

RENEW, REFRESH, REFOCUS RETREAT

Renew your Mind, Refresh your Spirit, Refocus your Life

Delta Version



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W O R K B O O K

Life Spring Network

Author and Primary Trainer of The Omega Experience

Quick Bio:



Jason K. Pankau

President and founder of Life Spring Network

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Jason brings a diverse background of athletics, finance, Christian studies, executive life coaching, wisdom and leadership to people and organizations with whom he works. He is a sought-after speaker, seminar leader, life coach, and consultant. He has experience in Church planting, serving as the lead pastor in two church plants, and mentoring and consulting with church planters. In addition, he served on the staff of Stanwich Congregational Church in Greenwich, Connecticut for six years. During this time he developed the Omega seminar series and his life coaching ministry, which the church has commissioned him to share beyond its own walls.

Jason received a Masters of Divinity degree from Southern Theological Seminary, and has completed the coursework for his Doctorate in Christian Leadership at Gordon-Conwell Theological Seminary. He received a B.A. in Business Economics and Organizational Behavior and Management from Brown University, where he was captain, pre-season All-American, and all-Ivy team member of the football team. He is also a national qualifier and Brown University school record holder in the discus.

Jason is a co-founder and partner of E Pluribus Partners, a Greenwich, Connecticut based think-tank and consulting firm focused on helping organizations create engaging work environments. He serves as a consultant and life coach to many corporate executives and pastors, helping them lead with wisdom and create engaging organizations. Jason is a contributing author to “What Managers Say, What Employees Hear, Connecting with Your Front Line (So They’ll Connect with Customers).” He is also a co-author of “Fired Up or Burned Out – How to Reignite Your Team’s Passion, Creativity, and Productivity.”

Jason’s wife, Jen, is also a graduate of Brown University with the B.A. in Psychology, as well as Boston University with a Masters of Social Work. She is a licensed therapist and is active in several ministries, especially those relating to youth and families. Jason and Jen have four children.

		DELTA
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Delta Renew, Refresh, Refocus Retreat

Suggested Annual Retreat Schedule — Half Day

8:00 a.m. — 8:15 a.m.:	Arrival/Opening Worship and Prayer
8:15 a.m. — 9:00 a.m.:	Delta Renewal (Sessions 1 – 4)
9:00 a.m. — 9:15 a.m.:	Refresh/Assessment Worksheets
9:15 a.m. — 10:00 a.m.:	Delta Renewal (Sessions 5 – 6)
10:00 a.m. — 10:45 a.m.:	Refresh/Worksheets
10:45 a.m. — 11:00 p.m.:	Delta Renewal (Sessions 7 – 8)
11:00 p.m. — 11:45 p.m.:	Refresh/Worksheets
11:45 a.m. — 12:00 p.m.:	Delta Closing

Tools for the Journey

Along the way you will become well acquainted with some tools that will help you navigate your journey. We will introduce them here.

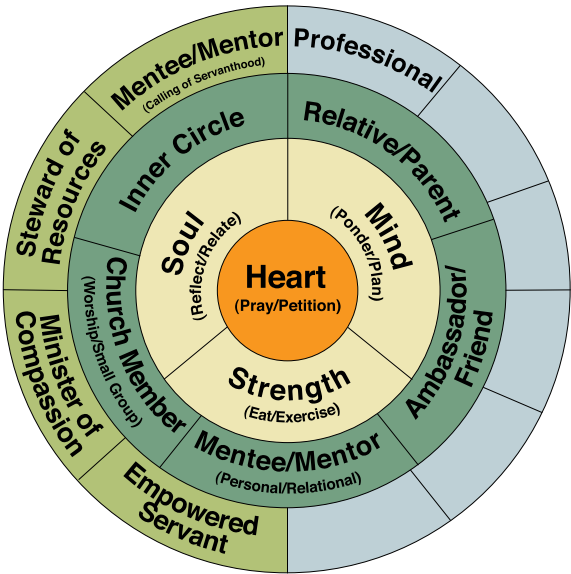
The Life Focus Process™



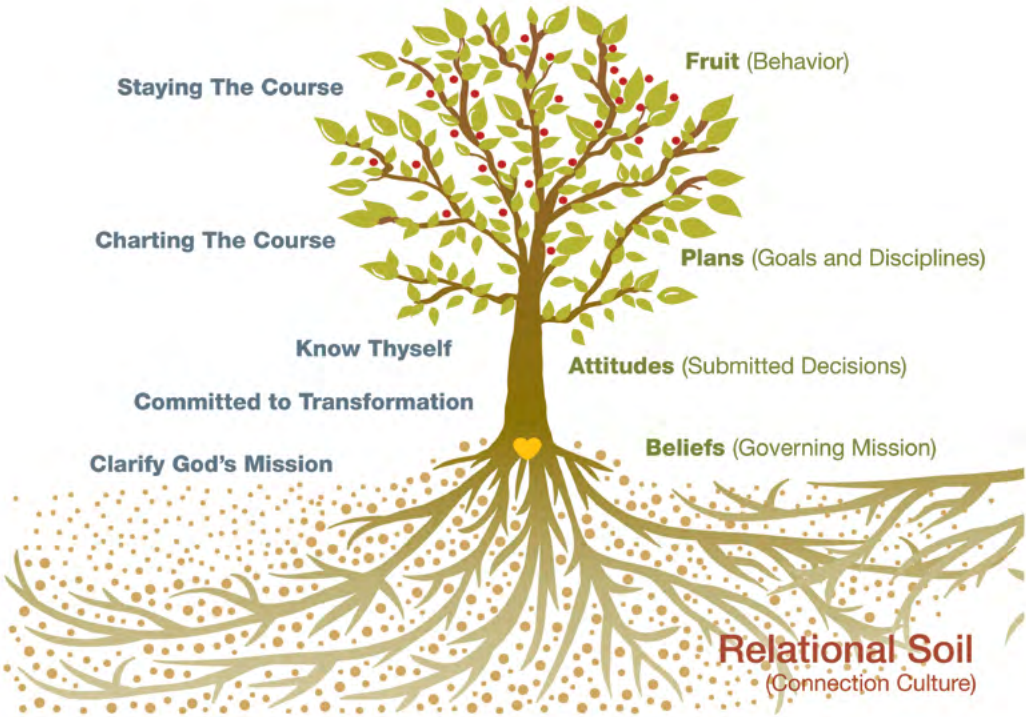
The 18 Foundational Truths (Natural Laws) of Life Stewardship™

Foundational truths are fundamental patterns of nature and life that divine revelation, human experience and testing have shown to be valid. They describe things as they really are, as opposed to how we think they are or how we wish they were.

Our Roles Diagram™



Entering Into The Light



Tools for The Journey

The Process for this Retreat

1. Reflect on the progress you have made and Celebrate the transformation God has brought about in and through you.

- Life Transformation - Reflection and Praise Report

2. Assessing our True Beliefs Using the Tree Diagram - Entering into the Light

Root System of the Tree (Beliefs - Governing Mission)

- The Lord's Prayer and the Seven Values of Abundant Living
- On Mission with God Assessment

Trunk of the Tree (Attitudes - Commit to Transformation)

- The Promises of God and Godly Attitudes
- The Cycle of Renewal - Holistic Transformation Worksheet

Seed that Becomes the Tree (Know Thyself)

- The Seven Values of Abundant Living and the 24 Character Strengths
- Your Divine P.U.R.P.O.S.E. Assessments

Branches of the Tree - (Plans and Disciplines - Chart the Course)

- Time Allocation Assessment
- Spiritual Disciplines Assessment

Fruit of the Tree (Fruit - Stay the Course)

- The 7 Deadly Sins and 7 Godly Virtues/Sin Tendency Assessment
- The Cycle of Renewal - Holistic Transformation Worksheet
- Fruit of the Spirit Worksheet
- Life Transformation - Summary Worksheet

3. Chart the Course

Quarterly Planning Worksheets

- Life Focus Worksheet
- Life Plan - Model Week Worksheet

Annual Planning Worksheets

- One-Year Goal Planning Worksheets
- Role Planning Worksheets



Personal Growth Plan



Personal Growth Plan: Reflect and Celebrate

Life Transformation - Reflection and Praise Report

Reflect on your life since you took the Delta Class or since the last time you did the Renew, Refresh, and Refocus Retreat and write down where you saw God bring about transformational Change in your life. Use the categories below to guide your thinking.

Visions that God is bringing into realization and Godly Priorities that He has grown in your life:

Values of Abundant Living and their corresponding Attitudes that have come alive in your life:

Character strengths that God has grown:

The areas of your P.U.R.P.O.S.E. that have been discovered and lived into:

The three Identity Roles and corresponding Spiritual Disciplines you have seen growth in this season:

Virtues God has grown me in and Sin Tendencies that God is empowering me to resist:

Relationships that have been healed/renewed/begun:

Fruit of the Spirit that has been enabled and expressed:

On Mission with God Assessment

This instrument has been developed to help you assess your obedience to God's Mission for your life by looking at the four areas that we discuss in the Delta Course. The component parts which make up God's mission for our lives are His Vision, Priorities, Values and Identity Roles.

Vision

Using your understanding of what God desires for you to become in each Identity Role or aspect of your being, rate your growth towards God's vision for you. Put another way, try to honestly assess how you are **experiencing and expressing His love** in your life. Use this rating system for assessing your obedience to God in each role or aspect of your being.

- 1 = Neglecting this area of my life because of confusion, lack of desire, or fear of change.
- 2 = Good intention but no follow through.
- 3 = Functioning but not growing in this role/area.
- 4 = Obediently functioning and growing in this role/area of my life.



Priorities

Use this rating system for assessing the balance of your priorities in each area.

- 1 = Not high enough on my priority scale.
- 2 = Properly prioritized.
- 3 = Too high on my priority scale.

Below we have listed the 14 Identity Roles or aspects of your being that we covered in the Delta Course in priority order. Please assess how you are doing in terms of functioning and growing in these areas of your life and how you are doing keeping them in the proper priority in your life.

Area	Role/Aspect	Vision (1-4)	Priorities (1-3)
Christ	Heart - spiritual		
	Soul - emotional		
	Mind - intellectual		
	Strength - physical		
Community	Inner Circle		
	Relative/Parent		
	Church Member		
	Mentee/Mentor		
	Ambassador/Friend		
Calling	Minister of Compassion		
	Steward of Resources		
	Empowered Servant		
	Calling Mentee/Mentor		
	Professional		

Which 3 Roles/Aspects do you plan to work on this season?

(transferred to page 34)

Personal Growth Plan: Assessing True Beliefs - Values

The Lord's Prayer and the Seven Values of Abundant Living

Journal and pray through the Lord's Prayer and the Seven Values of Abundant Living, seeking to find a deeper connection with the true meaning of how to apply these values to your life. Write down any thoughts that come to mind both in terms of growth you have experienced (celebrate) and thoughts that come to mind about future opportunities for growth.

Our Father in Heaven, hallowed be your name

(Glorification of God is the goal of our lives and our church):

Your kingdom come

(Groups of Biblically functioning community provide the optimal environment for life change):

Your will be done

(Growth is a process towards full maturity in Christ):

On Earth as it is in Heaven

(Gifts of divine empowerment are given to all believers to grow God's Church):

Give us this day our daily bread

(Good Stewardship is the reasonable and loving response to our gracious God):

Forgive us our sins (debts, trespasses) as we forgive those who sin (our debtors, trespass) against us

(Grace is God's bridge to us and our bridge to others):

and lead us not into temptation but deliver us from the evil one.

(Guidance is necessary in order to carry out God's will):

The Promises of God and Godly Attitudes

Truth 14: Belief

Your behavior is a reflection of what you truly believe (desires, feelings, thoughts and capabilities) will best meet your needs and provide you with a life of abundance. Our beliefs are formed in our being by processing the interaction of our true desires, feelings, thoughts and capabilities.

In order to assess our current Attitudes and how in line with Godly attitudes they are we have created the following chart and rating system. Using the statements provided for you, describing Godly Attitudes which are based on the Promises of God in the following chart, rate your current functioning and growth in each character strength according to the following scale.

Attitudes are advance decisions about how we are going to desire (Heart), feel (Soul), think (Mind) and act (Strength) in any situation.

**1=Not Descriptive, 2 = Sometimes Descriptive,
3 = Fairly Descriptive, 4 = Descriptive, 5 = Strongly Descriptive**

7 Values (7 Gs)	The Promises of God	Godly Attitude	Rating (1-5)
Guidance	God promises His guidance to those who submit themselves to His lordship and follow Him.	I have decided that I need God's guidance in every aspect of my life and will live as His follower.	
Growth	God promises to train and transform earnest disciples of God's righteous life.	I have decided that I will live as a disciple, striving to become more like Jesus in every area of my life.	
Grace	God promises His forgiveness to those who repent and live as His ambassadors in the world.	I have decided that I will receive God's grace for my life and live as His ambassador of reconciliation in the world.	
Good Stewardship	God promises His provision to those who depend on Him and steward life wisely.	I have decided that life is a gift of time, talents and treasure that I will gratefully steward as God leads.	
Glorification	God promises to glorify himself through reverent worshippers who serve His purposes!	I have decided to live as a worshipper and glorify God in every aspect of my life.	
Gifts	God promises His empowerment and protection to those who surrender to Him and serve through His strength.	I have decided to live every day as an empowered servant, allowing God to express His love through me.	
Group	God promises His love, peace and presence to members of His family.	I have decided to live in covenant community as a member of God's family and welcome in all who desire to join.	

Select one attitude that you are being convicted that needs to be adjusted and write that attitude below.

Next, process how to go about changing this attitude using the The Cycle of Renewal - Holistic Transformation Worksheet on the next page. **Attitude:**

(transferred to page 34)

Personal Growth Plan: Transformation Planning Tool

The Cycle of Renewal - Holistic Transformation Worksheet

Pick an Attitude that needs adjusting and follow the steps in this worksheet which will take you through the Cycle of Renewal in order to discover God's plan for your holistic transformation in this aspect of your life. Use this worksheet as many times as needed.



2 Timothy 3:16-17 "All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work."

Believing in the Lord Jesus with all our Heart, Soul, Mind and Strength means that we:

1. Embrace the revelation or feedback (that God brings into our lives) which convicts us of our sin and need for Him.

Revelation of God - What is the role you are neglecting or over focussing on, the issue you are wrestling with, the attitude adjustment you are being prompted to make or the deadly sin you are being convicted about, and how did you become convicted of this?

2. Change incorrect or negative attitudes or beliefs through holistic repentance:

- agreeing with God's will (Heart),
- healing of wounds (Soul),
- learning God's truth (Mind) and
- calling upon God's strength (Strength).

Personal Growth Plan: Transformation Planning Tool

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Heart - Agreeing with God's Will - What is God's will for you in this? What does He want you to will, want or desire concerning this?

Soul - Healing of Wounds - How have you been wounded and how does God want you to feel about this?

Mind - Learning God's Truth - What is God's truth concerning this? What is the scriptural support for your new understanding?

Strength - Calling Upon God's Strength - How were you moving in your own strength and how will you remind yourself to walk in the Spirit in this area of your life?

3. Embrace God's new correct Beliefs, Attitudes, Plans and Behavior through making amends and engaging your new training in righteousness.

Relationship Reconciliation through Restitution:

Who has your sin affected and therefore who do you need to confess your sin to? From whom do you need to ask for forgiveness? With whom do you need to strive to make amends? What additional insights into God's plan for training you in righteousness did you learn through this process?

More copies of this worksheet can be downloaded from our website at www.lifespringnetwork.org

For more resources, thoughts, and discussion about this session, please visit www.lifespringnetwork.org

Personal Growth Plan: Assessing True Beliefs - Character

Twenty-four Character Strengths and Corresponding Core Virtues

A group of leading psychologists have come to believe positive character strengths are essential to mental health. Their mission is to transform social science to work on virtue, positive emotion and positive institutions. Following are the results of their project to identify those character strengths. The strengths are derived from many sources, including Christianity, Judaism, Islam, Confucianism, Taoism, Buddhism, Hinduism, and Athenian virtues (e.g. Aristotle, Plato, and Socrates). Also considered were previous efforts such as the values of Boy Scouts, Charlemagne's Code of Chivalry, as well as the works of Erik Erikson, Abraham Maslow, and others. We have slightly adapted their definitions and categories, but tried to stay as close to the original definitions of the character strengths as possible.

Wisdom and Knowledge:

1. Creativity (originality, ingenuity)
2. Curiosity (interest, novelty-seeking, openness to experience)
3. Open-mindedness (judgment, critical thinking)
4. Love of learning
5. Perspective (wisdom)

Courage:

6. Bravery (valor)
7. Persistence (perseverance, industriousness)
8. Integrity (authenticity, honesty)
9. Vitality (zest, enthusiasm, vigor, energy)

Humanity:

10. Love (valuing close relationships, sharing, caring)
11. Kindness (generosity, nurturance, care, compassion, altruistic love, "niceness")
12. Social intelligence (emotional intelligence, personal intelligence)

Justice:

13. Citizenship (social responsibility, loyalty, teamwork)
14. Fairness (equal treatment according to notions of fairness and justice)
15. Leadership (encouraging and organizing group activities)

Temperance:

16. Forgiveness and mercy
17. Humility/Modesty
18. Prudence (carefulness about words and deeds)
19. Self-regulation (self-control)

Transcendence:

20. Appreciation of beauty and excellence (awe, wonder, elevation)
21. Gratitude (awareness of good things that happen, thankfulness and giving thanks)
22. Hope (optimism, future-mindedness, future-orientation)
23. Humor (playfulness)
24. Spirituality (religiousness, faith, purpose)

Personal Growth Plan: Assessing True Beliefs - Character

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The Seven Values of Abundant Living and the 24 Character Strengths

In order to assess our functioning and growth in the Seven Values of Abundant Living, we have created a paradigm using the definitions of the 24 character strengths re-organized according to the Seven Values of Abundant Living and Seven Godly Virtues. With the definitions of these character strengths in mind, rate your current functioning and growth in each character strength according to the following scale.

**1=Not Descriptive, 2 = Sometimes Descriptive,
3 = Fairly Descriptive, 4 = Descriptive, 5 = Strongly Descriptive**

7 Values of Abundant Living - 7 Godly Virtues	Character Strength	Rating (1-5)
Grace - Meekness	Forgiveness and Mercy	
	Hope	
	Humor	
Group - Chastity	Love	
	Kindness	
	Social Intelligence	
	Citizenship	
Growth - Temperance	Love of Learning	
	Persistence	
	Integrity	
	Self-Regulation	
Gifts - Contentment	Creativity	
	Bravery	
	Vitality	
Glorification - Humility	Humility/Modesty	
	Appreciation of Beauty and Excellence	
	Spirituality	
Guidance - Obedience	Curiosity	
	Open-Mindedness	
	Perspective	
	Leadership	
Good Stewardship - Stewardship	Fairness	
	Prudence	
	Gratitude	

Character Strength to focus on this season:

(transferred to page 34)

For more resources, thoughts, and discussion about this session, please visit www.lifespringnetwork.org

Personal Growth Plan: P.U.R.P.O.S.E. Assessment

Your Divine P.U.R.P.O.S.E. Worksheets

P: Passions

People have different passions that have been placed on our lives by God and that we have learned to love through life experience. This is a true combination of Nature and Nurture. In the space below list any changes that have occurred in your life as it relates to passion. List areas that you have become dispassionate about, had an old passion reignited or gained a new area of passion.

U: Upbringing

Genogram - Reflect back upon your genogram and consider any new areas that you are feeling led to explore with a mentor like: Generational sin patterns, Health issues, Blessings or Curses, Stories of Faith, Spiritual Gifting, Original abilities, Unresolved Conflict Patterns, Love Languages. Write down anything that God brings to mind below.

R: Resources

God provides each of us with different amounts of resources to steward. Rate your stewardship in the five financial areas of being a Steward of Resources using the following scale:

1=Not Descriptive, 2 = Sometimes Descriptive,
3 = Fairly Descriptive, 4 = Descriptive, 5 = Strongly Descriptive

5 Areas	Definitions	Rating (1-5)
Diligent Earners	The Diligent Earner is one who works with commitment, purpose and a grateful attitude.	
Generous Givers	The Generous Giver is one who gives with an obedient will, a joyful attitude and a compassionate heart.	
Wise Savers	The Wise Saver is one who builds, preserves and invests with discernment.	
Cautious Debtors	The Cautious Debtor is one who avoids entering into debt, is careful and strategic when incurring debt, and always repays debt.	
Prudent Consumers	The Prudent Consumer is one who enjoys the fruit of his/her labor yet guards against materialism.	

R: Resources (cont.)

Write down any specific changes that you are feeling led by God to address below.

Personality (Temperament)

Reflect on what you know to be true of your core personality and the personality traits of those closest to you. First remind yourself of your core personality traits by putting an X next to the appropriate personality attribute and reflecting on how your life needs to be adjusted in order to better live in alignment with your core personality.

	X		X	
E Extrovert		Social Preference		Introvert I
S Sensing		Information Gathering		Intuitive N
T Thinking		Decision Making		Feeling F
J Judging		Life Style		Perceiving P

How you need to better align you life?

How you are being challenged by those around you to relate to their personality differences?

O: Original Abilities

God has given different abilities to us all, which we are able to function in whether we are empowered by God or not. How are you using your original abilities to bring Glory to God?

How are you being challenged by the evil one to proudly take credit for your accomplishments?

Personal Growth Plan: P.U.R.P.O.S.E. Assessment

Spiritual Gifts Assessment

With the definitions of the Spiritual Gifts in mind (found on the following pages), rate your current functioning in each gift according to the following scale. Then write down the name of someone you know whom God has empowered and uses to function in each of these gifts.

1=Not Descriptive, 2 = Sometimes Descriptive,
3 = Fairly Descriptive, 4 = Descriptive, 5 = Strongly Descriptive

Category	Spiritual Gift	In Your Life (1-5)	God Sightings in Others
Get It Done	Administration		
	Helps/Service		
	Giving		
	Craftsmanship		
	Stewardship		
Nurture/ Fellowship	Hospitality		
	Mercy		
	Encouragement		
	Community Builder		
Intervention	Healing		
	Miracles		
	Deliverance/Exorcism		
	Intercession		
Guidance	Exhortation/Disciple Maker		
	Wisdom		
	Knowledge		
	Prophecy		
	Discernment		
Communication	Teaching		
	Evangelism		
	Music/Worship Leader		
	Tongues		
	Interpretation of Tongues		
	Creative Communication		
Authority	Leadership		
	Apostleship		
	Missionary		
	Pastor/Shepherd		
Life Focus	Faith		
	Martyrdom		
	Celibacy		
	Voluntary Poverty		

Personal Growth Plan: Love Languages Assessment

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Experience of Love - Love Languages

Whether this is hard-wired or learned behavior, it is important to understand how we prefer to experience and express love in our lives. Fill in the chart below.

	Your Preference	God Sightings
Love Languages	Rank from Most Important to You to Least. 1 = Most Important to 5 = Least Important	Who does God use to love you most using the 5 Love Languages? List their names below.
Word of Affirmation		
Quality Time		
Gift Giving		
Acts of Service		
Physical Touch		

Which Love Languages do you wish those closest to you used more frequently?

Use the chart below to think about the love languages of those closest to you.

Relationships	Names	Preferred Love Language	Secondary Love Language
Inner Circle Relationships			
Relative/Parent Relationships			
Church Member (Life Group)			
Other			

After examining this chart, list the love languages that God is challenging you to speak?

For more resources, thoughts, and discussion about this session, please visit www.lifespringnetwork.org

Personal Growth Plan: Time Allocation Assessment

One Week Time Tracking Worksheet

Using the Worksheet below, track how you spend your time during a normal week these days.

Time	Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							

Spiritual Disciplines Assessment

There are 36 Spiritual Disciplines that we promote throughout the Delta and Omega Course Journey. Look at the simplified definitions on pages 26 & 27 for clarification as to their meaning and rate yourself according to the following scale and according to the frequency that you practice these disciplines.

Rating Scale: 1 = Never practice, 2 = Need to practice more, 3 = In a good rhythm,
4 = Being over practiced, 5 = Not during this season.

Frequency Scale: D = Daily, W = Weekly, M = Monthly, Q = Quarterly, A = Annually, N = Never

Disciplines	Rating (1-5)	Frequency
Prayer		
Submission		
Solitude		
Silence		
Intercessory Prayer		
Watching (Vigil)		
Journaling		
Meditation		
Confession		
Guidance		
Retreat		
Study		
Pilgrimage/Sabbatical		
Planning		
Temperance		
Fasting		
Exercise		
Surrender		
Sabbath		

Disciplines	Rating (1-5)	Frequency
Fellowship		
Chastity		
Celebration		
Hospitality		
Teaching		
Service		
Simplicity		
Assembling		
Worship		
Singing		
Friendship Evangelism		
Secrecy		
Sacrifice		
Frugality		
Saving		
Giving		
Diligent Earning		

List the disciplines that need the most attention and why.

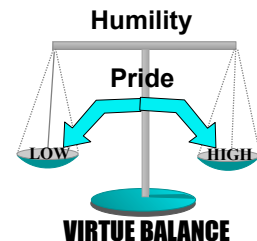
Which disciplines need focusing on in this season?

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Personal Growth Plan: Assessing True Beliefs - Sins/Virtues

The 7 Deadly Sins and 7 Godly Virtues Sin Tendency Assessment

Using the descriptions listed below, think through your sin tendencies and put a mark on the sin tendency gauge to approximate your sin tendencies right now for each Virtue/Sin category. Using the virtue as the balance point, indicate how you are being tempted by the evil one to move away from God's virtuous life (low or HIGH).



Using the 1-5 scale, try to discern how tempted you are feeling these days along each Virtue/Sin continuum. After you have gauged yourself, mark your rating with the radio buttons above each sin and then describe how you are falling into temptation in the space provided.

1 = consistently experiencing this virtue, 2 = seeing this virtue grow, 3 = struggling to change behavior
4 = acting in this way but convicted of my need to repent, 5 = believe that this behavior is good.

Pride - -5 - -4 - -3 - -2 - - 1 - - Humility - -1 - - 2- - 3- - 4- - 5- - PRIDE
(Thinking too lowly of yourself) (Proper view of self in Christ) (Thinking too highly of yourself)

Envy - -5 - -4 - -3 - -2 - - 1 - - Contentment - -1 - - 2- - 3- - 4- - 5- - ENVY
(Not wanting your lot in life) (Embracing your lot in life) (Wanting someone else's lot)

Wrath - -5 - -4 - -3 - -2 - - 1 - - Meekness - -1 - - 2- - 3- - 4- - 5- - WRATH
(Lack of righteous anger) (Righteous anger with grace, patience and forgiveness) (In your anger sinning)

Personal Growth Plan: Assessing True Beliefs - Sins/Virtues

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Sloth - -5 - -4 - -3 - -2 - -1 - - Obedience - -1 - - 2- - 3- - 4- - 5- - SLOTH
(Imbalanced time allocation) (Submitted to God's will) (Lack of submission to God)

Greed - -5 - -4 - -3 - -2 - -1 - - Stewardship - -1 - - 2- - 3- - 4- - 5- - GREED
(Poor stewardship, (Good stewardship of resources) (Driven and defined by
entitled and won't work hard) or find my security in)

Gluttony - -5 - -4 - -3 - -2 - -1 - - Temperance - -1 - - 2- - 3- - 4- - 5- - GLUTTONY
(Too little) (Balanced eating, drinking and exercise) (Too much)

Lust - -5 - -4 - -3 - -2 - -1 - - Chastity - -1 - - 2- - 3- - 4- - 5- - LUST
(Seeing godly sex as dirty) (Healthy marital sex life and healthy boundaries with everyone else) (Seeing people as objects of desire)

Select one Sin Tendency that needs to be confronted, and process how to go about changing this sin tendency using the The Cycle of Renewal - Holistic Transformation Worksheet on the next page.

Sin Tendency that needs to be confronted:

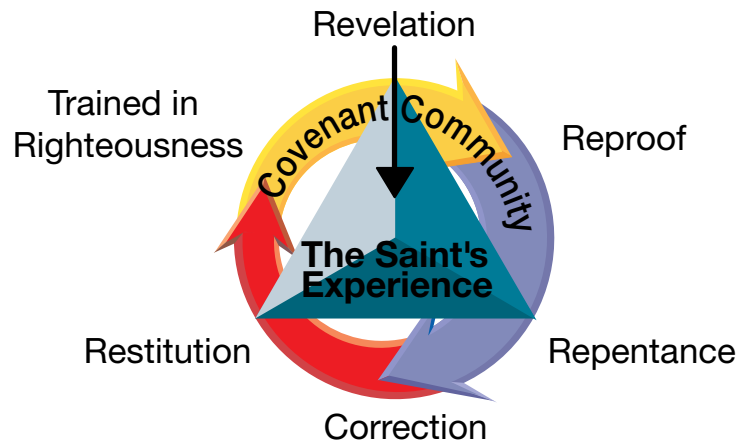
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For more resources, thoughts, and discussion about this session, please visit www.lifespringnetwork.org

Personal Growth Plan: Transformation Planning Tool

The Cycle of Renewal - Holistic Transformation Worksheet

Pick a Sin Tendency that needs correcting and follow the steps in this worksheet which will take you through the Cycle of Renewal in order to discover God's plan for your holistic transformation in this aspect of your life. Use this sheet as many times as needed.



2 Timothy 3:16-17 "All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work."

Believing in the Lord Jesus with all our Heart, Soul, Mind and Strength means that we:

1. Embrace the revelation or feedback (that God brings into our lives) which convicts us of our sin and need for Him.

Revelation of God - What is the role you are neglecting or overfocussing on, the issue you are wrestling with, the attitude adjustment you are being prompted to make or the deadly sin you are being convicted about, and how did you become convicted of this?

2. Change incorrect or negative attitudes or beliefs through holistic repentance:

- agreeing with God's will (Heart),
- healing of wounds (Soul),
- learning God's truth (Mind) and
- calling upon God's strength (Strength).

Personal Growth Plan: Transformation Planning Tool

DELTA

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Heart - Agreeing with God's Will - What is God's will for you in this? What does He want you to will, want or desire concerning this?

Soul - Healing of Wounds - How have you been wounded and how does God want you to feel about this?

Mind - Learning God's Truth - What is God's truth concerning this? What is the scriptural support for your new understanding?

Strength - Calling Upon God's Strength - How were you moving in your own strength and how will you remind yourself to walk in the Spirit in this area of your life?

3. Embrace God's new correct Beliefs, Attitudes, Plans and Behavior through making amends and engaging your new training in righteousness.

Relationship Reconciliation through Restitution:

Who has your sin affected and therefore who do you need to confess your sin to? From whom do you need to ask for forgiveness? With whom do you need to strive to make amends? What additional insights into God's plan for training you in righteousness did you learn through this process?

More copies of this worksheet can be downloaded from our website at www.lifespringnetwork.org

For more resources, thoughts, and discussion about this session, please visit www.lifespringnetwork.org

Personal Growth Plan: Assessing True Beliefs - Fruit of the Spirit

Fruit of the Spirit Worksheet

Use the following scale and the definitions provided to rate yourself and identify any areas which are not fully submitted to and enabled by the Spirit to bear fruit in and through your life. Once you have rated yourself, briefly describe why you believe this is your current reality in the space provided.

1 = Not submitted or enabled and not trying to be, 2 = Not submitted or enabled but bothered by my resistance,

3 = Trying to submit and need to focus on this fruit;

4 = Growing in my submission and experiencing God's enablement, 5 = Strongly submitted and enabled

Love - How enabled are you right now in submitting your life to God's guidance and power and letting His love (being others centered and caring about their health and growth) flow in you and through you?

Rating (1-5)

--

Joy - How enabled are you in living gratefully, joyfully and obediently on mission with God?

Rating (1-5)

--

Peace - How enabled are you in living in and through the grace-filled shalom of God?

Rating (1-5)

--

Patience - How enabled are you in being patient, forgiving and gracious to others?

Rating (1-5)

--

Kindness - How enabled are you in being kind and hospitable (expecting nothing in return) to others?

Rating (1-5)

--

Goodness - How enabled are you in letting God's goodness and power flow through you?

Rating (1-5)

--

Faithfulness - How enabled are you in being a faithful and good steward of your life?

Rating (1-5)

--

Gentleness - How enabled are you in being gentle and correcting others delicately?

Rating (1-5)

--

Self-control - How enabled are you in being self-controlled, living the virtuous life and resisting temptation?

Rating (1-5)

--

Fruit of the Spirit to focus on this season:

(transferred to page 34)

Personal Growth Plan: Assessing True Beliefs - Fruit of the Spirit

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Fruit of the Spirit	Definition	Greek Definition	Opposite (O) and Counterfeit (C)
Love	To serve a person for their good and intrinsic value, not for what the person brings to you. Not just emotions or feelings, love is a decision to commit to the wellbeing of others, unconditionally.	Agape: love which seeks the highest good of others.	(O) Fear, self-protection, selfish affection. (C) Rescuing someone but really rescuing self. Attracted not to a person, but to how this person's love makes you feel about yourself.
Joy	To delight in God and His salvation for the sheer beauty and worth of who He is, not based on circumstances. Obtained by doing the will of God.	Chara: gladness, delight, a special presence of God.	(O) Hopeless, despair. (C) Elation that comes with blessings not the Blessor. Mood swings based on circumstances.
Peace	A state of assurance, lack of fear provided only by God, the unity between believers, freedom from worry and oppressive thoughts. Confidence and rest in the wisdom and sovereignty of God more than your own.	Eirene: peace between individuals, harmony, unity.	(O) Anxiety and worry. (C) Indifference, apathy, not caring about something. "I don't care."
Patience	Slowness in avenging wrongs. The quality which keeps the believer from responding to negative situations out of hatred and anger.	Makrothum: long suffering, bearing fruits without complaint.	(O) Resentment toward God and others. (C) Cynicism, self-righteousness. "This is too small to be bothered about."
Kindness	Eagerness to put others at ease, a sweet and attractive temperament that shows friendly regard. Practical kindness with vulnerability out of deep inner security.	Chrestotes: merciful, easy to bear, morally good and upright.	(O) Envy. Unable to rejoice in another's joy. (C) Manipulative good deeds. "Right hand knowing what the left hand is doing." Self-congratulation and self-righteousness.
Goodness	Selfless desire to open yourself honestly, transparently and generous to others even when they don't deserve it.	Agathosune: useful, generous.	(O) Phoniness, hypocrisy. (C) Truth without love. "Getting it off the chest" for your sake.
Faithfulness	Firm devotion to God, loyal to friends, discharging responsibilities properly. To be principle-driven, committed, utterly reliable. True to one's word.	Pistis: trust, conviction.	(O) Opportunist, fair-weather friend. (C) Love without truth, being loyal when you should be willing to confront or challenge.
Gentleness	A humble nonthreatening demeanor that derives from a position of strength and authority, and is useful in calming another's anger and correcting others. This is not being weak and passive.	Prautes: humble, meek.	(O) Superiority, self-absorbed harshness, self-aggrandizement. (C) Inferiority and false pride, disengaged self-consciousness.
Self-control	Temperate restraint of one's desires, emotions, thoughts and actions. To be in harmony with the will of God. Self-control is doing God's will, not living for one's self.	Egkratea: being in control of one's self.	(O) A driven, impulsive, uncontrolled person. (C) Will-power through pride or through more "functional" idols.

For more resources, thoughts, and discussion about this session, please visit www.lifespringnetwork.org

Personal Growth Plan: Assessment Summary

Assessment - Summary Worksheet

Reflect on your life since you took the Delta Class or since the last time you did the Renew, Refresh, and Refocus Retreat and write down where you saw God bring about transformational change in your life. Use space below to summarize your answers to the assessment worksheets.

Values of Abundant Living and their corresponding Attitudes that need adjusting: Page 9

Visions that need to be expanded and Priorities that need to be adjusted: Pages 10-12

Character strengths that stood out needing growth: Page 17

The areas of my P.U.R.P.O.S.E. that I need to focus on developing more: Pages 18-23

What are the top three Spiritual Disciplines that you need to engage in more this season: Page 25

Virtues that need to be pursued because of Sin Tendencies that need to be resubmitted: Pages 28-30

Relationships that I feel convicted need to be healed/renewed/begun: Pages 13 & 31

Fruit of the Spirit that I am stopping God from enabling me to express that I need to focus on: Page 32

Life Focus Worksheet

Your Personal Mission Statement

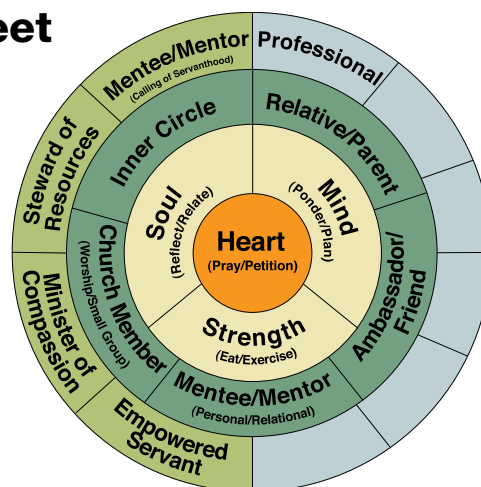
To CONNECT in real loving relationship, with God through Jesus CHRIST, (Heart, Soul, Mind, and Strength) with others in contagious Christian COMMUNITY, (Inner Circle, Relative/Parent, Church Member, Mentee/Mentor, and Ambassador/Friend) and with my CALLING of Servanthood (Minister of Compassion, Steward of Resources, Empowered Servant, Calling Mentee/Mentor) and in my Profession as a _____

Professional Role: _____

Professional Role: _____

Professional Role: _____

Professional Role: _____



Life Focus Questions

Out of the fourteen aspects of our being and identity roles, what are the three roles in your life that need the most attention over the next three months? What, specifically, do you intend to do to address these?

ROLE: _____

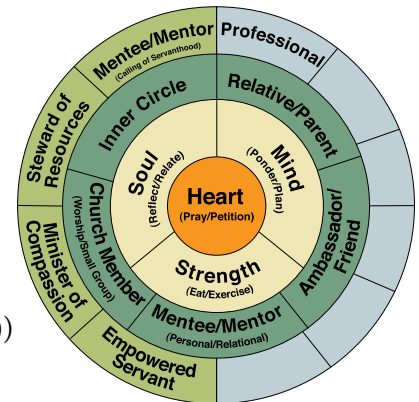
ROLE: _____

ROLE: _____

Personal Growth Plan: Planning - Spiritual Disciplines

Disciplines for Being Human:

Heart	Pray Petition	(Prayer, Submission, Solitude and Silence) & (Intercession and Watching)
Soul	Reflect Relate	(Journaling and Meditation) & (Confession, Counseling, Retreats)
Mind	Ponder Plan	(Study of Scripture, Journaling and Pilgrimage/Sabbatical) & (Planning your Life, Life Coaching (Guidance))
Strength	Eat Exercise	(Diet, Fasting) & (Exercise, Sabbath, Surrender)



Disciplines for Contagious Community:

Inner Circle: Daily Relating - Submission, Fellowship, Chastity, Celebration, Guidance, Intercession, Hospitality and Confession.

Relative/Parent: Daily and Weekly Relating - Fellowship, Guidance, Sacrifice, Intercession, Celebration, Hospitality and Submission.

Church Family: Weekly Small Group and Worship Services - Fellowship, Hospitality, Intercession, Confession, Teaching, Assembling, Worship, Singing and Celebration.

Mentor/Mentee: Weekly, Monthly or Quarterly Mentoring - Guidance, Confession, Planning, Teaching and Submission.

Ambassador/Friend: Daily Relating - Friendship Evangelism, Intercession and Hospitality.

Disciplines for Calling of Servanthood:

Minister of Compassion: Service Projects - Secrecy, Service and Sacrifice.

Steward of Resources: Daily and Weekly Financial Stewardship - Simplicity, Frugality, Saving, Sacrifice and Giving (Including Tithing).

Empowered Servant: Regular Serving on Ministry Teams - Teaching, Service, Sacrifice and Fellowship.

Calling Mentee/Mentor: Regular (Weekly, Monthly, or Quarterly) Apprentice-type Mentoring Relationships - Guidance, Confession, Planning, Teaching and Submission.

Professional Roles: Working a Job - Diligent Earning and Friendship Evangelism.

Life Plan - Daily, Weekly, Monthly and Quarterly Disciplines

Create a plan to increase your connection to Community by using the different roles and disciplines provided and deciding what you are going to engage in on a daily, weekly, monthly or quarterly basis.

Daily Disciplines	Weekly Disciplines

Monthly Disciplines	Quarterly Disciplines

Personal Growth Plan: Planning

Life Plan - Model Week Worksheet

Write down any conflicts between your current “normal” schedule and what you sense God telling you to do moving forward. For example, write down what you need to stop doing or how your schedule needs to change so that you can start following God’s guidance for your life.

Conflict #1

Conflict #2

Conflict #3

Conflict #4

Conflict #5

Life Plan - Model Week Worksheet

Using your Life Plan Worksheets and the chart below, create a plan for when you will engage in the daily and weekly disciplines you identified. In essence, you are creating a picture of an ideal week. Try to be wise about what will work for you. In the process of building this picture of a model week, you will discover conflicts with your current normal week. Write down what you discover on the next page.

Time	Sunday /	Monday /	Tuesday /	Wed /	Thursday /	Friday /	Saturday /
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
1:00							
2:00							
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4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							

Personal Growth Plan: Annual Planning

One-Year Goal Planning Worksheet

Use these worksheets to think through the one year and three month goals for each role or area of your being. Then list the weekly or daily disciplines that you have decided to engage in during this season.

Category	Identity Role	Weekly/Daily Disciplines	3 Month Goals	1 Year Mega Goals
Christ Follower	Human Being-Heart			
	Human Being-Soul			
	Human Being-Mind			
	Human Being-Strength			
Community Member	Inner Circle			
	Relative/Parent			
	Member (Worship/Small Group)			
	Mentee/Mentor (Personal)			
	Ambassador/Friend			

One-Year Goal Planning Worksheet

Use these worksheets to think through the one year and three month goals for each role or area of your being. Then list the weekly or daily disciplines that you have decided to engage in during this season.

Category	Identity Role	Weekly/Daily Disciplines	3 Month Goals	1 Year Mega Goals
Called Servant	Steward of Resources			
	Minister of Compassion			
	Empowered Servant			
	Mentee/ Mentor (Professional)			
	Professional Role:			
	Professional Role:			
	Professional Role:			
	Professional Role:			

Personal Growth Plan: Annual Planning Tools

Role Planning Worksheets

Use these worksheets to think through one role or aspect of your being that you have chosen to focus on in the next season of your life.

Role: _____

Milestones: (What milestones have I accomplished in this area of my life? What am I proud of doing that has helped me grow toward God's will for my life?)

Ideas: (What are some of the ideas for growth or opportunities that I thought would be good to try?)

Roadblocks: (What are the obstacles in my way that discourage me from trying ideas that I have for growth?)

Resources: (What are the resources that I have at my disposal that I could leverage to help me grow in this role?)

Role Planning Worksheets

Role: _____

Five Year Goals: (In general and specific, what would I like my life to look like in regard to this area/role of my life five years from today?)

Two Year Goals: (In general and specific, what would I like my life to look like in regard to this area/role of my life two years from today?)

One Year Goals: (In general and specific, what would I like my life to look like in regard to this area/role of my life one year from today?)

Three Month Goals: (In general and specific, what would I like my life to look like in regard to this area/role of my life three months from today?)

Daily/Weekly Disciplines: (What are the Spirit-discerned daily or weekly disciplines that I feel God prompting me to engage at this time?)

Projects: (What are some of the projects that I feel led to do for the next three months that will strategically grow me in this area/role of my life?)

More copies of this worksheet can be downloaded from our website at www.lifespringnetwork.org