

# WAY of LIFE Plan

*"Follow Me." ~Jesus (Matthew 4:19)*

God cares about you, and about who you are becoming. It is therefore vitally important that we position ourselves in such a way as to allow God's Spirit the most room to form us in the likeness of Jesus. Doing this requires awareness and intentionality—being able to assess the current condition of our lives and making appropriate decisions to create space for God.

To be a follower of Jesus means to be apprenticed to Jesus, constantly seeking to become more like him in every area of life. We developed five spiritual formation rhythms to help followers of Jesus center their lives around Him. This is our Way of Life!

To this end, we encourage you to pray through and write out a WAY of LIFE plan for the coming year, addressing your health in each of the five rhythms: LISTEN, RECREATE, GATHER, GIVE, and BLESS.

## **Part 1: Personal Assessment**

Take stock of the condition of your life so that you can be more aware of where God might be asking you to make changes or go deeper.

- Before you begin, take a few moments to pray and ask God to show you where you are currently in your Way of Life and where God is calling you to be in the coming year.
  
- Use Table 1 (on next page) to rate your health 1-10 from this last year in each area of the WAY of LIFE and consider the factors contributing to that rating:
  - What were the things that nourished you in that area?
  
  - What were the things that drained you?

<i>Table 1</i>	<b>2016 Score</b>	<b>Nourishing Factors</b>	<b>Draining Factors</b>
<b>Listen to</b> God's Word God's Spirit God's People			
<b>Recreate</b> Physically Emotionally Spiritually			
<b>Gather for</b> Worship Community			
<b>Give</b> Time Talents Treasures			
<b>B.L.E.S.S.</b> Begin w/prayer Listen Eat Serve Story			

## **Part 2: Plan**

This will consist of several goals for growth and concrete steps toward them. We encourage you to share your plan with at least one other person (spouse, mentor, close friend), so they can hold you accountable and pray for you.

- Again, before you begin, take a few moments to pray and ask God to show you what he wants you to see.
- Write down specific goals you want to accomplish in each area, e.g. "Lose 5 pounds" is a more attainable goal than "Lose some weight."
  - Create achievable short-term goals that will move you towards increasingly larger long-term goals. Make sure your long-term goals are also reasonable and doable. Remember, we tend to overestimate what we can achieve in the short-term and underestimate what we can achieve in the long-term.
  - Try to keep your goals simple and achievable. Start where you are and consider what the next step would be for you, e.g. Don't aim to spend an hour a day in prayer if you don't even spend a minute right now. Be patient with yourself: growth takes time.

- In each case, think about what daily, weekly and/or monthly disciplines, practices or rhythms you could put in place to help you reach your goals.
  - Often when we start new things, they begin as disciplines (often challenging to keep up), but if we push through with them, they can become practices, then rhythms and habits. This is also why community and accountability are so important.

The WAY of LIFE Plan laid out on the next page is intended to be a structure rather than a fill-in-the-blanks exercise. There may—and should—be other things that come to mind as you pray.

#### Things to consider

- LISTEN:
  - To God's Word
    - Do you want to read through the Bible in a year? Or read through all of the gospel accounts?
    - Are there parts of the Bible you're interested in reading for the first time?
  - To God's Spirit
    - Do you want to pray and listen to God's voice more?
  - To God's People
    - Do you want to be more open to the input of others who are following Jesus?
    - Are there spiritual leaders you want to be more open to?
- RECREATE
  - Physical:
    - Do you want to eat more healthily, drink more water, exercise more, sleep more?
    - Do you need to have a health, dental, or vision check-up?
  - Emotional:
    - In what ways can you cultivate more self-awareness?
    - Are there areas or issues in your life where counseling might be helpful or appropriate?
  - Spiritual:
    - Are there particular areas of your walk with God you would like to grow in?
    - Who is helping you grow in spiritual formation, regularly (though not necessarily frequently) speaking into your life? Who are you helping grow in spiritual formation?
- GATHER:
  - Do you want to be more consistent attending worship services? Is there an area of service God may be leading you into?
  - Do you have a community group you are part of? If not, are you willing to join an existing group or be part of a new one?
- GIVE
  - What next step can you take to grow in giving your time and talents to serve others/the church?
  - What next step can you take to grow in financial generosity?
- BLESS
  - What neighbor or person in your network can you BLESS?

## My WAY of LIFE Plan

### LISTEN

- In the next week/month/year I will read \_\_\_\_\_ (part(s) of God's Word).
- I will set aside \_\_\_\_\_ (amount of time) quietly listening to God's Spirit each day.
- I will seek the input/counsel/accountability of \_\_\_\_\_ (God's people) in the next week/month.

### RECREATE

#### PHYSICALLY

- I will go to bed by \_\_\_\_\_ and get \_\_\_\_\_ hours of sleep per night.
- My eating/fueling plan: \_\_\_\_\_.
- I will exercise by doing \_\_\_\_\_ on [what days] \_\_\_\_\_.
- I will schedule appointments with these doctors: \_\_\_\_\_.

#### EMOTIONALLY

- I will journal or process my feelings personally during these times \_\_\_\_\_.
- I will seek to share my core feelings with \_\_\_\_\_ on a regular basis.
- I will seek out counseling (professional, mentor, or peer) with \_\_\_\_\_. [*LISTEN to God's people*]

#### SPIRITUALLY

- My regular prayer and Bible study time each day will be at \_\_\_\_\_. [*LISTEN to God's Word and Spirit*]
- My sabbath day is every \_\_\_\_\_. My sabbath will consist of \_\_\_\_\_.
- Person helping me grow in spiritual formation: \_\_\_\_\_. [*LISTEN to God's People*]
- People I am helping grow in spiritual formation: \_\_\_\_\_.

### GATHER

- I commit to regularly attending worship services.
- I commit to regularly attend a community group/talk with Pastor Rod about being part of a new group.

### GIVE

- I will take the next step to learn how to give my TIME and TALENT by serving in \_\_\_\_\_ ministry.
- I will take the following next step to grow up the ladder of generosity ([1] first-time/special giver - [2] regular/proportional giver [3] extravagant: \_\_\_\_\_

### BLESS

- I will pray regularly for the following 3-5 people who are either not connected to a church and/or do not have a relationship with God.
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

- I will set aside 1-3 meals per week to connect with people (at least one being unchurched). When eating I will ask more questions and listen more than talking. I will set aside the following days/meals for connecting:

\_\_\_\_\_.