

Group Life Health Assessment

A Diagnostic Tool for Mission-Focused Groups

Helping churches identify mission drift, strengthen discipleship, and restore movement in group life.

How to Use This Tool

For each statement, rate your group or group ministry using the scale below:

1 — Rarely true

2 — Sometimes true

3 — Usually true

4 — Consistently true

Be honest. This is not about guilt. It is about clarity.

Section 1: Purpose and Mission Clarity

1. Our group understands why it exists beyond meeting regularly.
2. We regularly talk about discipleship, spiritual growth, and mission.
3. Our group purpose is connected to the larger mission of the church.
4. We are clear that group life is meant to form disciples, not just maintain relationships.
5. New people can quickly understand what our group is about.

Section Score: ____ / 20

Section 2: Discipleship and Spiritual Formation

6. Scripture leads to practical life application in our group.
7. We regularly ask how God is calling us to obey, not just what we learned.
8. Group members are growing in prayer, humility, service, generosity, and Christlike character.
9. We create space for honest spiritual conversations.
10. We lovingly encourage one another toward growth, not just comfort.

Section Score: ____ / 20

Section 3: Leadership Health

11. Our group leader functions more like a shepherd than simply a host or facilitator.
12. The leader notices when people are hurting, withdrawing, or spiritually stuck.
13. The leader is willing to lovingly challenge the group when needed.
14. Our leader receives coaching, encouragement, or training from church leadership.
15. Leadership responsibilities are shared or being developed in others.

Section Score: ____ / 20

Section 4: Relational Health

16. People in the group are genuinely known and cared for.
17. The group is warm, welcoming, and emotionally safe.
18. Relationships are strong but not exclusive.
19. New people are intentionally included in conversations and follow-up.
20. The group avoids becoming an insider circle built only around shared history.

Section Score: ____ / 20

Section 5: Outward Focus and Mission

21. Our group regularly prays for people who do not yet know Christ.
22. We talk about neighbors, coworkers, family members, and community needs.
23. Our group serves together beyond itself.
24. We are willing to make room for new people, even when it changes the group dynamic.
25. Our group sees mission as part of normal discipleship, not an occasional event.

Section Score: ____ / 20

Section 6: Multiplication and Movement

26. We are open to raising up new leaders.
 27. We celebrate when people are sent out to lead, serve, or start something new.
 28. The group is not dependent on one personality or leader.
 29. We understand that healthy groups should produce more disciples, leaders, and ministry impact over time.
 30. Our group is moving somewhere spiritually, not simply repeating the same rhythms.

Section Score: ____ / 20

Total Score

Total: ____ / 120

Score Interpretation

100–120: Healthy and Mission-Focused

Your group life is showing strong signs of health. Relationships, discipleship, mission, and leadership are working together. Keep reinforcing purpose, developing leaders, and telling stories of life change.

80–99: Generally Healthy, But Watch for Drift

There are good things happening, but some areas may be softening. Pay attention to weak categories. Mission drift often begins quietly, especially when comfort replaces calling.

60–79: Connected but Losing Momentum

Your group may be relationally active but spiritually underdeveloped or missionally passive. This is a key moment to re-anchor the group to purpose, obedience, and outward focus.

Below 60: Maintenance Mode

The group may be functioning more as a relational safe space than a disciplemaking community. This does not mean failure, but it does mean leadership attention is needed. Start with purpose, leader coaching, and one clear next step.

Diagnostic Reflection Questions

Discuss these after completing the assessment:

1. Where are we strongest right now?
 2. Where are we most vulnerable to mission drift?
 3. Are we producing disciples or simply preserving relationships?
 4. Are we more focused on comfort, content, or calling?
 5. What is one change we need to make in the next 30 days?
-

Category Review

If Purpose and Mission Clarity is low

Your group may not have a shared answer to the question: **Why do we exist?**

Recommended next step:

Revisit the purpose of group life. Create a simple group statement such as:

“We exist to follow Jesus together, grow through obedience, welcome others, and live on mission.”

If Discipleship and Spiritual Formation is low

Your group may be learning content without practicing obedience.

Recommended next step:

Add one regular question to every gathering:

“What is God asking us to do with what we discussed?”

If Leadership Health is low

The leader may be carrying too much, avoiding difficult conversations, or functioning mainly as a host.

Recommended next step:

Provide coaching around shepherding, follow-up, accountability, and leader development.

If Relational Health is low

The group may lack trust, warmth, or openness to new people.

Recommended next step:

Strengthen care rhythms and create intentional on-ramps for newcomers.

If Outward Focus and Mission is low

The group may have become inward-facing.

Recommended next step:

Begin praying weekly for specific people by name and choose one simple service opportunity.

If Multiplication and Movement is low

The group may be healthy relationally but stalled structurally.

Recommended next step:

Identify potential apprentice leaders and begin giving them small leadership responsibilities.

30-Day Reset Plan

Week 1: Re-Anchor the Purpose

Have a group conversation around this question:

“What would make our group more than just a meeting?”

Clarify the group’s purpose in one sentence.

Week 2: Add Obedience

At the end of each discussion, ask:

“What is one step of obedience we can take this week?”

Follow up the next time the group gathers.

Week 3: Turn Outward

Pray for specific people who need Christ, community, care, or connection. Choose names, not categories.

Week 4: Create Movement

Identify one way the group can serve, welcome someone new, develop a leader, or participate in the church’s broader mission.

Leader Debrief Guide

After group leaders complete the assessment, church leadership can ask:

1. What patterns are we seeing across groups?
 2. Are our groups stronger relationally than missionally?
 3. Are leaders equipped to shepherd or merely facilitate?
 4. Where do we need to provide training or coaching?
 5. What stories should we celebrate publicly?
 6. What expectations need to be clarified?
 7. What groups need encouragement, reset, or intervention?
-

Suggested Blog Companion Callout

Group Life Health Check:

A group can be connected and still be going nowhere. Use this assessment to evaluate whether your group is preserving relationships or producing disciples.
