



A disciple of Jesus is called to use their mind (head) to grow in knowledge of Him, use their hands to be active in serving Him, and to be filled with desire and passion for Him in their heart. However, many disciples can be overdeveloped in one area and underdeveloped in another. We can end up with big heads and hearts but small hands, or big hearts but small heads and hands. Our challenge is to understand ourselves more fully and seek to invest in areas of our lives other than our predominant area.

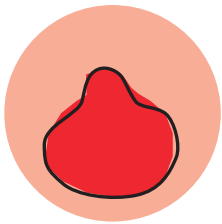
If you have answered the questions honestly on the front page and joined up the dots you will now have a shape. The shape should indicate something of your passions and your biases. For the purpose of the tool, areas near the centre are stronger, while those on the edge show areas we can work on and invest. It is likely that you have one or two areas that are stronger than another. This is not a problem but an exciting opportunity. Jesus wants to transform all areas of our lives. We will all have some areas in which we are stronger and more active and other areas that are less so.

It may be that you would find it helpful to discuss your answers and your shape with a friend or mature Christian you trust who can help you to see some ways to strengthen those areas you have identified.

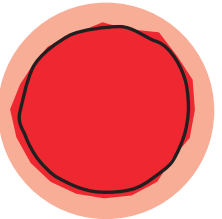


First, indicate which shape best matches your own.

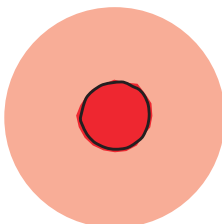
The **bean** shape indicates one area being more developed than the other two. This may reveal a headstrong personality, with heart and hands that are less developed. It may also show a compassionate and active faith but lack of biblical foundations for the activity. It is easy to allow our preferred area to develop over other areas of faith. Are you able to identify your weaker areas that need the most attention?



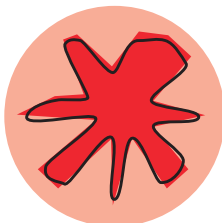
The **pear** shape shows one area out of the three that is less developed than the other two areas. It would be useful to ask yourself why this might be. Have you neglected this area or has there simply not been the opportunity to grow in it?



The **larger circle** indicates less confidence in all three areas. This is exciting, as it means there is such an adventure ahead to build up these areas to become balanced and engaged. It might be helpful to ask someone trustworthy if they agree this is a true reflection – often others see strengths that we miss!



The **pea** shape displays a rounded and balanced discipleship with head, heart, and hands working well together. The challenge here is sustainability and commitment. The more we know Christ the more we realize we don't have it all together. How do you keep developing and growing? Do you have people you are completely honest with, and do they identify any weaknesses in your growth?



The **starfish** shape is less clear. All three areas are inconsistent with themselves. This would indicate that in the head, heart, and hands there are some areas that are moving towards Jesus and others where investment is needed. It is worth flagging questions answered with "NOT AT ALL" to see if there is a link between them. Often a link between which markers are in the centre and which are on the edge can become apparent. This could be around commitment, daily rhythms, working with others, private life, and public life.

## THE SPIRAL:

Did you notice the spiral in the background of the diagram? So often we make our life with Jesus like a long road we walk. We think we are always moving forwards. In reality, the same issues will resurface in our lives time and time again. Discipleship is actually more like a spiral. The question is, are we moving towards or away from Jesus? In other words, every time we hit "that old problem", are we handling things differently this time around? Are we behaving better than we did before? Are we more Christ-like this time?