



# for mission

## Top 10 MyHealth Resources:

1. *The End of Me*  
(Kyle Idleman)
2. *Let Your Life Speak*  
(Parker Palmer)
3. *Love as a Way of Life*  
(Gary Chapman)
4. *One Simple Act*  
(Debbie Macomber)
5. *The Secret Things of God* (Henry Cloud)
6. *The Bait of Satan*  
(John Bevere)
7. *It's Not My Fault*  
(Henry Cloud & John Townsend)
8. *Life's Healing Choices*  
(John Baker)
9. *Radical* (David Platt)
10. *The Circle Maker*  
(Mark Batterson)

Available at RBBH

## Discipleship Dynamics Assessment

We've heard some incredible feedback on the DDA and many of you are taking your personal health and growth very seriously. Thank you! Keep the *Steps to Growth* tool in mind as you continue taking action towards personal health. If you haven't already done so, please complete your third and final assessment in the next few months as it will expire within one year from your initial sign up.



## Physical Health Challenge

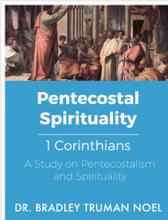
For pastors, an often neglected area of health is that of our physical bodies. As a temple of the Holy Spirit and as God's creation, we should take great care of our bodies 1) to be good stewards of God's resources and 2) to be at our best so that we can better minister in God's Kingdom.

During this General Conference, we are pushing out a #MyHealth Challenge to all conference participants. Do you enjoy a bit of healthy competition? How many steps can *YOU* take in the next few days? See Jeffrey Normore at the back of the tabernacle to get your stepper and to sign up for the challenge! Let's get healthy, together!

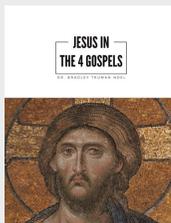
# Available Formission Resources

## Formission Media:

1. Promo Video
2. Podcasts
  - Episodes: Intro, What is Formission (2 parts), Paul Bailey, Matt Joy, Unhindered, Ryan Ball, Josh Singh, Kayla Joy, Bruce Newman & Justin Parson, Dean Brenton, Dave Overholt, Charlie Self, Chad Miller.
3. Blog
  - Articles: Life-long learning (3 parts), Confessions (3 parts), Self-Awareness (3 parts), Christian doubt (3 parts).
4. Video Series
  1. Pentecostal Spirituality



2. Jesus in the 4 Gospels



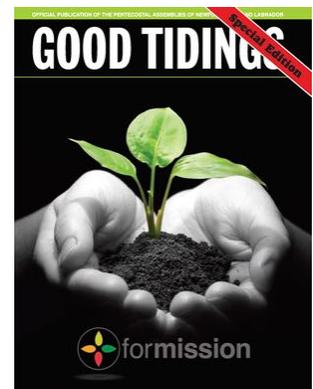
## Social Media

Formission is active on social media platforms. Be sure to 'like' and 'follow' us on Facebook and Twitter for recent updates and relevant information.

## Good Tidings

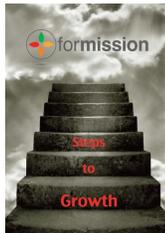
In November 2014, *Good Tidings* published a special edition highlighting Formission, which outlined the four phases of Formission and included a number of articles related to discipleship and My Health. Since then, *Good Tidings* regularly publishes articles related to Formission, including:

- A Habit of Prayer
- My Health: Personal Wholeness
- My Health: Spiritual Formation
- Forging a New Way (2 Parts)
- Celebrating Growth
- It's Not an Option
- ADVENTure Ideas
- Real Faces of Discipleship (3 Parts)
- Dollars or Disciples
- The Secret of a Thankful Heart
- Run the Race
- The Benefits of Small Groups
- The Church and Mental Illness
- My Health: A Personal Victory
- Grow Up Your Marriage
- Raising Children in the Rural Church (5 Parts)
- Time for God or Time with God
- A Renewed Focus on Discipleship (3 Parts)



## Discipleship Dynamics Assessment

Formission has partnered with Discipleship Dynamics to offer a personalized discipleship assessment resource ([www.discipleshipdynamics.org](http://www.discipleshipdynamics.org)). This was offered to credential-holders free of charge.

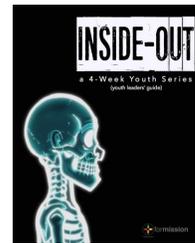


## Steps to Growth

Formission created a significant companion tool called *Steps to Growth* that gives concrete examples of ways to grow in key areas, as well as providing space for journalling and tracking progress. We encourage you to continue to utilize this tool as you journey towards christlikeness in your personal health and discipleship.

## Inside Out

The provincial youth department has created a 4-week youth curriculum called *Inside Out*. With the help of a great team, Kayla Joy has coordinated this project with Formission in mind. We've gotten amazing feedback on this resource and we encourage all youth pastors and leaders to utilize this fantastic tool.



## [www.formission.org](http://www.formission.org)

Our website contains a growing resource base that you should be aware of. Our website serves as the placeholder for many great resources, media, and relevant information. Be sure to check the site periodically for new resources. Some of the current items of interest are:

- Formission history and overview of the four phases
- 2020 Initiative and partnership
- Full text copies of *Steps to Growth*, *Good Tidings Special Edition*, *Inside Out*, Bible Reading Guide, and Formission sermon series
- Recommended reading materials
- Formission newsletters
- Links to Formission videos, podcasts, and blog
- Downloadable Formission PowerPoint, Wallpaper, and logos

## Christianity Basics

Elaine Milley has developed a *Christianity Basics* course which is available for use in PAONL churches. Contact the office for more information on how to obtain a copy.

