



The CD on the front cover contains all the worksheets from the Appendix as printable PDF files.

Personal Growth Plan for: _____

FAITH

The number one command in the canon of the Bible is: *“To love the Lord your God with all your heart, soul, strength, and all your mind” (Deuteronomy 6:5, paraphrased)*. That sounds like a lot of effort. The purpose of this plan is to help you accomplish God’s heart and your desire; to obey the first commandment.

Jude 20-21: “But you beloved, building yourself up on your most holy faith, praying in the Holy Spirit. Keep yourselves in the love of God, waiting anxiously for the mercy of our Lord Jesus Christ to eternal life.”

Quantify the spiritual disciplines below so you can measure them. They can be measured by differing amounts of time or pages.

BIBLE READING: _____ (pages or chapters—daily or annually)

Psalm 19:7-8: “The Law of the Lord is perfect, restoring the soul; the testimony of the Lord is sure, making wise the simple. The precepts of the Lord are right, rejoicing the heart; the commandment of the Lord is pure, enlightening the eyes.”

My recommendation is to read the entire Bible annually.

Options: Read straight through, Bible reading record, Chronological Bible, One-Year Bible. (Straight-through reading is not recommended for the novice, as it is easy to get bogged down in some of the Old Testament.)

BIBLE STUDY: _____ (amount of time, topics, books to be studied, studies)

2 Timothy 2:15; 3:16-17: *“Be diligent to present yourself approved to God as a workman who does not need to be ashamed, accurately handling the Word of truth ...”* *“All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; so that the man of God may be adequate, equipped for every good work.”*

You may choose topics of interest, character studies, book studies, word studies, Small Group Bible studies, prepared studies, e.g., Beth Moore, Precepts, etc.

SCRIPTURE MEMORY: _____ (# of verses annually)

Psalm 119:11: *“Your Word have I treasured in my heart, that I might not sin against you.”*

Use areas of growth you need: evangelism verses, prayer promises, faith. (I would suggest the “Roman Road” to salvation—Romans 3:10; 3:23; 5:8; 6:23; 10:9-10; 13)

MEDITATION: _____ (amount of time)

Psalm 104:34; 119:97-99: *“Let my meditation be pleasing to Him; as for me I shall be glad in the Lord.”* *“O how I love Your law! It is my meditation all the day. Your commandments make me wiser than my enemies, for they are ever mine. I have more insight than all my teachers, for Your testimonies are my meditation.”*

Daily in the Scriptures, names of God, doctrines, attributes of God, memory verses, etc.

SILENCE: _____ (amount of time)

Psalm 46:10; 62:5: *“Cease striving and know that I am God; I will be exalted among the nations, I will be exalted in all the earth.” “My soul, wait in silence for God only, for my hope is from Him.”*

Structured listening to God, listening to the Holy Spirit, discerning the Will of God, reflecting on issues, reflecting on events, reflecting on your day, problems, or the future.

SOLITUDE: _____ (amount of time)

Psalm 27:5; 31:20: *“For in the day of trouble He will conceal me in His tabernacle; in the secret place of His tent he will hide me; He will lift me up on a rock.” “You hide them in the secret place of Your presence from the conspiracies of man; You keep them secretly in a shelter from the strife of tongues.”*

When, where, rest, bask in His presence and His glory, receive His power.

PRAYER: _____ (specific amount of time)

I Samuel 12:23; I Thessalonians 5:17: *“Moreover, as for me, far be it from me that I should sin against the Lord by ceasing to pray for you; but I will instruct you in the good and right way.” “Pray without ceasing.”*

Create a list of family, friends, coworkers, spiritual leaders, political leaders, church family, harvest of souls, revival, ministries, missionaries, etc.

FASTING: _____ (# of meals, days, seasons)

Matthew 6:16: *“Whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance so that they will be noticed by men when they are fasting. Truly I say to you, they have their reward in full.”*

I would recommend starting with one meal and working your way up to one full day, three days, seven days, and longer. Plan for prayer times during the fast. Study Isaiah 58 in preparation.

EVANGELISM: _____ (# of people you will share the Gospel with this year)

Acts 1:8: *“But you will receive power when the Holy Spirit has come upon you; and you shall be My witnesses both in Jerusalem, and in all Judea and Samaria, and even to the remotest part of the earth.”*

Create a list of people to pray for and share with:

FAMILY

FRIENDS

CO-WORKERS

BOOKS READ: _____ (# of books for the year)

Consider topics, areas of interest or growth, areas of strengths or weaknesses. (I recommend one out of every ten books be a positive attitude book, areas of professional proficiency, areas to stretch you)

CDs, DVDs, PODCASTS, BLOGS: _____ (# listened to)

Proverbs 4:23: *“Watch over your heart with all diligence, for from it flow the springs of life.”*

Leadership, sermons, worship. (Enroll in U. of A. - University of Automobile by making the best use of time in the car and travel!)

SERVING: _____ (amount of time)

John 13:14-15; I Peter 4:10: *“If I then, the Lord and the Teacher, washed your feet, you also ought to wash one another’s feet. For I gave you an example that you also should do as I did to you.” “As each one has received a special gift, employ it in serving one another as good stewards of the manifold grace of God.”*

Inside the church, out in the community, with the poor, visiting jail or prison, areas to which you feel called.

MISSION TRIPS: _____ (Annual trips? When do you plan to go?)

Matthew 28:19-20: "Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, teaching them to observe all that I commanded you; and lo, I am with you always, even to the end of the age."

List Areas In Your Spiritual Walk That Need Improvement:

Your personal plan should reflect all of the disciplines and the areas in which you want to grow.

"Your life is like a vapor, here today and gone tomorrow." ~GOD

FAMILY

This is the first institution God created, and as such is your priority and first ministry. Please plan for the protection and spiritual growth of your family. Make this a passion and do not leave this up to others.

Deuteronomy 6:1-12: "Now this is the commandment, the statutes and the judgments which the LORD your God has commanded me to teach you, that you might do them in the land where you are going over to possess it, so that you and your son and your grandson might fear the LORD your God, to keep all His statutes and His commandments which I command you, all the days of your life, and that your days may be prolonged. O Israel, you should listen and be careful to do it, that it may be well with you and that you may multiply greatly, just as the LORD, the God of your fathers, has promised you, in a land flowing with milk and honey. Hear, O Israel! The LORD is our God, the LORD is one! You shall love the LORD your God with all your heart and with all your soul and with all your might. These words, which I am commanding you today, shall be on your heart. You shall teach them diligently to your sons and shall talk of them when you sit in your house and when you walk by the way and when you lie down and when you rise up. You shall bind them as a sign on your hand and they shall be as frontals on your forehead. You shall write them on the doorposts of your house and on your gates. Then it shall come about when the LORD your God brings you into the land which He swore to your fathers, Abraham, Isaac and Jacob, to give you, great and splendid cities which you did not build, and houses full of all good things which you did not fill, and hewn cisterns which you did not dig, vineyards and olive trees which you did not plant, and you eat and are satisfied, then watch yourself, that you do not forget the LORD who brought you from the land of Egypt, out of the house of slavery."

Set and schedule times for your family:

Ephesians 5:16: "Making the most of your time, because the days are evil."

MORNING TIMES:

MEAL TIMES:

TRAVEL TIMES:

DEVOTIONAL TIMES:

BED TIMES:

VACATIONS:

OUTINGS:

SABBATH:

HOBBIES:

SPOUSE DATES:

SERVING TOGETHER:

GIVING MONEY TOGETHER: (Teaching your kids to tithe)

Please DO NOT leave the spiritual formation of your family to chance. Going to church is great, but it is not a plan. Hope is a lousy strategy. As parents, we will stand accountable for the kids God loaned us.

Does each member of your family have a Personal Growth Plan? Don't plan to grow yourself and leave your family behind.

FITNESS

“Your body is the temple of the Holy Spirit.” ~GOD

“The better you care for your body, the more you can serve the Lord and care for the people you love.” ~Pastor Chris

- Do you have a family physician? (If you do not, you will sorely regret it when a problem arises!)
- Currently, how would you rate your own fitness level from 1 to 10, with 10 being the highest rating?
- Do you get annual physical exams?
- What sports or fitness activities do you enjoy participating in and why?
- Does your family exercise together?
- Would you consider your family to be physically healthy?
- Does your family eat healthy foods?
- How would you rate your overall nutrition from 1 to 10, with 10 being the highest rating?
- If you had to select one thing about your nutrition that you could improve, what would it be?

Take time and complete the physical check sheet on the following pages.

Focus On Fitness

<p>My Fitness Motivators and Health Benefits</p> <p>What motivates you to want to be physically active? Use the boxes on the right to check off what motivates you. Use the extra lines at the bottom to write down other reasons why you want to make fitness a part of your life.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Have more energy <input type="checkbox"/> Release stress <input type="checkbox"/> Keep my heart healthy <input type="checkbox"/> Improve my overall health and live longer <input type="checkbox"/> Manage my weight <input type="checkbox"/> Improve my self-esteem <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<p>My Everyday Activities</p> <p>You can move your body more by changing your daily routine, such as increased walking. Check off some of the things that you could change, and write in a few of your own ideas.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Walking instead of driving or taking the bus <input type="checkbox"/> Taking the stairs instead of the elevator <input type="checkbox"/> Walking around while talking on the phone <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<p>My Other Physical Activities</p> <p>Other ways of exercising are physical activities such as bike riding or playing a sport. These activities require more of your energy. Check off some other physical activities you enjoy, or write them in.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Bicycling, golfing, playing tennis, etc. <input type="checkbox"/> Hiking <input type="checkbox"/> Taking a dance or exercise class <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<p>My Time to Get Fit</p> <p>You need to make room in your busy schedule to include time for fitness. Think of ways to incorporate a workout into your day. Check off or add some strategies that will help you make time for fitness.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Cut TV, internet time in half <input type="checkbox"/> Take a friend, or a group of friends on a walk <input type="checkbox"/> Schedule (and keep) workout time in my planner <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

<p>My Fitness Goals</p> <p>Having clear goals can help motivate you and keep you focused. Check off or write in your top three fitness goals for the next month.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Join a sports team or aerobics class <input type="checkbox"/> Walk or jog 2 miles per day <input type="checkbox"/> Try an exercise DVD <input type="checkbox"/> Lose weight <input type="checkbox"/> Start a walking club with friends <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
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Fitness Plan

Day, Date, and Time	Activity and Location
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

“It is very unloving to abuse your body and get old and cause your family to have to care for you due to poor disciplines!” ~Pastor Chris

FORTUNE

Do you have any sort of financial plan for yourself or your family?

Complete the following budget worksheet, which is well worth the time:

Family Budget Planner

<http://www.vertex42.com/ExcelTemplates/family-budget-planner.html>

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Starting Balance	1500													Total	Avg	
Total Income	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Total Expenses	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
NET (Income - Expenses)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Projected End Balance	1,500	1,500	1,500	1,500	1,500	1,500	1,500	1,500	1,500	1,500	1,500	1,500	1,500			
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	Total	Avg		
INCOME																
Wages & Tips															0	0
Interest Income															0	0
Dividends															0	0
Gifts Received															0	0
Refunds/ Reimbursements															0	0
Transfer From Savings															0	0
Other															0	0
Other															0	0
Other															0	0
TOTAL INCOME	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
HOME EXPENSES																
Mortgage/Rent															0	0
Electricity															0	0
Gas/Oil															0	0
Water/Sewer/ Trash															0	0
Phone															0	0
Cable/Satellite															0	0
Internet															0	0

Set Goals: _____

Develop a Plan: _____

Discipline Daily: _____

(Two good websites you can visit to get great biblical information:
DaveRamsey.com; crown.org)

FUTURE

This section is the most difficult of the five most important areas for which to develop a plan. In this section the question is answered: “Why did God Make Me?” What is my purpose in life? Rick Warren sold millions of copies of his book, *The Purpose Driven Life*, which proves the question is on the minds of most everyone. The problem is compounded by the fact that most people do not like their jobs.

What is God calling you to do?

Colossians 3:23: *“Whatever you do, do your work heartily as for the Lord rather than man.”*

Somewhere we forgot the fact that we are all called to minister and to be a missionary. Your job or vocation is your mission field. God places us in our jobs to bring glory to His name and continue the restorative process.

What opportunities do you have?

A PLACE TO START: (questions to consider)

What are your achievements?

What do you like to do?

(S) Spiritual Gifts?

(H) Heart? Where is it drawn?

(A) Aptitude? What are you good at?

(P) Passions? What do you care about?

(E) Experiences? What experiences do you have in life?

I would recommend Rick Warren's book, and also, *The Next Christians*, by Gabe Lyons. Thinking about your vocation Gabe said, "The spread of ideas—specifically, the Christian idea of restoration—will happen best and most powerfully when every channel of culture is leveraged. Keeping restoration isolated just to the church channel will only further separate Christians from the rest of the world. It's one explanation given for why parts of our culture have grown darker in recent decades. Christians separated and retreated, leaving a vacuum where others have spread their ideas instead. We 'left our posts.'"