mature Believers (Not Yet Disciple Makers):**

- **Strong Spiritual Foundation:** This group places a high value on their spiritual well-being (89%) and is deeply engaged in prayer and Bible reading, with 36.4% reading the Bible daily.
- **Lack of Discipleship Engagement:** Despite their maturity, 46.2% of these believers interact with someone they are discipling only a few times a year or less, indicating a significant gap in their role as disciple makers.
- **Recommendation:** The church should focus on "activating" these believers into discipling roles through training, mentorship, and clear pathways into leadership.

### 4. **Disciple Makers:**

- **High Spiritual Engagement:** The disciple makers at SFA Case Study Church exhibit strong spiritual practices, with 67.9% discipling others weekly and 97.8% reporting that their faith is growing.
- **Program Success:** Strategy 1 Small Group and Strategy 2 Small Group involvement among disciple makers has had a significant spiritual impact, but there is room for increasing overall participation in these programs.
- **Recommendation:** Continue to support disciple makers with resources and ensure they are equipped to mentor others effectively. Encourage greater participation in group and service opportunities to enhance community impact.

### **Overall Church Recommendations:**

1. **Increase Discipleship and Activation:** Across all groups, there is a clear need to focus on activating more members into discipling roles. Providing discipleship training, leadership development, and clear pathways to service would ensure that more congregants engage in mentoring and leading others spiritually.
2. **Encourage Deeper Spiritual Practices:** Bible engagement and daily spiritual practices need to be emphasized across all groups. Initiatives such as Bible reading challenges, devotionals, and sermon series focused on personal spiritual disciplines could help increase consistency.
3. **Enhance Program Engagement:** Strategy 1 Small Groups and Strategy 2 Small Groups have proven beneficial for spiritual growth, but participation remains lower than desired. Targeted outreach, personal invitations, and flexible opportunities for

involvement would help boost participation and foster deeper community connections.

4. **Address Personal Struggles:** Many respondents across all groups face common struggles such as worry, fear, and criticism. The church could offer specific resources, support groups, and workshops to address these areas, helping members overcome challenges and experience more holistic spiritual health.

**Conclusion:**

SFA Case Study Church A has a strong foundation of faith, but there is a significant opportunity to deepen spiritual health through increased discipleship, consistent spiritual practices, and greater involvement in community programs. By focusing on these areas, the church can empower its members to grow in their faith and become more effective in leading others spiritually, fostering a vibrant and engaged congregation.



# Detailed Analysis of the Spiritual Health of Non-Believers (Spiritual Fitness Level 1) at SFA Case Study Church A

## Demographics:

The group of non-believers at SFA Case Study Church A represents a wide range of demographics, with a focus on younger members:

- Gender:** The gender distribution among non-believers is relatively balanced, with 50% female, 47.9% male, and 2.1% preferring not to answer (SPIRITUAL FITNESS LEVEL 1.pptx -).
- Age:** A significant portion of non-believers are younger, with 26.8% aged 25-34 and 30.3% aged 35-49. There is also a notable representation of younger individuals aged 18-24 (17.6%) and adolescents aged 14-17 (12%) (SPIRITUAL FITNESS LEVEL 1.pptx -). This suggests that a substantial number of non-believers are in the early stages of their adult lives.
- Tenure at SFA Case Study Church A:** Most non-believers have been attending SFA Case Study Church A for a relatively short time. Twenty percent have attended for less than six months, and 14.3% have attended between six months and a year (SPIRITUAL FITNESS LEVEL 1.pptx -). This shows that many are relatively new to the church, which could reflect an openness to exploring faith.

### Q18: How long have you attended

Answered: 140 Skipped: 4

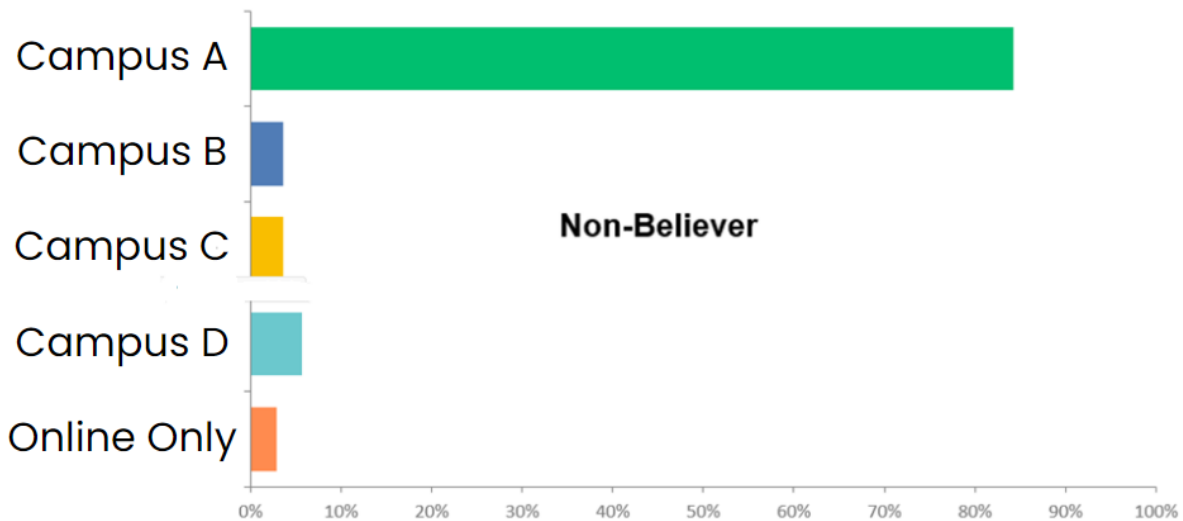
#### Non-Believer

ANSWER CHOICES	RESPONSES	
Less than 6 Months	20.00%	28
6 Months to a Year	14.29%	20
1 to 3 Years	21.43%	30
3 to 5 Years	12.14%	17
5 to 10 Years	17.14%	24
More than 10 Years	7.86%	11
Visitor	7.14%	10
<b>TOTAL</b>		<b>140</b>

**Q19:**

Answered: 140 Skipped: 4

## Which Campus do you attend?

**Spiritual Condition:**

The spiritual condition of non-believers at SFA Case Study Church A indicates varying levels of interest in spiritual matters, though many have not yet fully committed to faith practices:

- **Importance of Spiritual Well-being:** 42.4% of non-believers consider their spiritual well-being to be very important, while 36.8% find it important (SPIRITUAL FITNESS LEVEL 1.pptx -). This demonstrates that, despite their non-belief, many are open to spiritual growth and place a high value on their spiritual health.
- **Prayer Engagement:** While 23.6% of non-believers pray nearly every day and 16.7% pray often, a large portion (48.6%) pray only sometimes (SPIRITUAL FITNESS LEVEL 1.pptx -). This sporadic engagement with prayer may indicate a curiosity or partial openness to faith but without regular commitment.
- **Perception of God:** When it comes to feeling that God answers prayers, 28.1% feel that God frequently responds, and 45.3% feel that God answers prayers occasionally (SPIRITUAL FITNESS LEVEL 1.pptx -). This suggests that while many non-believers are unsure about faith, they are not entirely closed off to the possibility of divine interaction.

**Beliefs and Afterlife Perceptions:**

- Afterlife Beliefs:** Non-believers at SFA Case Study Church A have diverse beliefs regarding the afterlife. A notable 40.9% believe they will experience heaven due to living a good life, while 38.9% are uncertain about what will happen after death (SPIRITUAL FITNESS LEVEL 1.pptx -). Interestingly, none of the respondents believe they will experience heaven due to salvation by grace through faith in Jesus. This highlights a lack of understanding or acceptance of the core Christian doctrine of salvation.
- Concept of Good and Evil:** A strong majority (94.4%) of non-believers believe in the existence of good and evil, which suggests an underlying moral framework, even if it is not yet fully aligned with Christian teachings (SPIRITUAL FITNESS LEVEL 1.pptx -).

**Q5: What do you think happens after death?**

**Non-Believer**

ANSWER CHOICES	RESPONSES	
I'm dead. That's it.	2.78%	4
I will experience heaven because I tried my best to be a good person and live a good life.	40.97%	59
I will experience heaven because I am devoted to my religion and its practices.	12.50%	18
I will experience heaven because I am saved by grace through faith in Jesus.	0.00%	0
I will be reincarnated	2.08%	3
I will go to hell	1.39%	2
I am not sure what will happen	38.89%	56
Other	1.39%	2

## Struggles and Spiritual Challenges:

- **Struggles with Temptation and Sin:** Non-believers face various spiritual and emotional challenges, with 50% experiencing temptation a few times a week and 25.4% facing temptation daily (SPIRITUAL FITNESS LEVEL 1.pptx -). Some of the most common struggles include:
  - **Criticizing or Thinking Bad about Others** (34.5%)
  - **Anger** (33.1%)
  - **Worry** (30.3%)
  - **Destructive Thoughts** (21.1%) (SPIRITUAL FITNESS LEVEL 1.pptx -).

These challenges indicate that non-believers at SFA Case Study Church A are grappling with common human issues that can be addressed through spiritual growth.

- **Areas for Growth:** When asked which areas they would like to grow in, non-believers highlighted several key virtues:
  - **Faithfulness** (42.3%)
  - **Self-Control** (40.1%)
  - **Peace** (37.3%)
  - **Knowledge** (26.8%)(SPIRITUAL FITNESS LEVEL 1.pptx -).

This indicates a desire for growth in spiritual and personal development, even among those who do not yet identify as believers.

## Program Success:

Participation in SFA Case Study Church A programs among non-believers is relatively low, which suggests an opportunity for more focused outreach and engagement:

- **Strategy 1 Small Groups:** Only 34.3% of non-believers are involved in a Strategy 1 Small Group, with the majority (65.7%) not participating (SPIRITUAL FITNESS LEVEL 1.pptx -). Of those involved, only 7.9% report that Strategy 1 Small Group engagement has had a significant impact on their spiritual health (SPIRITUAL FITNESS LEVEL 1.pptx -). This suggests that more targeted efforts to integrate non-believers into small group settings could be beneficial for fostering spiritual growth.

- **Strategy 2 Small Groups:** Similarly, involvement in Strategy 2 Small Groups is low, with 69.1% of non-believers not participating in any service-oriented teams (SPIRITUAL FITNESS LEVEL 1.pptx -). However, 9.4% of those who do participate report a significant positive impact on their spiritual health (SPIRITUAL FITNESS LEVEL 1.pptx -). Encouraging non-believers to serve could help them feel more connected to the church and open to spiritual transformation.

### **Conclusions and Recommendations:**

1. **Opportunity for Spiritual Growth:** Non-believers at SFA Case Study Church A, while not fully engaged in traditional faith practices, show a significant openness to spiritual growth. Many value their spiritual well-being and are curious about prayer and divine interaction. This openness provides fertile ground for evangelism and discipleship.
2. **Addressing Core Beliefs:** A lack of understanding regarding core Christian doctrines, such as salvation by grace, suggests a need for focused teaching and dialogue. Programs that clearly communicate the gospel message in a non-threatening and relational manner could help bridge this gap.
3. **Encourage Participation in Groups and Service:** Increasing non-believer participation in Strategy 1 Small Groups and Strategy 2 Small Groups could significantly impact their spiritual growth. These programs provide community, accountability, and opportunities for personal and spiritual development, all of which are critical in the journey toward faith.
4. **Focus on Personal Struggles:** Many non-believers are dealing with emotional and spiritual struggles such as anger, worry, and destructive thoughts. Addressing these issues through counseling, pastoral care, and practical teaching on topics such as forgiveness, peace, and self-control could provide a pathway to deeper spiritual engagement.

Overall, SFA Case Study Church A has a strong opportunity to minister to its non-believing attendees. By providing clear teaching, community involvement, and support for personal struggles, the church can help guide non-believers toward faith and spiritual transformation.

## Detailed Analysis of the Spiritual Health of Notional Christians (Spiritual Fitness Level 2) at SFA Case Study Church A

### Demographics:

The group of notional Christians at SFA Case Study Church A represents a significant portion of the congregation, with a fairly balanced demographic distribution:

- **Gender:** The majority of respondents are female (61%), while 39% are male (SPIRITUAL FITNESS LEVEL 2).
- **Age:** The notional Christians encompass a wide age range, with the largest age groups being 35-49 (29.3%) and 25-34 (26.7%). A notable portion of younger adults aged 18-24 (17.1%) and adolescents aged 14-17 (9.4%) are also represented (SPIRITUAL FITNESS LEVEL 2).
- **Tenure at SFA Case Study Church A:** Many notional Christians are relatively new to SFA Case Study Church A, with 25% attending for 1 to 3 years, and 18.9% attending for 5 to 10 years (SPIRITUAL FITNESS LEVEL 2). A smaller portion (10.1%) has been attending for less than 6 months (SPIRITUAL FITNESS LEVEL 2).

### Spiritual Condition:

Notional Christians at SFA Case Study Church A exhibit varied spiritual practices and beliefs:

- **Importance of Spiritual Well-being:** An overwhelming majority (71.2%) of notional Christians consider their spiritual well-being to be very important, while 24.8% find it important (SPIRITUAL FITNESS LEVEL 2). This demonstrates that, despite being less committed to spiritual practices, these individuals still value their spiritual life.
- **Prayer Life:** While 38.3% of notional Christians pray nearly every day, 33.5% report praying only sometimes (SPIRITUAL FITNESS LEVEL 2). This indicates that, although prayer is a part of their lives, it may not be a consistent or deeply integrated practice for many.
- **Perception of God's Voice and Answers:** A mixed response was observed regarding their sense of connection to God. While 33.3% believe God frequently answers their prayers, 29.7% feel that He only answers occasionally (SPIRITUAL FITNESS LEVEL 2). Similarly, 40.3% feel that God speaks to them occasionally, with a smaller portion (16.6%) feeling He speaks frequently (SPIRITUAL FITNESS LEVEL 2). This suggests a degree of uncertainty or inconsistency in their perception of divine interaction.

## **Bible Engagement:**

Bible reading habits among notional Christians reveal a significant area for growth:

- **Frequency of Bible Reading:** A large proportion (53.1%) of notional Christians engage with the Bible only once or twice a week, and 19.9% do not read or listen to the Bible at all (SPIRITUAL FITNESS LEVEL 2). None reported engaging with Scripture daily, indicating a lack of consistent Bible engagement within this group. This presents a major gap in spiritual discipline and an area for targeted growth.

## **Struggles and Spiritual Challenges:**

Notional Christians exhibit a range of spiritual growth experiences, with many facing significant struggles:

- **Spiritual Growth:** Despite inconsistent engagement with spiritual practices, 76.7% of notional Christians report that their faith is growing, though 20.1% feel their faith is stagnant (SPIRITUAL FITNESS LEVEL 2). A smaller group (3.2%) report moving away from God, with some indicating they are slipping or slowly drifting (SPIRITUAL FITNESS LEVEL 2).
- **Common Struggles:** Many notional Christians report struggling with issues such as criticizing others (37.9%), anger (35.7%), and worry (36.5%) (SPIRITUAL FITNESS LEVEL 2). Additionally, 22.2% struggle with doubt, and 17.4% with self-forgiveness (SPIRITUAL FITNESS LEVEL 2). These struggles reflect personal and spiritual challenges that may be hindering deeper spiritual growth.

## **Program Success:**

Participation in church programs like Strategy 1 Small Groups and Strategy 2 Small Groups is notably low among notional Christians:

- **Strategy 1 Small Groups:** Only 38.7% of notional Christians are involved in Strategy 1 Small Groups, and 61.3% are not engaged at all (SPIRITUAL FITNESS LEVEL 2). Among those involved, only 13.4% report that their participation has significantly impacted their spiritual health (SPIRITUAL FITNESS LEVEL 2). This low level of involvement suggests a missed opportunity for community and spiritual growth.
- **Strategy 2 Small Groups:** Similarly, 65.8% of notional Christians are not involved in a Strategy 2 Small Group (SPIRITUAL FITNESS LEVEL 2). For those who do participate, 12.8% report that serving on a Strategy 2 Small Group has had a significant impact on their spiritual health (SPIRITUAL FITNESS LEVEL 2). This

indicates that while Strategy 2 Small Groups are effective for those involved, outreach and encouragement for participation could be strengthened.

### **Conclusions and Recommendations:**

1. **Increase Bible Engagement:** The lack of consistent Bible reading is a significant issue among notional Christians. SFA Case Study Church A should prioritize initiatives that encourage daily engagement with Scripture, such as Bible reading plans, challenges, and promoting Bible-based small groups.
2. **Foster Consistent Prayer Life:** Although many notional Christians pray, it is not a consistent practice for a large portion. Encouraging regular prayer through resources like prayer guides, workshops, and dedicated sermon series could help deepen this spiritual discipline.
3. **Address Common Struggles:** Notional Christians are facing a range of emotional and spiritual struggles. Offering targeted pastoral care, counseling, and teaching on topics like forgiveness, doubt, and managing anger could provide much-needed support for this group.
4. **Encourage Greater Program Involvement:** Low participation rates in Strategy 1 Small Groups and Strategy 2 Small Groups suggest an opportunity for increased engagement. SFA Case Study Church A could develop more inviting entry points, such as short-term groups, lower commitment opportunities, and personalized invitations to help more notional Christians get involved in these spiritually beneficial programs.
5. **Activate Discipleship:** Given that none of the notional Christians reported discipling others, there is a clear need to introduce the concept of discipleship and provide training and support to help these individuals step into mentorship roles.



## Detailed Analysis of the Spiritual Health of Mature Believers (Spiritual Fitness Level 3 - Not Yet Disciple Makers) at SFA Case Study Church A

### Demographics:

Mature believers at SFA Case Study Church A, who have not yet become disciple makers, represent a significant portion of the congregation and display strong spiritual commitment:

- **Gender:** Among these mature believers, 56.6% are female and 42.2% are male (SPIRITUAL FITNESS LEVEL 3).
- **Age:** This group is skewed toward older members, with 41.1% aged 50 and above. A sizable portion, 29.3%, falls between the ages of 35-49, and 15% are aged 25-34 (SPIRITUAL FITNESS LEVEL 3).
- **Tenure at SFA Case Study Church A:** Many of these mature believers have attended SFA Case Study Church A for a long time, with 33.9% attending for more than 10 years. Additionally, 20.4% have attended for 1 to 3 years, reflecting a mix of both long-standing and relatively newer members (SPIRITUAL FITNESS LEVEL 3).

### Spiritual Condition:

The spiritual condition of this group is notably strong, as reflected in their devotion to prayer, Bible reading, and spiritual growth:

- **Importance of Spiritual Well-being:** An overwhelming majority (89%) of these mature believers state that their spiritual well-being is very important to them, with an additional 10.6% considering it important (SPIRITUAL FITNESS LEVEL 3).
- **Prayer Life:** These believers are highly engaged in prayer, with 67.5% praying nearly every day and 24.4% praying often (SPIRITUAL FITNESS LEVEL 3). This indicates a deep commitment to maintaining an active relationship with God through regular communication.
- **Perception of God's Voice and Answers:** A majority feel connected to God in tangible ways, with 45.5% believing that God frequently answers their prayers and 34.6% feeling that He answers somewhat frequently (SPIRITUAL FITNESS LEVEL 3). However, only 20.7% feel that God speaks to them frequently, while 43.5% believe they hear from God occasionally (SPIRITUAL FITNESS LEVEL 3). This suggests that while many feel their prayers are answered, fewer have a strong sense of direct communication from God.

### **Bible Engagement:**

- **Frequency of Bible Reading:** Bible engagement is relatively high among these believers, with 36.4% reading or listening to the Bible every day and 32.8% doing so five days a week (SPIRITUAL FITNESS LEVEL 3). This shows that most mature believers are consistently immersing themselves in Scripture, which is vital for spiritual growth.

### **Discipleship and Spiritual Growth:**

While these believers exhibit strong spiritual practices, there is a clear gap in discipleship:

- **Discipleship Involvement:** Only a small fraction of this group actively engages in discipleship. A significant 46.2% report interacting with someone they are discipling only a few times a year, while 19.8% never disciple others (SPIRITUAL FITNESS LEVEL 3). This suggests that while they are spiritually mature, they are not yet regularly mentoring or leading others in spiritual growth.
- **Spiritual Growth:** Despite the lack of discipleship involvement, 89.1% of these believers report that their faith is growing, with 42.2% feeling they are moving closer to God every day (SPIRITUAL FITNESS LEVEL 3). This indicates that their personal spiritual journeys are progressing well, even without formal roles in discipling others.

### **Struggles and Spiritual Challenges:**

Like all believers, these mature Christians face spiritual and emotional challenges:

- **Temptation and Struggles:** Common struggles include criticizing or thinking badly about others (36.7%), worry (34.3%), and fear (24.5%) (SPIRITUAL FITNESS LEVEL 3). Additionally, 23.3% struggle with lust, and 21.2% with self-forgiveness (SPIRITUAL FITNESS LEVEL 3). These issues suggest that even spiritually mature believers face temptations and personal battles that need ongoing attention.
- **Areas for Growth:** The top areas where these believers desire growth include self-control (34%), knowledge (27.5%), and faithfulness (27%) (SPIRITUAL FITNESS LEVEL 3). These focus areas reflect their desire to deepen their spiritual discipline and understanding of God's word.

### **Program Success:**

Participation in SFA Case Study Church A programs, particularly Strategy 1 Small Groups and Strategy 2 Small Groups, has had mixed success among these mature believers:

- **Strategy 1 Small Groups:** Just over half (50.6%) of mature believers are not involved in a Strategy 1 Small Group (SPIRITUAL FITNESS LEVEL 3). However, for those who are, 23.7% report that their engagement in a Strategy 1 Small Group has had a great impact on their spiritual health (SPIRITUAL FITNESS LEVEL 3). This suggests that while these groups are beneficial, there is significant room to increase involvement among this cohort.
- **Strategy 2 Small Groups:** Similarly, 51.2% are not involved in a Strategy 2 Small Group, though 16.5% report that serving on a Strategy 2 Small Group has had a great impact on their spiritual health (SPIRITUAL FITNESS LEVEL 3). This again highlights the potential for greater involvement, as those who do serve experience positive spiritual growth (SPIRITUAL FITNESS LEVEL 3).

### **Conclusions and Recommendations:**

1. **Strong Foundation but Needs Activation:** The spiritual health of mature believers at SFA Case Study Church A is robust, with strong engagement in prayer and Bible reading. However, there is a clear gap in their involvement in discipling others. Encouraging this group to become disciple makers through training, mentorship, and clear pathways to leadership roles could activate their potential and deepen their spiritual growth.
2. **Encourage Discipleship:** Since many mature believers are not actively discipling others, the church could provide resources, training, and encouragement to help them transition into these roles. This could be done through targeted campaigns, small group discussions, or pairing them with experienced disciple makers.
3. **Increase Program Involvement:** While Strategy 1 Small Groups and Strategy 2 Small Groups are proving beneficial for those who participate, more efforts should be made to encourage involvement. Personalized invitations, testimonials from those already engaged, and low-barrier entry points (such as short-term commitments or one-time projects) could help increase participation.
4. **Address Personal Struggles:** While these believers are spiritually mature, they still face common struggles such as worry, fear, and criticism. The church could offer targeted teaching and resources, such as workshops on overcoming fear or forgiveness, to help them navigate these challenges more effectively.

In summary, the mature believers at SFA Case Study Church A are deeply committed to their faith but require activation into roles of discipleship. By addressing their personal struggles and encouraging participation in leadership and service, the church can help

these believers reach their full potential as disciple makers and spiritual leaders within the congregation.

## **Detailed Analysis of the Spiritual Health of SFA Case Study Church A, Disciple Makers**

### **Demographics (Spiritual Fitness Level 4):**

The disciple makers at SFA Case Study Church A represent a diverse cross-section of the congregation, with a significant skew toward older members:

- **Gender:** The majority of disciple makers are female (62.4%), while 36.7% are male (SPIRITUAL FITNESS LEVEL 4).
- **Age:** Most disciple makers are over the age of 35, with 43.8% aged 50 and older, and 29% between the ages of 35 and 49. This indicates that older members of the church are more engaged in disciple-making (SPIRITUAL FITNESS LEVEL 4).
- **Tenure at SFA Case Study Church A:** A large portion of disciple makers have been with the church for more than 10 years (27.8%), with another 21.1% attending for 5 to 10 years (SPIRITUAL FITNESS LEVEL 4). This suggests that long-term involvement with the church correlates with deeper engagement in discipleship roles.

### **Spiritual Condition:**

The spiritual condition of SFA Case Study Church A's disciple makers is notably strong, with consistent engagement in spiritual practices and deep conviction in their beliefs:

- **Importance of Spiritual Well-being:** A staggering 94.8% of disciple makers reported that their spiritual well-being is very important to them, with the remaining respondents indicating that it is important (SPIRITUAL FITNESS LEVEL 4).
- **Prayer Life:** The majority of disciple makers (82.7%) pray nearly every day, with an additional 15.1% praying often (SPIRITUAL FITNESS LEVEL 4). This indicates a high level of spiritual discipline and reliance on prayer as part of their daily lives.
- **Perception of God's Voice and Answers:** A strong 64.1% feel that God frequently answers their prayers, and 47.2% believe that God speaks to them frequently (SPIRITUAL FITNESS LEVEL 4). This sense of personal connection with God reflects a deep level of spiritual engagement and maturity.

### **Bible Engagement:**

Bible engagement among disciple makers is particularly high:

- **Frequency of Bible Reading:** Over half (52.4%) of disciple makers report reading or listening to the Bible every day, while another 36.8% engage with the Bible at least four to six days per week (SPIRITUAL FITNESS LEVEL 4). This high level of Bible engagement is a strong indicator of spiritual health, as regular interaction with Scripture often correlates with spiritual growth.

#### **Discipleship and Spiritual Growth:**

- **Active Discipleship:** A significant 67.9% of disciple makers engage in discipleship weekly, and 34.2% do so daily (SPIRITUAL FITNESS LEVEL 4). This level of intentional spiritual mentorship highlights their commitment to helping others grow spiritually, a key indicator of maturity in their faith.
- **Personal Faith Growth:** Nearly all disciple makers (97.8%) report that their faith is growing, with over half (58.7%) stating that they are moving closer to God every day (SPIRITUAL FITNESS LEVEL 4). This shows a deep commitment to ongoing spiritual development, even among those who are leading others.

#### **Struggles and Spiritual Challenges:**

While the overall spiritual health of disciple makers is strong, they do face some struggles:

- **Temptation and Spiritual Struggles:** About 19.4% of disciple makers experience temptation multiple times a day, with another 31.7% facing temptation daily (SPIRITUAL FITNESS LEVEL 4). Common struggles include criticizing others (35.8%), worry (31%), and discouragement (23.5%) (SPIRITUAL FITNESS LEVEL 4). These challenges are reflective of the normal spiritual battles faced by even mature believers.
- **Areas for Growth:** When asked where they would like to grow, self-control (29.9%), knowledge (29%), and faithfulness (26.3%) were the top choices (SPIRITUAL FITNESS LEVEL 4). These areas highlight their desire for deeper spiritual discipline and understanding, even as they lead others.

#### **Program Success:**

The involvement of disciple makers in church programs and their reported impact on spiritual health provides insights into the success of SFA Case Study Church A's initiatives:

- **Strategy 1 Small Groups:** Participation in Strategy 1 Small Groups is relatively high, with 62.2% involved, and 31.1% reporting that their engagement has had a significant impact on their spiritual health (SPIRITUAL FITNESS LEVEL 4). This

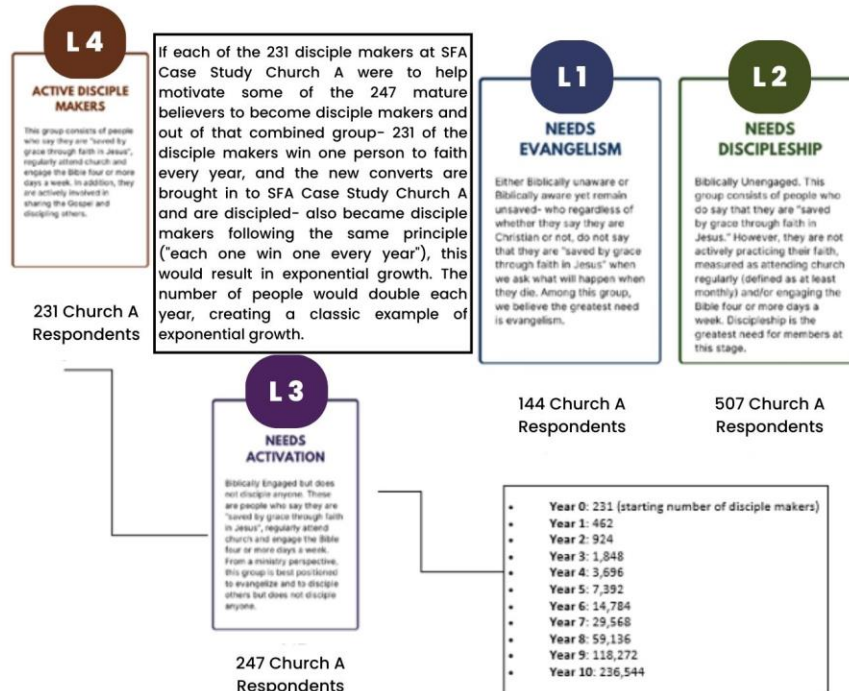
demonstrates that small group participation is a valuable tool for spiritual growth among disciple makers.

- **Strategy 2 Small Groups:** Although 41.5% of disciple makers are not involved in a Strategy 2 Small Group, 33.9% report that serving on a Strategy 2 Small Group has had a significant positive impact on their spiritual health (SPIRITUAL FITNESS LEVEL 4). The Strategy 2 Small Groups thus play an important role in the spiritual development of those who are engaged, but there is an opportunity to increase participation.

### **Conclusion and Recommendations:**

The spiritual health of SFA Case Study Church A's disciple makers is robust. They are deeply committed to their spiritual well-being, with high levels of prayer, Bible engagement, and active discipleship. Despite facing common spiritual struggles, these leaders are growing in their faith and making significant contributions to the spiritual lives of others. SFA Case Study Church A's programs, particularly Strategy 1 Small Groups and Strategy 2 Small Groups, play a critical role in fostering their spiritual growth, but there is still room to enhance participation and engagement in these areas.

Overall, the disciple makers at SFA Case Study Church A are spiritually mature, dedicated, and serve as vital pillars of the church's spiritual community, though continuous support and encouragement in their growth and service are essential for maintaining and enhancing their spiritual health.



### Highest Potential for Growth of SFA Case Study Church A

If each of the 231 disciple makers at SFA Case Study Church A were to help motivate some of the 247 mature believers to become disciple makers and out of that combined group- 231 of the disciple makers win one person to faith every year, and the new converts are brought in to SFA Case Study Church A and are disciplined- also became disciple makers following the same principle ("each one win one every year"), this would result in exponential growth. The number of people would double each year, creating a classic example of exponential growth.

Here's the formula for exponential growth:

$$N=N_0(1+r)^t$$

Where:

- N is the future population after time t.
- N<sub>0</sub> is the initial population (231 disciple makers).
- r is the growth rate (100%, or 1, since each person wins one every year).
- t is the time in years (in this case, 10 years).

Since each disciple maker wins one person each year, the population will double every year, so the equation simplifies to:

$$N=N_0(2)^t$$

Given  $N_0=231$ , and using the doubling factor over ten years:

$$N=231(2)^{10} = 236,544$$

### **Conclusion:**

If each of the 231 disciple makers won one person each year and those converts continued to disciple others in the same way, the SFA Case Study Church A disciple makers would grow to **236,544 people** after 10 years of exponential growth.

Broken down by year, here is the exponential growth of the 231 disciple makers over ten years, assuming each wins one person per year, and those converts also win one person each year:

- **Year 0:** 231 (starting number of disciple makers)
- **Year 1:** 462
- **Year 2:** 924
- **Year 3:** 1,848
- **Year 4:** 3,696
- **Year 5:** 7,392
- **Year 6:** 14,784
- **Year 7:** 29,568
- **Year 8:** 59,136
- **Year 9:** 118,272
- **Year 10:** 236,544

### **Executive Summary of the text analysis of disciple makers on what helped them become disciple makers:**

This analysis focuses on what motivates individuals to become disciple-makers, based on responses from a spiritual health assessment at SFA Case Study Church A of their actual disciple makers (SPIRITUAL FITNESS LEVEL 4).



The motivations of these respondents are diverse, spanning personal spiritual experiences, external support, biblical commands, emotional reasons, and a strong sense of calling. Key motivators include receiving discipleship or support from others, parental influence, specific scripture verses, and the role of the church community. Each of these factors highlights different aspects of the journey toward becoming a disciple-maker, showing how both personal transformation and community influence play crucial roles.

### **Key Findings:**

1. **Receiving Discipleship/Support from Others:** Many respondents were inspired by the support they received from mentors, friends, or church leaders, driving them to "pay it forward."
2. **Parental and Familial Role:** The role of family, especially parents, in encouraging faith development, was identified as a significant motivator. This highlights the importance of nurturing the faith of the next generation.
3. **The Great Commission and Specific Verses:** Biblical commands, especially the Great Commission, were strong motivators. Respondents were driven by obedience to Jesus' call to make disciples.
4. **Church Community Influence:** The role of the church community in fostering discipleship was significant, providing support and creating an environment conducive to spiritual growth.
5. **Spiritual Experiences:** Personal encounters with God's love, grace, and salvation were also key motivators, inspiring individuals to help others experience the same transformation.

### **Conclusion**

The motivations behind becoming a disciple-maker are multifaceted, encompassing spiritual, relational, and emotional influences. The SFA Case Study Church A plays an essential role in supporting these disciple-makers, serving as a community that provides mentorship, encouragement, and a space for spiritual growth. SFA Case Study Church A can continue to foster disciple-making by actively providing mentorship opportunities, teaching the importance of the Great Commission, and cultivating environments where personal transformation stories can be shared and celebrated.

### **Importance of the Church's Role**

The church community is crucial in the journey of disciple-makers. The influence of mentors, leaders, and supportive church environments is a recurring theme in the

motivations analyzed. The church's role as a space for fostering spiritual connections and nurturing relationships cannot be overstated. It provides the necessary framework where individuals can receive guidance, encouragement, and practical tools to fulfill their calling. In this way, the church not only supports disciple-makers but also perpetuates a cycle of discipleship that reaches new individuals, thus fulfilling its mission to spread the gospel.



## **What Helped Motivate You to Become a Disciple Maker? SFA Case Study Church A Spiritual Health Assessment**

- **Rescue/Salvation Experience - 9**
- **Receiving Discipleship/Support from Others - 19**
- **The Great Commission - 7**
- **God's Love - 5**
- **God's Grace - 9**
- **Specific Verses - 14**
- **Prayer - 8**
- **God's Calling - 1**
- **Specific Ministries or Groups - 2**
- **Church Community/Familial Influence - 15**
- **Parental Role - 21**
- **God's Work in Life - 1**
- **Helping Others Emotionally - 1**
- **Mentorship – 8**

Based on the analysis of 215 responses to the question, "What helped motivate you to become a disciple maker?" several key themes emerged, reflecting a diverse range of spiritual, relational, and personal motivations. These findings offer a clear picture of what drives individuals to take on the role of a disciple maker, showcasing deep personal experiences, biblical teachings, and community influence. Below is a detailed conclusion from the themes identified:

### **1. Rescue/Salvation Experience (9 responses)**

A significant number of individuals expressed that their personal salvation experience was a pivotal motivation for becoming disciple makers. These respondents shared that being rescued or saved by Christ instilled a desire to help others experience the same transformative grace. For many, this experience became the driving force behind their commitment to spreading the gospel.

### **2. Receiving Discipleship/Support from Others (19 responses)**

Many individuals were motivated by the fact that others had discipled or supported them. These respondents often mentioned the positive impact that mentors, friends, or church leaders had on their spiritual growth. Their desire to "pay it forward" by discipling others stemmed from the recognition that they had been beneficiaries of spiritual guidance and support.

### **3. The Great Commission (7 responses)**

The clear biblical command found in the Great Commission was a strong motivator for some respondents. These individuals were driven by a sense of duty to fulfill Christ's call to "go and make disciples." This theme highlights the role of obedience to Jesus' direct command as a primary motivator for their actions.

### **4. God's Love (5 responses) and God's Grace (9 responses)**

For some, the overwhelming experience of God's love and grace was their core motivation. These respondents often expressed that their encounter with the unconditional love of Jesus and the grace they received became an irresistible calling to share that with others. The deep emotional connection to these experiences made them want to reflect God's love to others through disciple-making.

### **5. Specific Verses (14 responses) and Prayer (8 responses)**

Several respondents pointed to the Bible as their source of inspiration, specifically mentioning verses that spoke to the importance of making disciples. For others, the practice of prayer and their intimate connection with God through prayer were key motivators. These spiritual disciplines—studying the Bible and prayer—provided a solid foundation for their calling.

### **6. God's Calling (1 responses)**

Some individuals felt an undeniable sense of being called by God to disciple others. This theme reflects a sense of purpose and direction in life, where respondents believed that

God had directly instructed or called them to this ministry. For these respondents, disciple-making was seen as part of their spiritual destiny.

### **7. Specific Ministries or Groups (2 responses)**

Certain respondents highlighted involvement in specific ministries or small groups (such as “Sheepgate” or other church programs) as their motivation. Being part of a structured ministry gave them the tools, encouragement, and community needed to pursue disciple-making actively.

### **8. Church Community/Familial Influence (15 responses)**

For some, the influence of their church community or family was a strong motivating factor. Respondents often mentioned that their family’s or church’s encouragement, support, and example helped them realize the importance of disciple-making. This suggests that the influence of close-knit communities can play a vital role in encouraging individuals to take on discipleship roles.

### **9. Parental Role (21 responses)**

A subset of respondents was motivated by their role as parents. For these individuals, the desire to disciple their own children or other young people stemmed from their responsibility as role models and spiritual guides for the next generation. The idea of passing down faith to their children or mentoring young people was a significant motivator.

### **10. God’s Work in Life (1 responses)**

For some, the ongoing work of God in their personal lives was the driving force behind their decision to disciple others. These individuals saw how God had moved in their own experiences and felt compelled to share this transformation with others through discipleship.

### **11. Helping Others Emotionally (1 responses)**

A few individuals expressed a deep emotional motivation for helping others. These respondents were driven by a desire to prevent emotional suffering and to provide support and comfort to those in need. Their motivation came from a compassionate heart that sought to heal emotional and spiritual brokenness.

### **12. Mentorship (8 responses)**

Finally, a small group of respondents identified mentorship as their primary motivation. They felt called to guide and mentor others, helping them grow in their faith, much as they

had been mentored. This theme highlights the relational aspect of discipleship, where personal guidance plays a crucial role.

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## **Conclusion**

The findings show that motivations for disciple-making are multifaceted and deeply personal, ranging from spiritual encounters with God's love and grace to the influence of mentors, church communities, and family members. Key biblical commands like the Great Commission also serve as a significant driving force, alongside the personal responsibility felt by parents and mentors.

### **Key Takeaways:**

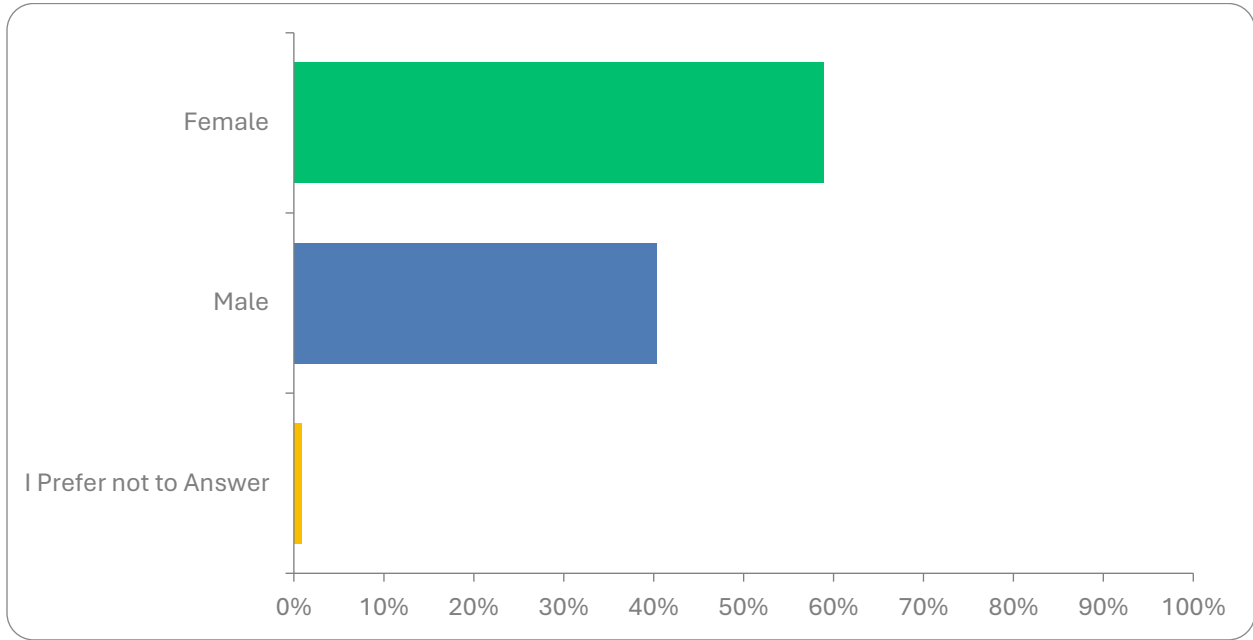
- Personal spiritual experiences, such as salvation or prayer, play a critical role in motivating individuals.
- External influences, including mentorship, family, and church communities, are essential in fostering disciple-making habits.
- A strong sense of calling and biblical obedience, especially to the Great Commission, provides a clear sense of purpose for many.
- Emotional motivations, particularly the desire to help others, also form a vital component in the decision to become a disciple maker.

Understanding these diverse motivations can help SFA Case Study Church A leaders, and communities support and nurture disciple-makers by addressing these specific areas of inspiration and encouragement.

## Demographics

The spiritual health assessment of SFA Case Study Church A is based on responses from 1,145 individuals across multiple locations: Campus' A, B, C, D, and Online Only (AllData master combo).

**Gender:** The majority of respondents were female (58.9%), while 40.3% were male. A small portion (0.8%) preferred not to answer.



### Q16: Gender:

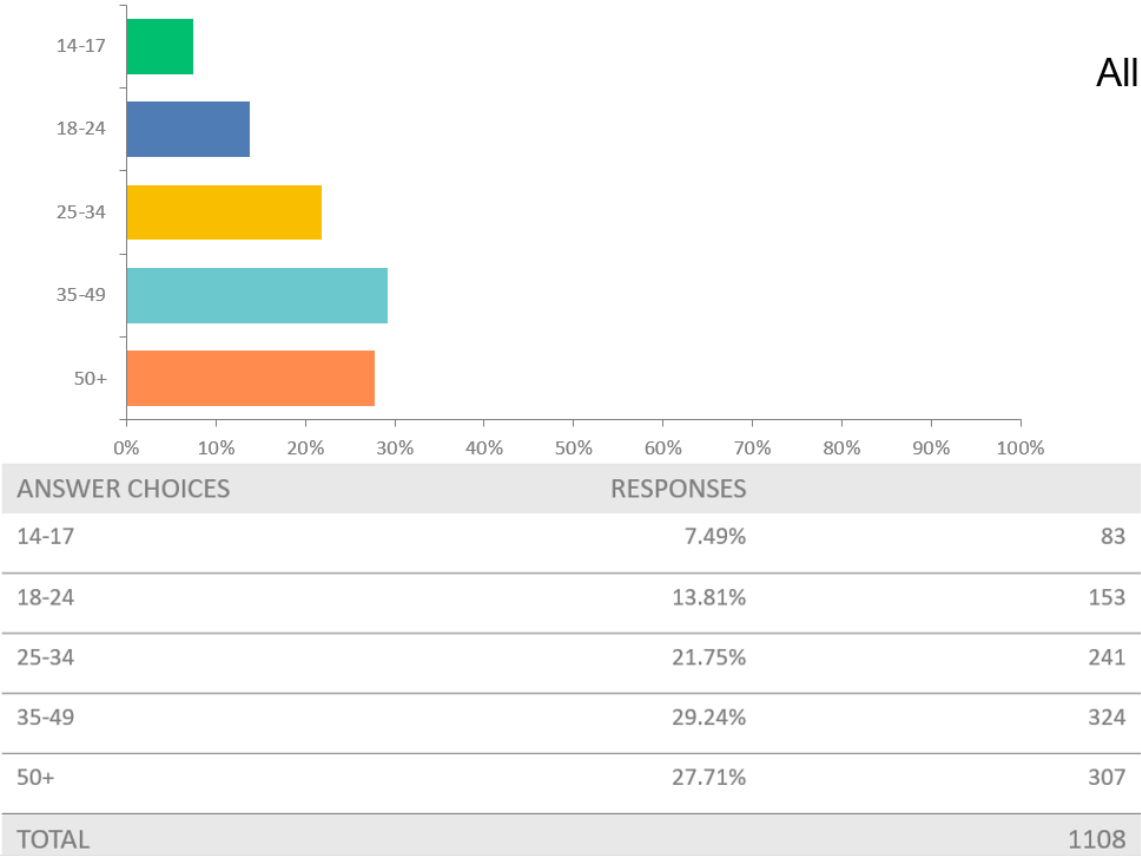
All

Answered: 1107 ; 38

ANSWER CHOICES	RESPONSES	
Female	58.90%	652
Male	40.29%	446
I Prefer not to Answer	0.81%	9
<b>TOTAL</b>		<b>1107</b>

**Age:** Most of the respondents were aged 35 and older, with the largest age group being 35-49 (29.2%), followed by 50+ (27.7%), and 25-34 (21.8%). A smaller portion of respondents were in the 18-24 (13.8%) and 14-17 (7.5%).

Answered: 1108 Skipped 37

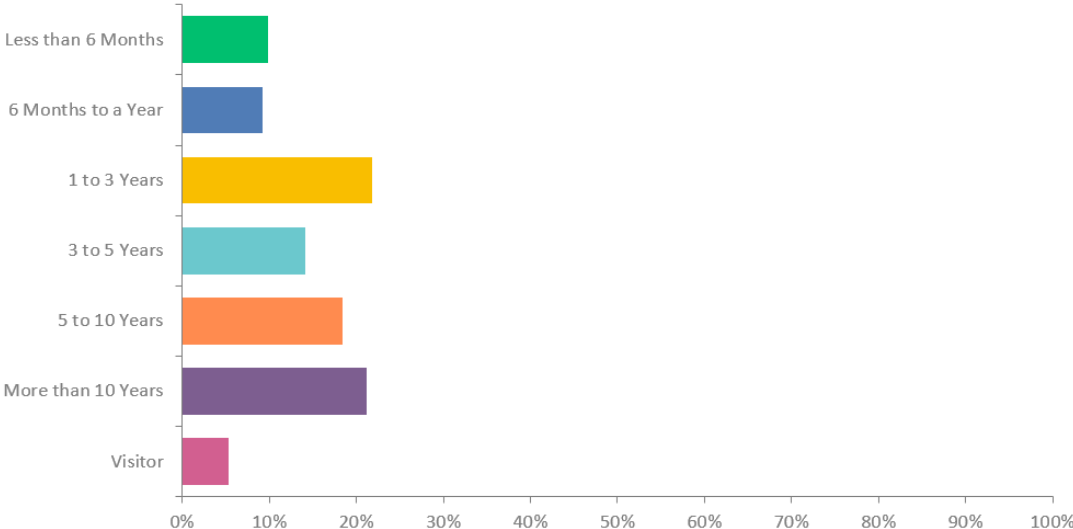




**Tenure at SFA Case Study Church A: The attendees' duration at Church A**

**Q18: How long have you attended Church A?**

Answered: 1101 ; 44



ANSWER CHOICES	RESPONSES	
Less than 6 Months	9.90%	109
6 Months to a Year	9.26%	102
1 to 3 Years	21.80%	240
3 to 5 Years	14.08%	155
5 to 10 Years	18.44%	203
More than 10 Years	21.16%	233
Visitor	5.36%	59
<b>TOTAL</b>		<b>1101</b>

## Which Campus Do You Attend?

ANSWER CHOICES	RESPONSES	
Campus A	81.93%	902
Campus B	5.81%	64
Campus C	5.90%	65
Campus D	4.36%	48
Online Only	2.00%	22
<b>TOTAL</b>		<b>1101</b>

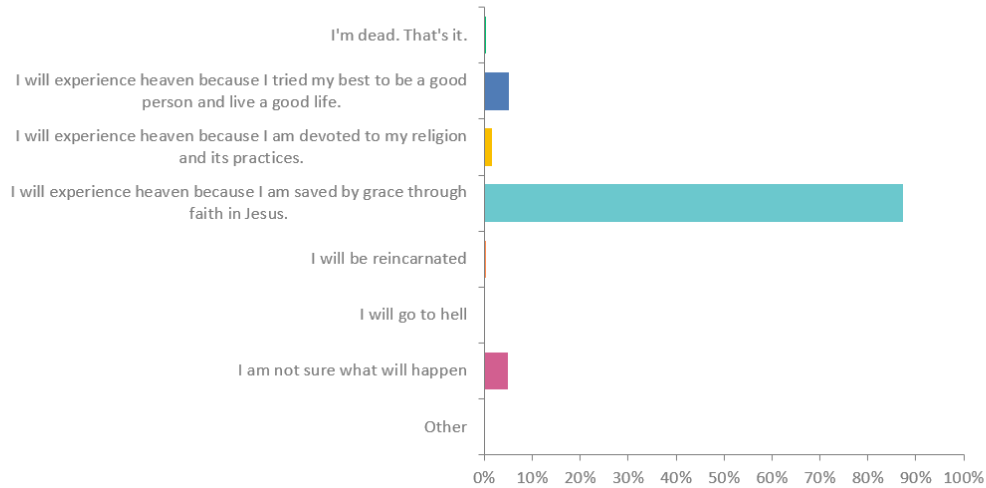
## Detailed Analysis of the Spiritual Health of SFA Case Study Church A

The vast majority (87.3%) of congregants firmly believe in salvation through grace and faith in Jesus Christ, indicating that SFA Case Study Church A has successfully instilled core Christian beliefs.

### Q5: What do you think happens after death?

All

Answered: 1135 ; 10



12.7% (144) respondents self-identified as non-believers evidenced by their beliefs after death

Answered: 144

ANSWER CHOICES	RESPONSES	
I'm dead. That's it.	2.78%	4
I will experience heaven because I tried my best to be a good person and live a good life.	40.97%	59
I will experience heaven because I am devoted to my religion and its practices.	12.50%	18
I will experience heaven because I am saved by grace through faith in Jesus.	0.00%	0
I will be reincarnated	2.08%	3
I will go to hell	1.39%	2
I am not sure what will happen	38.89%	56
Other	1.39%	2
<b>TOTAL</b>		<b>144</b>



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BTTB is offering SFA Case Study Church A the opportunity to develop their own individual needs based daily spiritual fitness platform (digital- app & web-based) personalized content recommendation methodology using your own content or a combination of your content and ours.

## Appendix 1

### The Backbone of the Spiritual Fitness Methodology Behind the Technology

To garner understanding of the spiritual needs of individuals, Back to the Bible's Spiritual Fitness Data Center has developed a simple spiritual fitness/Bible engagement assessment that is based on our Spiritual Fitness Model. This assessment allows us to create a spiritual profile by identifying the spiritual needs (heart knowledge) as well as the Biblical content needs (head knowledge of each person we serve).

Here is our methodology behind our spiritual fitness levels:

**SPIRITUAL FITNESS LEVEL 1 - Needs Evangelism** – These are people who, regardless of whether they say they are Christian or not, do not say that they are “saved by grace through faith in Jesus” when we ask what will happen when they die. Among this group, we believe the greatest need is evangelism.

**SPIRITUAL FITNESS LEVEL 1 – Initial Engagement (Awareness and Curiosity):**

This group includes individuals who have little or no regular engagement with Scripture. They may express a desire to learn more or be curious but have not yet developed a routine or habit of absorbing Scripture.

**SPIRITUAL FITNESS LEVEL 2 - Needs Discipleship** – This group consists of people who do say that they are “saved by grace through faith in Jesus.” However, they spend less than 4 days a week engaging the Bible and tend to believe in their notions of Jesus Christ rather than following Jesus of the Bible.

**SPIRITUAL FITNESS LEVEL 2 – Growing Engagement (Developing Consistency):**

Individuals at this level engage with Scripture occasionally, perhaps 1-3 days a week. They are beginning to reflect on how the Bible applies to their lives but haven't yet developed a consistent pattern of transformation or the habit of sharing what they learn with others.

**SPIRITUAL FITNESS LEVEL 3 - Needs Activation** – These are people who say they are “saved by grace through faith in Jesus”, regularly attend church and engage the Bible four or more days a week. From a ministry perspective, this group is best positioned to evangelize and disciple others. This group self-reports that during the period of a month they do not mentor or disciple others to help grow spiritually

**SPIRITUAL FITNESS LEVEL 3 – Active Engagement (Personal Transformation):**

These individuals engage with Scripture regularly, at least 4 days a week, and actively integrate its teachings into their daily lives. They are experiencing personal spiritual growth

and beginning to share insights with others, though they may not yet be consistently mentoring or discipling others.

**SPIRITUAL FITNESS LEVEL 4 - Active Disciple Makers** – This group consists of people who say they are “saved by grace through faith in Jesus”, regularly attend church and engage the Bible four or more days a week. In addition, they are actively involved in sharing the Gospel and mentoring/discipling others.

**SPIRITUAL FITNESS LEVEL 4 – Fully Absorbed (Discipling Others):**

This group engages with Scripture consistently, applying it to their own lives and actively discipling others. They regularly mentor, guide, or encourage others in their spiritual growth, making a tangible impact in their communities. These individuals are fully absorbed, embodying the "Reveal" step of Scripture Absorption by helping others experience transformation through Scripture.

The ultimate goal is to lead individuals through a process where they not only grow personally but also help others grow, ensuring ongoing spiritual multiplication. This aligns well with Dawson Trotman’s principles of spiritual reproduction.

## Appendix 2

### The Backbone of the Spiritual Fitness Methodology Behind the Technology

#### Continued...

The *Four Step Daily Spiritual Fitness Program* that Back to the Bible's Center for Spiritual Fitness is launching in December 2024, aims to foster spiritual growth through intentional daily practices centered on scripture engagement and disciple-making. The program is grounded in a Christian understanding of spiritual fitness, defined as aligning thoughts and actions with God's will, and is rooted in biblical teachings. The ultimate goal is to progress beyond personal spiritual growth to help others grow in their faith, emphasizing disciple-making as an essential component of spiritual fitness.

Key components of the *Four Step Daily Spiritual Fitness Program* include:

1. **Acknowledge & Receive:** Recognize one's spiritual state and receive God's insights through Scripture, positioning oneself for daily growth.
2. **Reflect:** Engage deeply with scripture to gain insights, discernment, and relevance to one's life.
3. **Respond:** Act on the insights received, integrating them into daily life and transforming personal beliefs and actions.
4. **Reveal by reaching out:** Share what has been learned with others, fostering communal growth and spiritual transformation. This step encourages believers to disciple others by sharing their faith in daily interactions, thus driving the multiplication of spiritual growth.

The program draws on the longstanding legacy of disciple-making from the likes of Billy Graham, Theodore Epp, and Dawson Trotman, incorporating modern technology and personalized discipleship strategies. It introduces the concept of "spiritual fitness" as requiring regular scripture absorption and consistent spiritual disciplines akin to physical training, but with a focus on outward, others-centered growth. This daily spiritual regimen, combined with a weekly group strategy, empowers believers to build a habit of sharing their faith and discipling others.

Additionally, the program addresses challenges such as complacency and spiritual stagnation by encouraging small, daily "pivots" towards engaging with others, thus creating momentum in spiritual multiplication. The research behind the program highlights the critical role of engaging with the Bible on a regular basis, claiming that individuals who engage scripture four or more days a week are more likely to grow in faith, withstand spiritual challenges, and mentor others.

This spiritual fitness program aims to ignite a movement where mature believers, particularly those over 50, are mobilized to become disciple-makers, using their wisdom, experience, and resources to impact the church and society at large. By addressing the barriers to disciple-making and fostering a daily habit of sharing faith, the *Four Step Daily Spiritual Fitness Program* seeks to create exponential spiritual growth in individuals and the broader Christian community.

### **Key Concepts:**

**Spiritual fitness in the Christian context** can be understood as the ongoing process of aligning one's life, thoughts, and actions with God's will, reflecting Christ's character, and growing in faith through the work of the Holy Spirit. It emphasizes the dynamic journey of sanctification, where believers are continually being transformed to become more like Jesus, while acknowledging that spiritual growth is a lifelong process, and no one ever fully "arrives" at perfection this side of heaven.

A key concept in Spiritual Fitness is not only the fitness of the individual but the progression of the individual to focus on the spiritual fitness of others.

Thus the main distinction between spiritual and physical fitness lies in their **purpose** and **impact**. While physical fitness is primarily concerned with **personal health** and well-being, spiritual fitness emphasizes **others-focused** growth, particularly through **disciple-making** and **service**.

Spiritual fitness extends beyond self-improvement and looks outward toward helping others grow in faith, contributing to the collective body of Christ, and having an eternal impact. Spiritual fitness calls believers to pour into the lives of others and expand God's kingdom, while physical fitness remains focused on maintaining one's own body and health.

### **"Work in Progress" Mentality**

The idea that "no one arrives" reflects humility and grace in the Christian life. Instead of striving for unattainable perfection, spiritual fitness recognizes the need for patience with oneself and others, understanding that everyone is on a unique journey of growth. This mentality prevents pride and promotes grace, both in personal reflection and in community life as well as establishes great empathy for others and their spiritual struggles..

In conclusion, **spiritual fitness** in the Christian sense means being on an ever-evolving journey of becoming more like Christ. It acknowledges the ongoing sanctification process and the reality that we are all "works in progress."



Additionally and foundationally, one could not be truly spiritually fit as a Christ Follower without **regular Bible engagement (four or more days a week in engage and absorbing the Bible is essential to spiritual fitness).**

Without it, a Christ Follower cannot grow in maturity, fulfill their calling as a disciple-maker, or withstand the spiritual challenges that come their way. The Bible provides the foundation, nourishment, wisdom, and tools necessary to thrive spiritually. Just as physical fitness requires consistent exercise and nutrition, spiritual fitness requires continual engagement with God's Word throughout the week. A Christ-follower who neglects regular Bible reading cannot maintain the strength, depth, and maturity needed for true spiritual fitness.

## The Bible is the Primary Source of Spiritual Nourishment

- **Spiritual fitness** relies on receiving continual nourishment from God's Word, much like physical fitness depends on proper nutrition. Jesus said, *"Man shall not live by bread alone, but by every word that comes from the mouth of God"* (**Matthew 4:4**). The Bible provides the essential "food" for spiritual growth, wisdom, and guidance. Without regular engagement, a believer is spiritually malnourished, making it hard to grow or mature in faith.
- Skipping regular Bible reading is akin to skipping meals—it weakens one's ability to sustain spiritual health and fitness over time.

## Scripture is the Foundation for Knowing God's Will

- The Bible reveals God's character, His will, and how He desires Christians to live. Without regular Bible engagement, a believer is disconnected from the key source of truth that shapes a Christian worldview. It becomes challenging to live according to God's purpose if one is not consistently reminded of His commands, promises, and direction through Scripture.
- **Romans 12:2** encourages Christians to be transformed by the renewal of their mind, which happens primarily through engagement with God's Word. Without this renewal, spiritual stagnation or even regression occurs.

## Bible Engagement Fuels Spiritual Growth

- The process of **sanctification**—becoming more like Christ—happens largely through the internalization and application of biblical truths. As **John 17:17** says, *"Sanctify them in the truth; your word is truth."* Without engaging with Scripture regularly, a Christian cannot grow in holiness or be transformed into Christlikeness. This transformation is crucial for spiritual fitness, as it reflects maturity, discipline, and growth in faith.

- Regular Bible engagement is what helps believers confront sin, repent, and adjust their lives to align with God's standards. Without this, spiritual fitness weakens as the believer drifts away from God's commands.

## Scripture is the Foundation for Disciple-Making

- A major aspect of **spiritual fitness** involves becoming a disciple-maker. The Bible provides the knowledge, wisdom, and tools necessary for teaching others, guiding them in faith, and mentoring new believers. If someone isn't regularly engaging the Bible, they are ill-equipped to fulfill the Great Commission, which calls believers to go and make disciples (Matthew 28:19-20).
- **2 Timothy 3:16-17** highlights that Scripture is "*profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.*" Without regular Bible engagement, a Christian lacks the preparation to engage others in spiritual growth or disciple-making.

## The Bible Offers the Tools for Spiritual Warfare

- In **Ephesians 6:10-17**, Paul describes the armor of God, which includes the "sword of the Spirit"—the Word of God—as a primary tool for defending against spiritual attacks. Without consistent Bible engagement, a Christian is poorly armed to face temptations, trials, and spiritual challenges.
- Regular engagement with Scripture strengthens faith and provides the wisdom to recognize and resist false teachings, temptations, and the schemes of the enemy. Without this protection, a believer's spiritual fitness is compromised.

## The Bible Helps Sustain a Healthy Prayer Life

- Engaging with Scripture enhances a Christian's prayer life. Praying through the Bible helps align prayers with God's will and provides a deeper connection with Him. Without regular Bible reading, prayers can become shallow or self-centered, and a vital aspect of spiritual fitness—communion with God—is weakened.
- **Colossians 3:16** encourages believers to "*let the word of Christ dwell in you richly,*" which overflows into a deeper relationship with God, including a more vibrant prayer life. If a believer isn't regularly engaging the Bible, their relationship with God can grow distant or superficial.

## Bible Engagement Builds Faith and Trust in God

- **Romans 10:17** says, "*Faith comes from hearing, and hearing through the word of Christ.*" Without regular engagement with the Bible, a believer's faith can falter, as they are disconnected from the source of spiritual strength and assurance. The

Bible reinforces trust in God's promises, reminds believers of His faithfulness, and provides hope in difficult times.

- A lack of regular Bible engagement leads to a weakened foundation, making it harder to persevere through trials, maintain hope, or trust in God's sovereignty. Spiritual fitness relies heavily on faith, which is built through consistent exposure to God's Word.

## Sporadic Engagement Results in Spiritual Weakness

- Just as sporadic physical exercise leads to a weak body, sporadic Bible engagement leads to a weak spirit. Occasional Bible reading cannot sustain the kind of spiritual fitness needed to withstand life's challenges or grow into a mature disciple-maker. Spiritual fitness is about consistency—daily engagement with the Word strengthens faith, sharpens discernment, and fuels growth.
- If Bible engagement is only once a week (e.g., only at church), the believer's spiritual fitness is fragile, and their ability to live out their faith or influence others is significantly diminished.

## Other Key Aspects of Spiritual Fitness:

### 1. Sanctification as a Continuous Process

Spiritual fitness is deeply tied to the doctrine of sanctification, which is the process by which God, through the Holy Spirit, gradually transforms believers into the likeness of Christ. This transformation happens over a lifetime, with highs and lows, and recognizes that believers are "works in progress." **Philippians 1:6** encapsulates this idea: *"He who began a good work in you will carry it on to completion until the day of Christ Jesus."*

### 2. Embracing Our Imperfections

In this journey, there is an acknowledgment that no one reaches spiritual perfection in this life. Even the most mature Christians still struggle with sin and shortcomings. However, spiritual fitness means persistently striving to grow, not by our own strength but through dependence on God's grace. Romans 7:18-19 shows Paul's struggle with sin, illustrating that even he was a work in progress.

### 3. Ongoing Repentance and Renewal

Spiritual fitness involves regularly examining oneself, being aware of and confessing our sins, and turning back to God (**1 John 1:9**). It is a commitment to create a daily habit of spiritual renewal, asking the Holy Spirit to convict, cleanse, and empower us to live out God's will. This is part of the progressive nature of sanctification, where growth often involves stumbling, learning, and getting back up.

#### 4. **Growing in Faith and Obedience**

As part of becoming spiritually fit, believers aim to grow in both faith and obedience. This means trusting God more deeply, even in difficult circumstances, and choosing to follow His commands out of love and devotion. Faith is not static, but something that grows stronger through trials (**James 1:2-4**), and obedience flows from a heart increasingly attuned to God's ways.

#### 5. **Training for Godliness**

**1 Timothy 4:7-8** emphasizes that spiritual fitness, like physical fitness, requires effort and intentionality: *“Train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.”* This training involves spiritual disciplines such as prayer, Bible study, fasting, and fellowship with other believers.

#### 6. **Dependence on the Holy Spirit**

Spiritual fitness is not about self-effort alone but about yielding to the power of the Holy Spirit. As **Galatians 5:22-23** describes, the fruit of the Spirit—love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control—is the evidence of spiritual growth. Believers are called to live by the Spirit and to keep in step with Him (**Galatians 5:25**).

#### 7. **Purposeful Pursuit of God's Will**

A spiritually fit Christian continually seeks God's will for their life, discerning how they can best serve God and others. This involves a shift from self-centered desires to a Christ-centered focus, where one's life is increasingly oriented toward God's mission and purposes (**Matthew 6:33**).

#### 8. **Encouragement in Community**

Spiritual fitness also involves being part of a Christian community where believers support, challenge, and encourage one another in the faith. **Hebrews 10:24-25** speaks of the importance of gathering together to spur one another on toward love and good deeds.