



2024 Spiritual Growth Plan

The purpose of a plan.

Our most valuable resource is time. As you think toward 2024 you need to assess how you spend your time prioritize the important. Discipline yourself for the purpose of godliness.

Think about the main activities you engage in weekly and what you want to prioritize. Pray and ask the Lord to help you rightly think through all of this.

Suggestions: daily devotional time, meals, time with spouse and children, family time, Sunday morning worship, family group, discipleship, exercise, work, social/community time with others in our church, evangelism, hobbies, down time.

Ephesians 5:16-15 – *Therefore look carefully how you walk, not as unwise but as wise, redeeming the time, because the days are evil.*

Growth Goals. What spiritual growth goals do you want to set for this year? Are there any new commitments you need to make? Relationships to pursue, develop, or strengthen? Doctrines to learn more about? Books to read (per month/year)? Any specific spiritual disciplines you want to pursue (see last page for a list)?

Write out some bullet points for a 2024 Spiritual Growth Plan, and map out a basic plan outline.

Accountability. Who, other than a spouse, can you make yourself accountable to for all of this?

TIME - MY WEEKLY ACTIVITIES

Write them down, circle the ones you want to prioritize

GROWTH GOALS

What do you want to achieve this year?
Both spiritual and otherwise. (Be S.M.A.R.T.)

ACCOUNTABILITY PARTNER

Who might you ask to hold you accountable to your plan?
Be sure to share details with them.

Step 2. Write out your plan.

CREATE a weekly schedule based on your plan outline. Think through your weekly rhythm and map out how you might best use your time. Be sure your plan includes a Daily Devotional Time.

Developing A Daily Devotional Time

- A. Establish a specific time and place.** You'll be more successful in a daily devotion if you consider it an appointment and plan for when and where it will be. Morning in a quiet comfortable spot is best, but pick the time that's best for your schedule and daily rhythm.
- B. Choose a Bible reading plan.** See the church website for plan options. You don't have to read through the Bible every year, but you should have a plan for saturating yourself in God's Word. Do have a long term plan to read through the entire Bible multiple times. The "Stay Saturated" cards with all the books of the Bible on the back is a great aid for intentional reading through the Bible.
- C. Prioritize Memorizing Scripture.** If you haven't memorized the Gospel passages, begin there. Memorize one verse per week in your preferred translation. Check the "gospel" page on our website for the verses to memorize.
- D. Sing songs at some point along the way.**
The Bible has many songs in it, just without the music. The Psalms were the songbook of Israel. Singing is a great way to express outwardly what's going on in your heart. Learning the songs we'll be singing at church will help encourage and edify your brothers and sisters on Sunday mornings as well. Check the church website "Sunday Worship" section for help here. Create a playlist of your favorite worship songs. Just make singing part of your day.
- E. Plan to make adjustments as needed.**
Life happens. Schedules change. Some plans don't work. It's perfectly fine to make changes along the way as needed.
- F. Be Intentional about a Prayer Plan**
See the next page for a sample prayer plan. What's important is to spend time in prayer intentionally. You can't pray for everyone and everything, so think through it and prioritize.

WEEKLY RHYTHM

What's the best way to map out my week?

DEVOTIONAL TIME

List the specifics for A, B, C here

Weekly Prayer Guide

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|---|--|
| <p>Daily <i>Spouse, children, those I'm discipling, etc.</i></p> | <p>Notes <i>Make note of specific daily needs of those you're praying for. Upcoming things, health issues, etc.</i></p> |
| <p>Monday <i>Church leadership & families Those in your family group Begin to pray through the church directory.</i></p> | <p>Notes <i>Study, discernment, etc. Pray for specific requests that were made in your family group meeting</i></p> |
| <p>Tuesday <i>Extended family Continue praying through the church directory.</i></p> | <p>Notes</p> |
| <p>Wednesday <i>Neighbors & Co-Workers Church directory.</i></p> | <p>Notes</p> |
| <p>Thursday <i>Government Leaders Church directory.</i></p> | <p>Notes</p> |
| <p>Friday <i>Pray for our church overall Church directory.</i></p> | <p>Notes</p> |
| <p>Saturday <i>Pray for the worship service Church directory.</i></p> | <p>Notes</p> |
| <p>Sunday <i>Pray for all those involved in leading the worship service</i></p> | <p>Notes</p> |

PRAYER PLAN

How do you want to map out prayer in your daily life?

The Spiritual Disciplines

1. SCRIPTURE INTAKE

- **Hearing** - Mostly Sunday morning sermon, Bible studies, etc.
- **Reading** - Have a reading plan.
- **Studying** - From reading to the next level, digging into a passage.
- **Memorizing** - planting the Word in your heart so it's always with you.
- **Meditating** - Contemplating what it says and means.

2. PRAYER - focused, intentional prayer with a plan. Map through what you're going to pray for. Keep track of who and what. Follow up, etc.

3. WORSHIP - we worship with our whole lives, but must be intentional to gathering regularly (weekly) with our church family to worship.

4. EVANGELISM - rarely will sharing the gospel with someone "just happen." You start with learning HOW to share the gospel. Then, you program yourself to keep opportunities "on the radar" all the time.

5. SERVING - we serve Christ through serving in the church. This is something we need to do for our own good, for the good of the Body, and to be obedient. God gave you a gift with the purpose of serving the church.

6. STEWARDSHIP - It's more than (but not less than) giving money. It's giving of our finances, time, talents, passions, etc.

7. FASTING - primarily from food, but can include other things.

8. SILENCE & SOLITUDE - this is hard to come by in our day and age. Just get away from the chaos and focus on God.

9. JOURNALING - there is much value in keeping a journal. One thing it does is it forces you to focus and fully develop what you're thinking, especially as you study Scripture. And it keeps a record of your disciplines.

10. LEARNING - always be intentional to be learning more. The Bible instructs us to grow in knowledge, discernment, discipline, etc. We have to actually LEARN to be doing that. Mostly be reading good books.

Read the blog on Spiritual Disciplines here:

<https://www.coramdeobiblechurch.org/blog/pursuing-spiritual-discipline>

These disciplines are from Donald Whitney's excellent book: ***Spiritual Disciplines for the Christian Life***. You can get it in paperback, for Kindle, and audiobook format. Every Christian should read this book.

GROWING IN DISCIPLINE

How would you evaluate yourself in each discipline?

Don't try to add more than one or two at a time.

Get established in the first three, then pursue the others.