

Anatomy Of A Missional Church

A Missional Church Check-Up



Introduction — Why a Missional Check-Up Matters

Everyone's had a doctor ask uncomfortable but necessary questions:

"How often do you exercise?"

"Do you drink soda?"

"Do you eat fast food?"

We tend to avoid honest answers, but the truth leads to health. The same is true in the Church. If we want to be spiritually healthy and aligned with God's mission, we need to ask tough, honest questions

This eBook is a **diagnostic check-up** for your church's missional health. You'll walk through areas that make up the "body" of a missional church—its mind, shoulders, heart, hands, and feet—and assess how your church is responding to God's call to go to the nations.

We believe every church has a vital role in fulfilling the Great Commission. Missions aren't just for the few—it's the calling of the entire Church.

We'll walk you through:

- What a healthy missional church looks like
- Where the common pain points are
- How you can take actionable steps toward health

This journey can reshape how you view missions. At TEAM, we've seen churches transformed from passive observers to active participants in God's global story. You can see change like this in your church, too.



The Myths — Misconceptions That Hold Churches Back

Before we talk about health, we have to confront what's broken. Many churches buy into myths about missions, such as:

1

"Missions is the job of the missions pastor."

→ False. Mission is the work of the whole church.

2

"We send money, so we're already doing our part."

→ Financial support is critical—but not the whole picture.

3

"We don't have missionaries in our church, so we can't engage."

→ Every believer is a missionary. Your community is the mission field.

4

"We're not big enough to make an impact."

→ God uses small churches in powerful ways when they say "yes."

5

"Global missions are optional, not essential."

→ Jesus' command was to make disciples of *all nations*.

The truth is this: the **Missio Dei—God's mission**—is not a side project. It is central to who God is, and who we are meant to be as His Church.

The Mechanics: **Building a Healthy** **Missional Church**



Mind: The Healthy Church

- Focused on Kingdom thinking (Colossians 3), not distracted by worldly concerns.
- Prioritizes eternal values over cultural or political idols. Not inward-focused, or driven by comfort or fear.

Action Steps:

- Start young—embed missional thinking in kids' curriculum.
- Ask your church hard questions and wrestle with tough truths about missions.



Eyes: The Healthy Church

- Eyes that can identify where the biggest needs are.
- Eyes that identify leaders with hearts that are open to what God might do in their church to prepare for sending workers.

Action Steps:

- Identify and encourage next steps within your leadership and congregation.
- Identify where God is asking your church to invest globally and where the biggest needs are around the world.



Shoulders: The Healthy Church

- Carries the burdens of the lost with compassion. Doesn't shrug off responsibility or settle into a victim mindset.
- Chooses to pick up the cross daily rather than seek ease or entitlement.

Action Steps:

- Introduce tools like Joshua Project (joshuaproject.net) or Prayercast (prayercast.com) to help your people understand the global need.
- Regularly include intercession for unreached people groups in weekend services and prayer meetings.



Heart: The Healthy Church

- Breaks for the lost, the unreached, and the spiritually neglected.
- Moves with empathy rather than judgment. Does not settle into apathy or indifference.

Action Steps:

- Pray regularly that your church's heart would align with God's heart for the nations.
- Lead by example—cultivate a leadership team that prays earnestly for the unreached.



Hands: The Healthy Church

- Willing to give and serve with time, finances, and talents—We should be willing to give **all three**, not just one of them.
- Doesn't withhold resources out of convenience or selfishness.

Action Steps:

- Present real opportunities for engagement—support a missionary, sponsor a project, volunteer locally.
- Launch service initiatives that align with global missions or unreached people groups.



Feet: The Healthy Church

- Ready to go wherever God sends—across the street or around the world.
- Sees the “neighbor” as anyone in need of Christ’s love, not just those who look and think alike.

Action Steps:

- Share real-life stories of missionaries and refugees to inspire empathy and obedience.
- Help people see that *anyone* can be a missionary when they say yes to God’s call.



Maintenance — Staying Missional Over Time

Even once your church gains missional health, it's easy to fall back into old patterns. Here's how to maintain that health:

- **Consistency in prayer** — for nations, missionaries, and your own church's involvement. Schedule frequent check-ups to assess what's working and what isn't
- **Celebrate wins** — share stories of how lives are being changed.
- **Invite young people into the mission** — the next generation matters.

This isn't a one-time decision. It's a lifestyle for your whole congregation.



Troubleshooting — FAQs and Real-Life Concerns

Q: We're too small to send missionaries. Can we still be missional?

A: Absolutely. Start with prayer. Support someone else's mission. Partner with organizations. Every step counts.

Q: Our people are busy. How do we fit missions in?

A: Integrate missions into what you're already doing—Sunday services, kids' programs, small groups.

Q: What if our people are afraid to engage with different cultures?

A: Fear is natural, but God's love drives out fear. Share stories that inspire courage.

Q: What if we don't have a missions budget?

A: Use what you have—your prayers, platform, relationships. Money will follow passion.

Q: Where do we find trustworthy mission partners?

A: TEAM is here to help. Visit team.org to learn more!

Conclusion — Your Next Step Toward Missional Health

We hope you enjoyed this resource. Imagine if you were able to journey with a team dedicated to serving the church, pursuing greater missions? God asks us to be “sent” just like he sent Jesus (John 20:21), but he doesn’t ask us to do it alone. Visit us at team.org to find out how we work with churches to see them aspire to missional health!

Here’s the truth: **You don’t need to be perfect—you just need to be willing.**

