

Spiritual Growth Plan for: _____

FAITH

An important part of your spiritual growth plan is to establish measurable goals. Quantify the following spiritual disciplines as much as possible. Please don't omit the ones you don't enjoy – like fasting:

Bible Reading _____ Pages/Chapters
Bible Study _____ Time/Projects
Scripture Memory _____ Number of Verses
Meditation _____ Time
Silence _____ Time
Solitude _____ Time/Place
Prayer _____ Time
Fasting _____ Meals/Days
Evangelism _____ How Many You Will Share With
Extra Books Read _____ Number
CDs, DVDs or Podcasts _____ Number
Serving _____ Time/Services

Set either goals or plans. List or write out – be specific! Here is where I list areas that need improvement or attention: (Illustration: I need to improve my prayer life)

- Is your plan balanced and/or obtainable?
- With whom will you share you plan/goals?

More opportunities for personal growth can be found at DrChrisStephens.com/blog or by purchasing Pastor's book, *The Climb of Your Life*, now available at the Information Desk.