



# Feeding Faith

## Study Guide and Assessment Tool

by David Rausch

Feeding Faith: Study Guide and Assessment Tool  
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GO! Curriculum uses the E.A.T. Strategy—Education, Application, Transformation—to help kids understand God’s Word, live it out, and respond personally to Jesus. Learn more at [gocurriculum.com](http://gocurriculum.com).

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First Edition.

The information in this study guide and Strategy Scorecard is provided for informational and educational purposes only. It is not intended as a substitute for professional counseling, psychological, educational, or pastoral advice. Readers should seek appropriate guidance when applying ministry or parenting practices in their context.

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## How to Use This Study Guide



Hi friend,

Thank you for stepping into this journey and being brave enough to grow. It takes courage not just to lead, but to constantly seek to become a better shepherd for the kids God has entrusted to you—and I'm grateful you're doing that.

As you make your way through this book, it will be especially helpful to read each chapter with your leadership team or a group of children's ministry friends. At the end of every chapter, you'll find a wrap-up with the key ideas, a practical action step, reflection questions, and a prayer prompt. Use these sections to guide your discussions, talk honestly about what you're learning, and take time to pray together for God to shape your ministry in fresh ways.

Please don't feel pressure to get everything perfect right away. None of us do. Just take the next faithful step, apply what you can, and trust God to strengthen you as you grow.

I'm cheering for you, and I'm grateful to be on this journey with you.

In Him,

A handwritten signature in black ink that reads "David". The signature is written in a cursive, flowing style.

David Rausch





































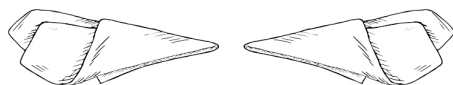




# **E.A.T. Strategy Assessment Tool**

*A 15-Minute Diagnostic + Action Plan  
for Your Children's Ministry*

## How to Use This Assessment Tool



The E.A.T. Strategy is about more than teaching—it’s about feeding children a well-balanced diet of Biblical Education, practical Application, and spiritual Transformation. This scorecard will help you quickly evaluate where your ministry is strong and where you may be underfeeding kids’ faith. **Follow these four steps to assess your ministry and take your next discipleship steps:**

- 1. Read each statement and rate your ministry 1–5.**  
(1 = rarely true, 5 = usually or always true)
- 2. Total your score** using the scoring guide on page 26.  
Notice where you’re strongest and where there’s room to grow.
- 3. Use the “Action Plan” suggestions to begin improving immediately.**  
Each step is simple, practical, and designed to be achievable this month—and includes a chapter reference from Feeding Faith to help you go deeper in that specific area.
- 4. Revisit this scorecard every 6–12 months.**  
As your ministry grows, your score should too. Don’t treat this as a one-time evaluation—come back regularly and celebrate progress.

# Step 1: Self-Assessment Test



(1 = rarely true, 5 = usually or always true)

## EDUCATION (Head: Knowing God’s Word)

1. Our lessons show that God is the main character of Scripture and consistently point kids to a deeper understanding of His character and nature. . . . . \_\_\_\_\_
2. Our lessons follow a clear scope and sequence that ensures kids see the big story of Scripture, not just disconnected lessons. . . . . \_\_\_\_\_
3. Our lessons engage kids with interactive elements that make learning God’s Word both fun and memorable. . . . . \_\_\_\_\_
4. Our lessons intentionally use visuals, object lessons, and experiences that make God’s truth stick—helping kids see it, feel it, and remember it for a lifetime. . . . . \_\_\_\_\_
5. Our group environment promotes attention, respect, and focus so kids can learn without constant disruption. . . . . \_\_\_\_\_

## APPLICATION (Hands: Living God’s Word)

6. Our lessons create a healthy balance between teaching biblical truth and helping kids live it out in practical, everyday ways. . . . . \_\_\_\_\_
7. Leaders model faith in real, everyday ways so kids can see what following Jesus looks like in action. . . . . \_\_\_\_\_
8. Kids leave knowing one practical way to live out their faith in the coming week. . . . . \_\_\_\_\_
9. Our ministry steps into hard family situations with compassion—showing kids what it looks like for the Church to walk with them through difficulty. . . . . \_\_\_\_\_
10. Our small groups create a safe space where leaders listen well—allowing kids to ask questions, express doubts, and talk honestly about how God’s truth applies to their lives. . . . . \_\_\_\_\_

## TRANSFORMATION (Heart: Being Changed by God)

11. Our lessons consistently point to the gospel and show how every story fits into God’s plan to rescue and redeem through Jesus. . . . . \_\_\_\_\_
12. We regularly explain what it means to follow Jesus and offer a clear, age-appropriate invitation for kids to take that step. . . . . \_\_\_\_\_
13. We create intentional moments of reflection, worship, and prayer where kids can respond personally to what God is doing in their hearts. . . . . \_\_\_\_\_
14. Our leaders emphasize heart transformation over outward behavior and help kids understand that real change comes from God’s work within them. . . . . \_\_\_\_\_
15. We help kids understand their identity in Christ so they see themselves the way God sees them. . . . . \_\_\_\_\_

**TOTAL SCORE.** . . . . . \_\_\_\_\_

## Step 2: Scoring



- **60–75 points** → **Nourished, Healthy Ministry**  
You're serving a full, balanced meal. Keep refining and pressing in.
- **45–59 points** → **Fed, But Room to Grow**  
Strong in some areas, but you may be leaning too heavily on one element of E.A.T. Strengthen your weakest category.
- **30–44 points** → **Hungry, Needs Attention**  
Kids may be overfed in one area and underfed in others. Time to rebalance.
- **Below 30 points** → **Malnourished, Diet Change Needed**  
Entertainment or information may be crowding out discipleship. Start with one E.A.T. element and rebuild from there.

## Step 3: Action Plan



### EDUCATION

If your score is low here, kids may be entertained but not actually learning God's Word with clarity and depth.

Next Steps:

1. **Keep God at the center:** Always highlight what the passage reveals about God's character and nature before moving to human response. (See Chapter 7.)
2. **Strengthen scope & sequence:** Map your teaching plan so kids see the big story of Scripture, not just random lessons. (See Chapter 8.)
3. **Engage actively:** Add interactive moments to your lesson (movement, response, or simple games) so kids stay engaged and retain more—and look for creative ways to involve kids directly in the storytelling. (See Chapter 9.)
4. **Pick one abstract truth in your upcoming lesson and turn it into something kids can see or touch—**use a simple prop, image, or object that visually represents the key idea and hold it up as you teach. (See Chapter 10.)
5. **Work with your leaders to create the rules of the room and establish a clear set of consequences.** Communicate that regularly to the kids. (See Chapter 11.)

## **APPLICATION**

If your score is low here, kids may know about God but struggle to live out their faith day-to-day.

Next Steps:

6. Evaluate your last few lessons and adjust the next one in the direction you're deficient—either clearer teaching or deeper response. Consider a curriculum with better balance. (See Chapter 12.)
7. Encourage leaders to share one real-life example each week of how they're living out the Big Idea so kids can imitate what they see. (See Chapter 12.)
8. End each lesson with one specific, real-life action that kids can take this week. Not a general principle like "be kind," but something concrete like "invite someone to sit with you at lunch." (See Chapter 12.)
9. Invite your leaders to identify one struggling child or family and take a simple step of relational support this month. Encourage them to share these stories with one another to normalize compassion within your team. (See Chapter 13.)
10. This week, ask three open-ended questions and wait for kids to answer before you respond. (See Chapter 14.)

## **TRANSFORMATION**

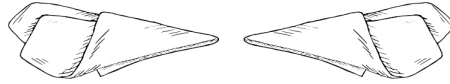
If your score is low here, kids may leave with head knowledge and good intentions but miss the heart-level change only God can bring.

Next Steps:

11. Add a simple gospel connection to each lesson so kids see how every story fits into God's plan to rescue and redeem through Jesus. (See Chapter 16.)
12. Write out a simple, age-appropriate explanation of what it means to follow Jesus (1–3 sentences) and keep it printed inside your Bible. Share it at least once a month during large group. (See Chapter 16.)
13. At regular intervals, give kids clear, age-appropriate opportunities to begin a relationship with Jesus—and pray with those who are ready to take that step. (See Chapter 16.)
14. Build in a Response Time—moments of prayer, journaling, artistic expression, or Bible reading—so kids have space to respond personally to what God is doing in their hearts. (See Chapter 17.)
15. Choose one identity truth (loved, forgiven, child of God, never alone, etc.) and speak it aloud over the group every week—use the same phrase for a full month. (See Chapter 18.)



## About GO! Curriculum



If you've reached the end of "Feeding Faith" and found yourself thinking, "I want a curriculum that actually does this," then let me introduce you to [GO! Curriculum](#). GO! is built around the very **E.A.T. Strategy** described in this book. Every lesson is intentionally designed to **Educate, Apply,** and **Transform**—helping kids not only learn God's Word but live it and encounter the One who wrote it.

### **Educate: Biblical Teaching That Sticks**

GO! teaches the Bible with depth, clarity, and creativity. Kids don't just hear a story—they step inside it. Through interactive storytelling, object lessons, and multi-sensory experiences, we help kids understand Scripture in a way that's both faithful and fun. Every lesson is rooted in God's Word and helps kids see how the entire Bible fits together as one big story of God's rescue.

### **Apply: Truth Kids Can Live Out**

Knowledge alone doesn't lead to transformation. That's why every GO! lesson is built with purposeful application woven straight into the experience. Kids don't just hear what God says—they practice it. Activities, discussions, and hands-on examples show kids what obedience looks like in real life. We give leaders simple tools to help kids identify what God is calling them to do and take their next step of faith.

### **Transform: Creating Space for God to Work**

One of the distinctives of GO! is that lessons regularly include a gospel connection and create space for kids to respond personally to Jesus. We carve out space for kids to pause, pray, listen, and meet with God personally. Whether through Reflection Stations, quiet moments of worship, or invitations to follow Jesus, GO! helps kids experience God's presence, not just hear about it. We believe real transformation happens when information becomes encounter—and we build for that every single week.

### **Want to Learn More?**

If you're ready to explore a curriculum that reflects the heart of this book and helps you disciple kids for lifelong faith, I'd love for you to get to know GO! Curriculum. You can learn more, download free sample lessons, and explore everything GO! offers at: [www.gocurriculum.com](http://www.gocurriculum.com)

We'd be honored to partner with you in discipling the next generation.

[www.gocurriculum.com](http://www.gocurriculum.com)