



## Spiritual Growth Planning Tool

1. Find an hour of undistracted time to sit down and reflect on your life.
2. Begin by asking God to quiet your heart and direct your time.
3. Reflection – Take some time to think deeply about some or all of the following questions.
  - a. How am I doing . . . really (spiritually, relationally, emotionally)?
  - b. Is my relationship with God growing more or less intimate? Why?
  - c. Am I becoming a more loving person?
  - d. How are the people closest to me experiencing me?
  - e. Is the pace of my life detrimental to my spiritual life?
  - f. Am I spending unhurried time with God?
  - g. Recently, what is most helping me to open my life up to God?
  - h. What can I do to slow the pace of my life down to create space for God?
  - i. Has technology been affecting my ability to be quiet and focus on God?
  - j. What do I sense might be the next step in my spiritual journey?

### 4. Intention

- a. Think through the three environments of growth: worship, connect and serve. How will you engage each one of these in this next season of your life? Be specific.
- b. Think through the two foundational spiritual disciplines (God's Word and prayer). What is a realistic plan for reading/studying and reflecting on God's Word for this next season of time? How will you engage God in prayer?
- c. Are there any other spiritual disciplines that would be helpful for you to begin or to increase their frequency (see list below)? Are there any that would be good to stop or decrease at this point in time? Answer the question: What one thing, if done regularly, would make a world of difference in my relationship with God?
- d. Write down what you plan to do.



5. Share your plan with a friend to get his or her thoughts or ideas.

## Spiritual Disciplines

The follow categorization is from Dallas Willard's, *The Spirit of the Disciplines*. To learn more about the disciplines we would recommend, *The Life You've Always Wanted* (John Ortberg), and, *Celebration of Discipline* (Richard Foster). Both are in the church library.

**Disciplines of Abstinence** - These are ways of denying ourselves something we want or need in order to make space to focus on and connect with God. They tend to counteract our sins of commission.

- **Solitude** - Withdrawing for a time from interacting with other people in order to be alone with God.
- **Silence** - Withdrawing from conversation, media, technology, etc. and entering in to a quiet place in order to quiet our minds and whole self and attend to God's presence.
- **Fasting** - Going without food (or something else) for a period of time that we might focus more intently on God in prayer.
- **Frugality** - Refraining from using money or goods that are available to us in ways that merely gratify our desires for status or luxury.
- **Sabbath** - Doing no work to rest in God's person and provision; praying and playing with God and others.
- **Secrecy** - Not making our good deeds or qualities known to let God or others receive attention and to find our sufficiency in God alone.

**Disciplines of Engagement** - These are ways of engaging in certain activities to interact with God and others. They tend to counteract our sins of omission.

- **Study** - Focusing the mind upon the written and spoken Word of God.
- **Prayer** - Conversing and communicating with God.
- **Worship** - Dwelling upon and praising God's greatness, goodness, and beauty in words and music.
- **Celebration** - Intentionally enjoying the blessings of food, drink, art, friendship, etc. that we might be reminded of God's greatness and goodness to us.
- **Service** - Actively using our goods and strength to lovingly serve others.
- **Fellowship** - Engaging in the common activities of worship, study, prayer, celebration, service, etc. with other followers of Christ.
- **Confession** - Letting trusted others (maybe one friend or a group) know our deepest weaknesses and failures.