

# HOW TO DO YOUR PERSONAL-SPIRITUAL GROWTH PLAN

Before jumping in... here is some vision and a roadmap of the growth plan process:

- Character is the foundation for all spiritual leadership.
- Because this is true, we will be serious about the intentional pursuit of personal-spiritual growth.
- We do Hard Things!
- Our prayer is for this to be a catalyst in your own personal discipleship to Know It, Live It, and Give It Away MORE & MORE!

## WHAT SHOULD I DO NEXT?

### GETTING STARTED

#### *Developing your Personal-Spiritual Growth Plan*

At the beginning of this journey we want to encourage you to set aside some time to be alone with the Lord. We believe that starting here will help you create the right heart and focus for this process.

There is nothing that surfaces the need for change more than spending intentional time alone with God. Time spent in reflection invites the supernatural working of the Holy Spirit to expose and identify areas of our heart and mind where He would like us to grow and change.

- Look at your calendar and schedule time to be alone with God. We suggest you plan for 90 minutes.
- Choose a location that allows you to focus on being alone with God. Try to remove as many distractions as possible. Bring a notebook and a Bible with you. If using your Bible App, consider clicking airplane mode to remove possible distractions.
- Lastly, grab the Personal-Spiritual Growth Plan Worksheet that we have created to serve as a guide for you. This worksheet is designed to incorporate elements of prayer, Scripture, reflection, and assessment.

# PERSONAL-SPIRITUAL GROWTH PLAN WORKSHEET

As you begin, here are a few tips to keep in mind. This worksheet is designed to help guide you through a time of solitude, reflection, and personal assessment. There is no right or wrong way to complete it. Feel free to spend more time in some areas and less in other areas. Again, this is meant to serve as a guide, so please navigate through it in a way that best fits your style.

**LET'S GET STARTED!**

## **SECTION 1: SPENDING TIME WITH GOD**

You probably brought way more than a Bible, notebook, and a pen. Most likely you brought your thoughts, worries, to-dos, and distractions. Let's try to leave behind a few of those things.

**Write down everything on your mind right now. Don't think, just write.**

Types of things that may come to mind:

- Work
- School
- Bills
- Plans for this weekend
- To-dos
- Emails or texts you need to send
- That person in your life who is annoying you

*Start with a simple prayer asking the Holy Spirit to prepare your heart and mind to receive from the Lord!  
Father, I invite you to...*

# PERSONAL-SPIRITUAL GROWTH PLAN WORKSHEET

YOU'RE OFF TO A GREAT START!

## TIME IN GOD'S WORD

As you meet with your heavenly Father, we hope that the truth of God's Word will refresh your heart and mind. TAKE A DEEP BREATH. Read these verses and listen to how your Father lavishes His love on you!

### ZEPHANIAH 3:17

<sup>17</sup> "The LORD your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing."

### MATTHEW 11:28-30

<sup>28</sup> "Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light."

God cares about your heart! James 4:8 reminds us to draw near to the Lord and He will draw near to you. We want to set an example to "follow first" and lead second.

## READ JEREMIAH 17:5-8

Our ministry to our family, friends, and church family, flows out of our personal walk with Christ. He wants our source of strength to come from Him, like a tree whose roots go down to the stream. Jot down a few thoughts from these verses.

If you feel disconnected from God, you're not alone, everyone goes through different seasons. You may need to talk to Him about it right now. Confess your self-reliance to Him. He can handle it!

# PERSONAL–SPIRITUAL GROWTH PLAN

## WORKSHEET

We are going to read a few more passages. As you read, you may want to underline words or phrases, or use the space below to write out your thoughts.

### **READ 1 TIMOTHY 6:3–21**

**1 John 1:9** If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

We are about to transition to the next section. But if you want to spend more time in God’s Word and prayer, then we encourage you to continue doing that. If you’re ready to move on, turn to the next page.

If you want a few more passages to read, check these out:

• **1 PETER 5:1–10**

• **REVELATION 3:14–22**

*Are there other passages that come to mind? Read those now!*

# PERSONAL-SPIRITUAL GROWTH PLAN WORKSHEET

## SECTION 2 : SELF-ASSESSMENT

Let's shift gears a little. For this next part, we want to help you do some self-assessment. It's good for us to slow down and assess how we are doing navigating everyday life. The exercises below will help you identify any areas that may need attention as you continue to pursue your spiritual health.

### EXERCISE 1 — CHALLENGES

**What is the most CHALLENGING thing in your life right now?**

We all face different challenges in our lives. Sometimes those challenges can be energizing, and sometimes they are just plain difficult to navigate. Take a few minutes and think through your current season of life.

(Circle any challenges below or write in your own in the empty blanks)

Work / Professional	Family
Money	Ministry
Relationships	Other
Leadership	-----
	----- Other
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**Would you say you are feeling more drained or energized by these challenges?**

# PERSONAL-SPIRITUAL GROWTH PLAN WORKSHEET

## EXERCISE 2 — CHECK YOUR GAUGES

Let's do a quick assessment of a few aspects of your life.

Luke 2:52 says, "Jesus grew in wisdom (mental) and stature (physical), and in favor with God (spiritual) and man (relational)."

On the gauges below, draw a line where you feel you are on each. Like a gauge on your dashboard, it's a quick indicator. You may be full or empty, or somewhere in the middle. Don't over think it.



## EXERCISE 3 — PRAY

**PAUSE FOR A QUICK PRAYER.** Take a moment and invite God into a specific area of challenge in your life.

**1 Peter 5:7** Cast all your anxieties on him,  
because he cares for you!

**YOU'RE DOING GREAT WORK! LET'S KEEP GOING!**

# PERSONAL-SPIRITUAL GROWTH PLAN WORKSHEET

## EXERCISE 4 — PRIORITIES: WHAT WE VALUE

Let's do a quick assessment on our priorities.

### READ I TIMOTHY 4:11-16

Scripture instructs us to watch our life and doctrine closely. Paul instructs us to be diligently watching and guarding against drift. The questions below will help you think through what you prioritize, what you value, and how you spend your time.

#### TIME

Where do you spend your time? (You may want to get out your calendar and look!)



#### ATTENTION

What are you thinking about the most? (What consumes your mind?)



#### FINANCES

What would your spending habits reveal about what you value?



Now that you've thought through what you value and prioritize in your life, are there any shifts that you may need to make?

Here are some examples of things you might prioritize

Spouse, Church, Reputation

My Failures, Kids, Christ

Hobbies, Sports, Money, Neighbors,

Performance, Security, Work

### RELAX - TAKE A 2 MINUTE BREAK!

*Rest in the silence and stillness, and take in God's creation around you.*

# PERSONAL-SPIRITUAL GROWTH PLAN WORKSHEET

READY TO JUMP BACK IN? YOU'RE ALMOST DONE!

## EXERCISE 5 — EQUIPPING

Let's identify a few areas that may help you grow and be equipped for your current season or for what's coming next. A little bit of equipping can help you work through a current challenge and be more effective in your ministry and leadership.

### EPHESIANS 2:10

<sup>10</sup> For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Know It, Live It, Give It Away is a great lens to think through when it comes to personal assessment. Let's identify a few areas where you can be better equipped to Know It, Live It, and Give It Away MORE & MORE!

CIRCLE AREAS WHERE YOU WANT OR NEED TO BE EQUIPPED		
Understanding the Bible	Leadership	Communication
Theology	Managing Emotions	Finances
Marriage	Evangelism	Developing Gifts
Cultural Issues	Missions	Leading Discussions
Parenting	Disciple-Making	Technical Ministry Skills (musician, teaching, etc.)
Counseling	Relationships	
Other _____		

Is there something on your mind right now that God is specifically calling you to do?

# PERSONAL-SPIRITUAL GROWTH PLAN

## WORKSHEET

### SECTION 3: GATHER YOUR THOUGHTS

Now it's time to go back to the beginning and reflect on what God is showing you through your time in solitude and assessment. As you gather your thoughts from Sections 1 and 2, take some time and think about how God has interacted with you during this time and answer these questions honestly.

#### PHILIPPIANS 1:9

<sup>9</sup> And this is my prayer: that your love may abound more and more in knowledge and depth of insight.

**ARE YOU LOVING GOD MORE & MORE?**

**Recognize** God's love for us. Eph. 3:14-19  
**Respond** to God's love. Matt. 22:37-40

**ARE YOU LOVING WHO JESUS LOVES MORE & MORE?**

**Recognize** the deep love Christ has for: His Church, the lost, our neighbors, the world.  
**Respond** by loving what Jesus loves.

**ARE YOU LIVING FOR WHAT JESUS LIVES FOR MORE & MORE?**

**Recognize** Christ's authority, calling and mission. Matt. 28:18-20  
**Respond** by allowing Christ to define and direct every aspect of your life investment.

# PERSONAL-SPIRITUAL GROWTH PLAN WORKSHEET

## DRAW SOME CONCLUSIONS:

- Do you see any patterns or themes developing?
- Is there a specific area of focus that the Holy Spirit is revealing or affirming? •

Are there any areas that you are avoiding or neglecting to give attention?

**Compile your thoughts here, and then fill out your Personal-Spiritual Growth Plan on the next page:**

## FINAL THOUGHTS:

Paul thanked the Lord for continuing to finish what he had started! (Philippians 1:3-6)

Be encouraged that God is not done with you.

**Thank the Lord for caring deeply for your heart.** Take a moment right now and thank Him for what He has shown you this last hour, and what He is doing in your heart.

# PERSONAL-SPIRITUAL GROWTH PLAN

## **GROWTH GOAL / FOCUS AREA:**

The area that I want to grow in this year is...

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Now that you have identified your goal or focus area, **what next steps do you need to put in place to help you get movement on your growth plan?**

*(If you have more than one goal, we encourage you to discuss that with a leader and prioritize what's most important. It's better to set one goal and accomplish it with excellence than to set too many goals and complete none of them.)*

## **WHAT NEXT STEPS ARE YOU GOING TO TAKE?**

- 1.
- 2.
- 3.
- 4.

**Who is someone that you can share your plan with, be accountable with, and celebrate growth with?**

**When do you plan to get together to connect with them?**