

RECALIBRATE

Seeking God's Growth Plan

Personally and Corporately



LifeSpring
NETWORK

W O R K B O O K

Rev. Jason K. Pankau M.Div.

President of Life Spring Network - jason@lifespringnetwork.org

Author and Primary Trainer of Life Spring Network's Resources



Jason brings a multi-faceted background of leadership and wisdom to people and organizations with whom he works. God currently uses him as a life coach and consultant to executives, mentor to pastors and Christian leaders, sought-after speaker, creator of Christian training seminars and best-selling author. Jason is a former two-sport All-American athlete, serving as captain of the Brown University football team and national qualifier in the discus.

In addition to being the senior pastor of two church plants in New England, he served on the staff of Stanwich Church in Greenwich, CT for six years. During this time, he developed the Omega Course and his mentoring ministry which Stanwich commissioned him to share with the church at large through the creation of the Life Spring Network in 2006. From 2009-2014, he worked with Trinity Church in Roselle, IL to transform their leadership and congregation into a holistic, transformational disciple-making community. In 2014, he was commissioned to lead the LUKE project which focused on revitalizing five congregations in the city of Chicago. In 2017, his family moved to the inner city of Chicago to plant Chicago Hope Church, a multi-cultural, disciple-making community on the Near West Side of Chicago. This is where they expanded their family and took in students and people from the community in need. This ministry is called the Hope House for Christian N.U.R.T.U.R.E.

As a life-long learner, Jason has earned a B.A. in Business Economics and in Organizational Behavior and Management from Brown University and a Masters of Divinity from Southern Theological Seminary. He is a graduate of the Arrow Leadership program, completed his course work for his Doctorate in Christian Leadership at Gordon-Conwell Theological Seminary, studied Lutheran doctrine and the Reformation at Concordia Seminary, and is currently finishing his doctorate in Christian Community Development at Northern Seminary. Jason is married and has four children.

	<p>Recalibrate Workbook</p> <p>© 2023 Life Spring Network, Inc.</p> <p>Published by Life Spring Network Itasca, Illinois</p> <p>All rights reserved. No part of this work may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic or mechanical, including photocopying and recording, without express written permission of the publisher. Requests for permission should be addressed to 205 East Woodworth Place Roselle, IL 60172</p> <p>Unless otherwise noted, Scripture is taken from the HOLY BIBLE, NEW INTERNATIONAL VERSION. Copyright 1973, 1978, 1984 by International Bible Society. Used by permission of International Bible Society. “NIV” and “New International Version” are trademarks registered in the United States Patent and Trademark office by International Bible Society.</p> <p>The 18 Foundational Truths (Natural Laws) of Life Stewardship, Identity Roles Paradigm, P.R.E.P.², Life Focus Process, Seven Values of Abundant Living, Entering Into The Light Diagram © 2012, Life Spring Network, Inc.</p>	<p>RECALIBRATE</p>
<p>To purchase additional copies of this resource, contact Life Spring Network at www.LifeSpringNetwork.org</p> <div data-bbox="225 1785 401 1955" data-label="Image"> </div>		<p>For more resources, thoughts, and discussion about this session, please visit www.lifespringnetwork.org</p> <p>3</p>



Recalibrate

Annual Retreat Schedule — 3 Days

Day 1

12:00 – 12:15 p.m.	Arrival/Opening Worship and Prayer
12:15 – 12:45 p.m.	Omega Refresher (Sessions 1 – 4) <i>Abundant Living</i>
12:45– 1:45 p.m.	Reflection/Worksheets
1:45 – 2:15 p.m.	Group Discussion/Interviews
2:15 – 2:30 p.m.	Snack Break
2:30 – 2:45 p.m.	Worship and Prayer
2:45 – 3:00 p.m.	Omega Refresher (Sessions 5 – 8) <i>Biblical Humanity</i>
3:00 – 4:00 p.m.	Reflection/Worksheets
4:00 – 4:30 p.m.	Group Discussion/Interviews
4:30 – 4:45 p.m.	Snack Break
4:45 – 5:00 p.m.	Worship and Prayer
5:00 – 5:30 p.m.	Omega Refresher (Sessions 9 - 12) <i>Calling of Servanthood</i>
5:30 – 6:15 p.m.	Reflection/Worksheets
6:15 – 7:00 p.m.	Group Discussion/Interviews
7:00 – 8:00 p.m.	Dinner

Day 2

8:00 – 8:30 a.m.	Arrival/Opening Worship and Prayer
8:30 – 9:00 a.m.	Omega Refresher (Sessions 13 - 16) <i>Commit to Transformation</i>
9:00 - 10:00 a.m.	Reflection/Worksheets
10:00 – 10:30 a.m.	Group Discussion/Interviews
10:30 – 10:45 a.m.	Snack Break
10:45 – 11:00 a.m.	Worship and Prayer
10:45 – 11:15 a.m.	Omega Refresher (Sessions 17 - 20) <i>Know Thyself</i>
11:15 – 12:15 p.m.	Reflection/Worksheets
12:15 – 1:00 p.m.	Group Discussion/Interviews
1:00 – 2:00 p.m.	Lunch
2:00 – 2:15 p.m.	Worship and Prayer

Recalibrate

Day 2 Continued

2:15 – 2:45 p.m.

Omega Refresher (Sessions 17-20)

Know Thyself Part 2

2:45 – 3:45 p.m.

Reflection/Worksheets

3:45 – 4:15 p.m.

Group Discussion/Interviews

4:15 – 4:30 p.m.

Snack Break

4:30 – 4:45 p.m.

Worship and Prayer

4:45 – 5:15 p.m.

Omega Refresher (Sessions 21 -24)

Running The Course

5:15 – 6:15 p.m.

Reflection/Worksheets

6:15 – 7:00 p.m.

Group Discussion/Interviews

7:00 p.m.

Dinner

Day 3

8:00 – 8:30 a.m.

Arrival/Opening Worship and Prayer

8:30 – 9:30 a.m.

Spiritual Functionality

(9 Faith Functions and Fruit of the Spirit)

9:30 – 10:00 a.m.

Reflection/Worksheets

10:00 – 10:30 a.m.

Group Discussion/Interviews

10:30 – 10:45 a.m.

Snack Break

10:45 – 11:00 a.m.

Worship and Prayer

10:45 – 11:15 a.m.

Spiritual Relationships

(Creating a Connection Culture)

11:15 – 11:45 a.m.

Reflection/Worksheets

11:45 a.m. – 12:30 p.m.

Group Discussion/Interviews

12:30 p.m.

Lunch



Tools for The Journey

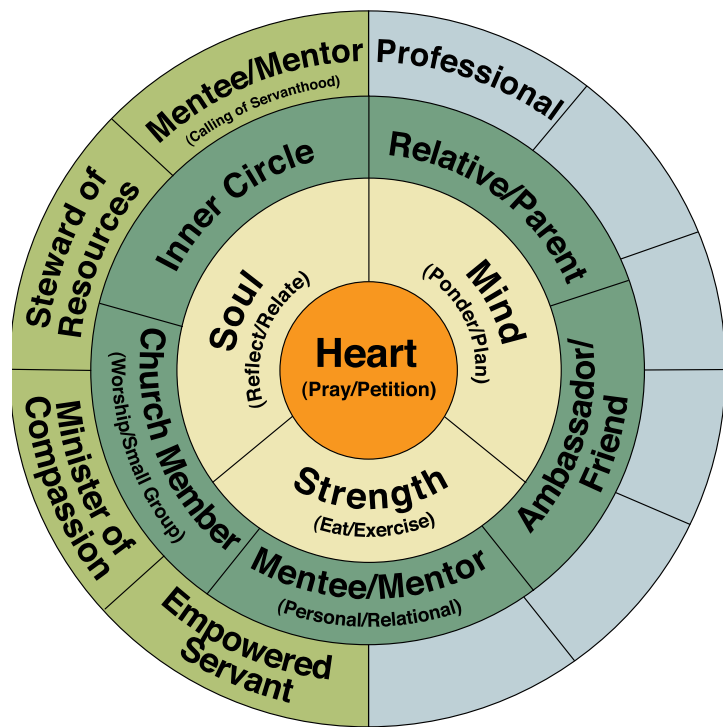
Tools for the Journey

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

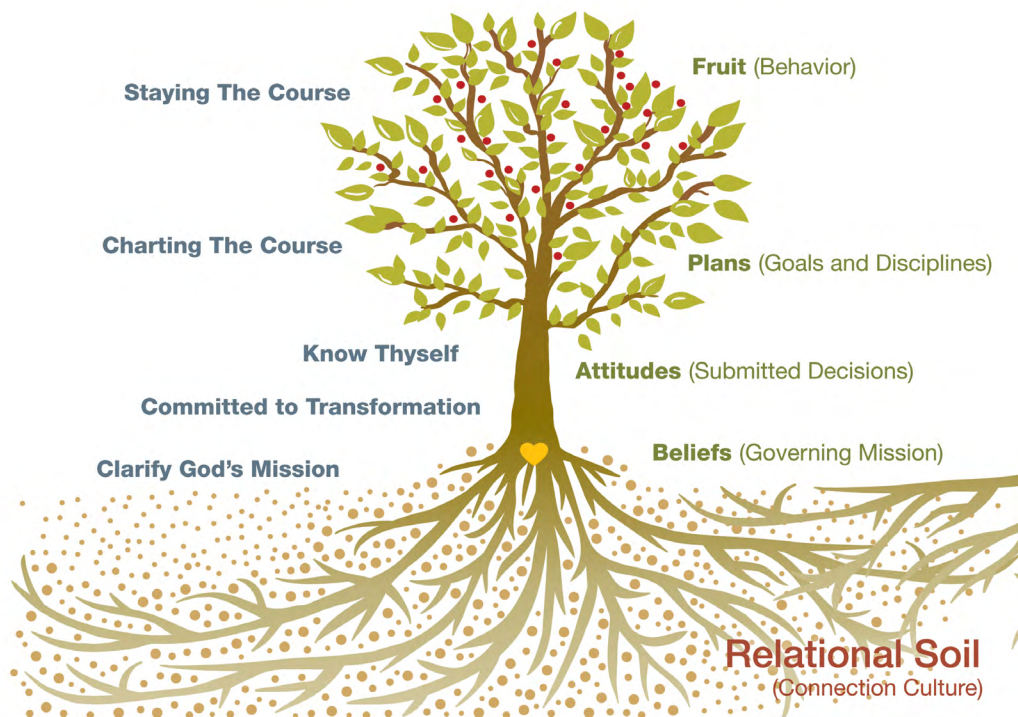
The Life Focus Process™



Our Roles Diagram™

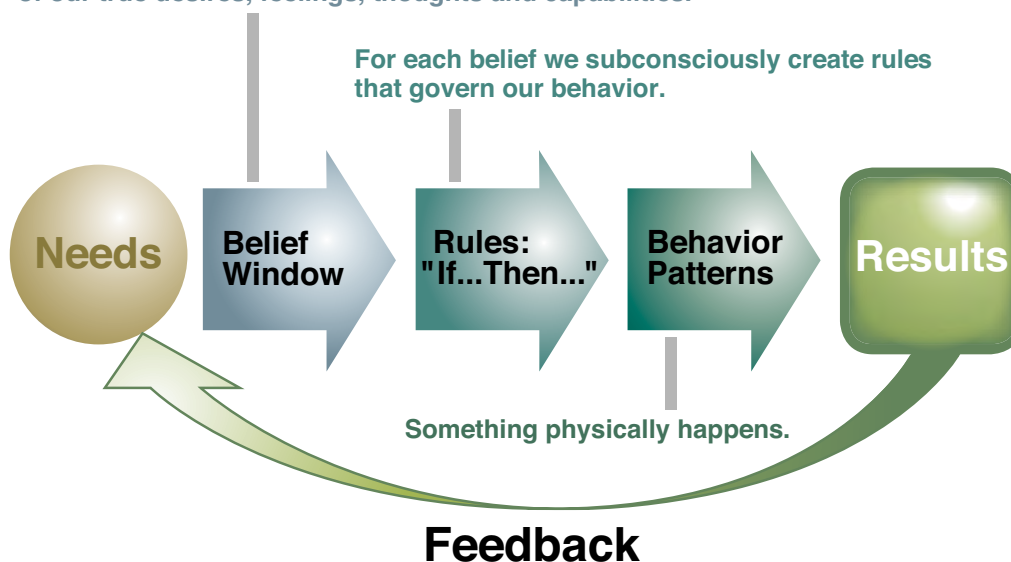


Entering Into The Light



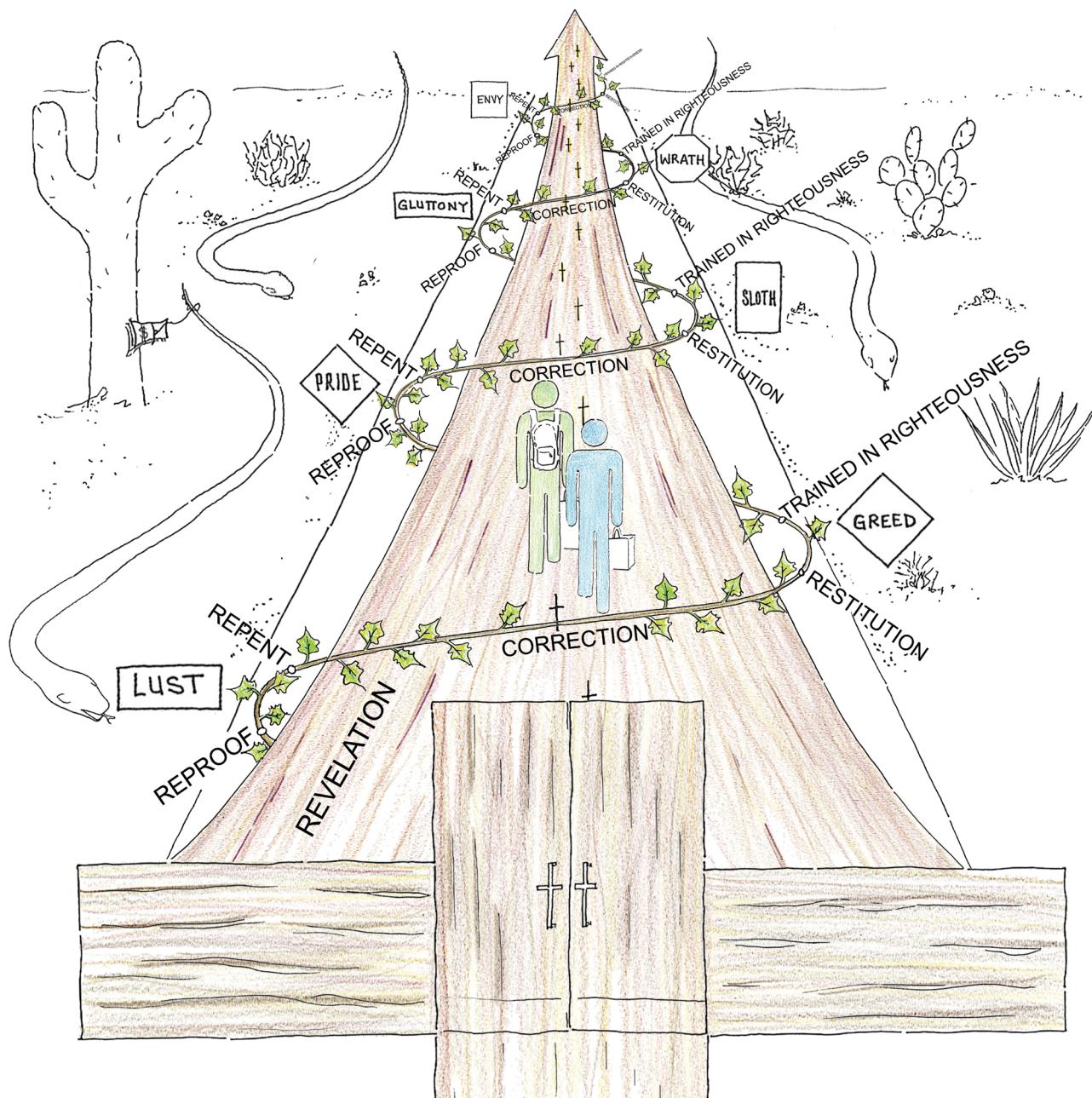
The Belief Model adapted from Hyrum Smith's Reality Model ⁸

Our beliefs are formed in our being by processing the interaction of our true desires, feelings, thoughts and capabilities.



If the results of your behavior meet your needs over the long haul, this feedback tells you that you have a correct belief or harmless opinion on your belief window.

The Road of Life



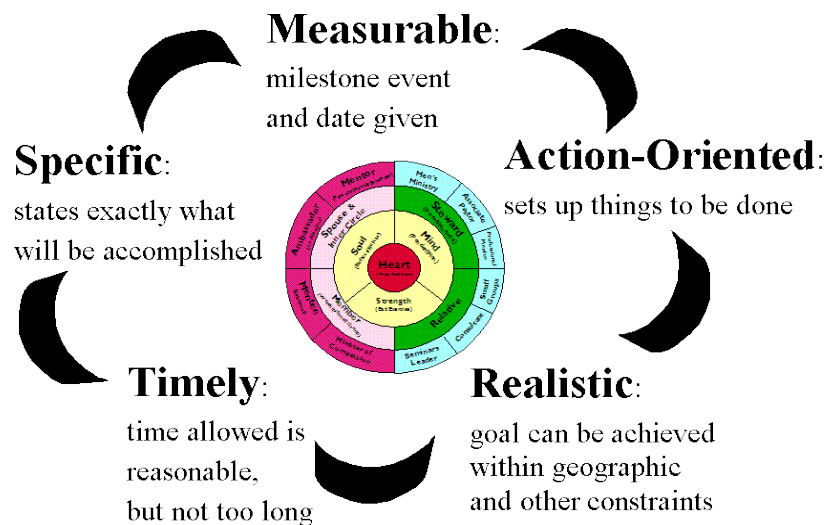
The Cycle of Renewal



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.”

S.M.A.R.T. Goals¹⁸

However you decide to approach goal setting, there are some key principles to remember that will help you gain and sustain real momentum.



Fruit of the Spirit & 9 Faith Functions



Personal Growth Plan





Session 1: Personal Growth Plan

Life Transformation - Reflection and Praise Report

Reflect on your life since you took the Delta or Omega 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 in me 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:

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

13

Session 3: Personal Growth Plan

God's Mission Worksheet

1. Spend time journaling about how much you desire God's governing mission for your life.

Think about how you actively seek out His Mission for your life and the perspectives and desires that hinder you from wanting to do the will of our Father in Heaven.

God's Mission: to connect in real loving relationship with God through Jesus Christ in the power of the Holy Spirit, with others in contagious Christian community, and with our calling of servanthood in the world.





Session 4: Personal Growth Plan

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

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.

Father in Heaven, hallowed be Your name (Glorification): _____

Your kingdom come (Group): _____

Your will be done (Growth): _____

On Earth as it is in Heaven (Gifts): _____

Give us this day our Daily Bread (Good Stewardship): _____

Forgive us our sins as we forgive those who sin against us (Grace): _____

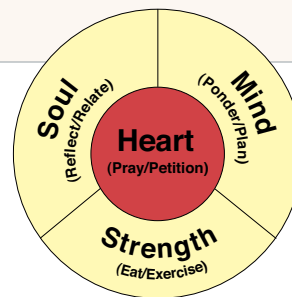
Lead us not into temptation, but deliver us from the evil one (Guidance): _____

Biblical Humanity



Vision Statements Worksheet

Identity Role Vision Statements



Vision Statement: A description of your understanding of who you would like to be in each role. It is your expression of what you believe to be ideal and worthy of striving toward. This is answering the question, **“What does it look like to experience and express love in this role of my life?”**

Soul (Emotional, Uniqueness, Conscience, Balance, Intuitior, Relationship Management) – Vision Statement:

Mind (Intellectual, Attitude, Truth, Learner/Planner) – Vision Statement:

Strength (Physical, Temple/Recreator, Rest, Exercise/Nutrition) – Vision Statement:

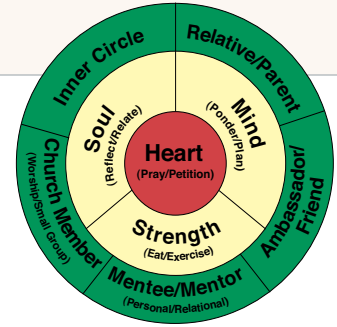
Write down reflections comparing your life now to the vision statement that you believe God revealed to you. Include changes you need to make in this area of your life.

A vertical oil painting of a forest scene in autumn. The upper half shows a dense canopy of trees with vibrant red and orange leaves. The lower half shows a path covered in fallen leaves, with a few trees and a small body of water visible in the distance.

Inner Circle - Vision Statement:

This image shows a single sheet of white paper with horizontal blue lines, resembling notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Vision Statements Worksheet



Identity Role Vision Statements

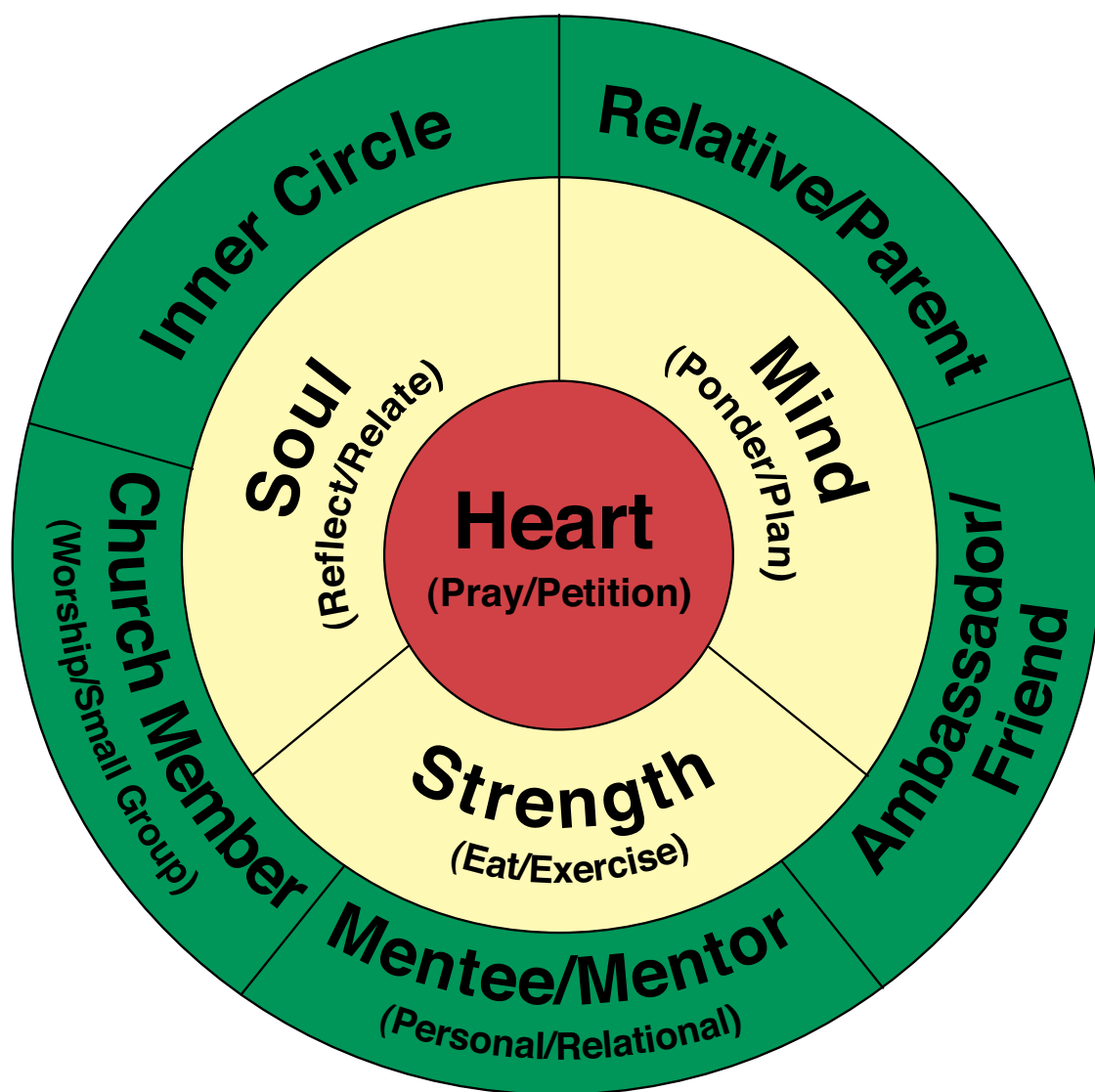
Vision Statement: A description of your understanding of who you would like to be in each role. It is your expression of what you believe to be ideal and worthy of striving toward. This is answering the question, **“What does it look like to experience and express love in this role of my life?”**

Church Member - Vision Statement:

Mentee/Mentor - Vision Statement:

Ambassador/Friend - Vision Statement:

Write down reflections comparing your life now to the vision statement that you believe God revealed to you. Include changes you need to make in this area of your life.



Calling of Servanthood



A vertical oil painting of a forest scene in autumn. The upper half shows a dense canopy of trees with vibrant red and orange leaves. The lower half shows a path covered in fallen leaves, with a few trees and a small stream visible in the background.

The diagram is a circular model of servant leadership. At the center is an orange circle labeled "Heart (Pray/Petition)". Surrounding this is a yellow ring divided into two segments: "Soul (Relate)" on the left and "Mind (Possess/Put)" on the right. The next ring is green and divided into "Inner Circle" on the left and "Relative/Parent" on the right. This is followed by a light blue ring with "Mentee/Mentor (Calling of Servanthood)" on the left and "Professional" on the right. The next ring is green and divided into "Steward of Resources" on the left and "Ambassador/Friend" on the right. The outermost ring is light blue and divided into "Church Member (Working with small group)" on the left and "Empowered Servant" on the right. Finally, the outermost ring is green and divided into "Minister of Compassion" on the left and "Mentee/Mentor (Personal/Relational)" on the right.

Vision Statement Worksheet

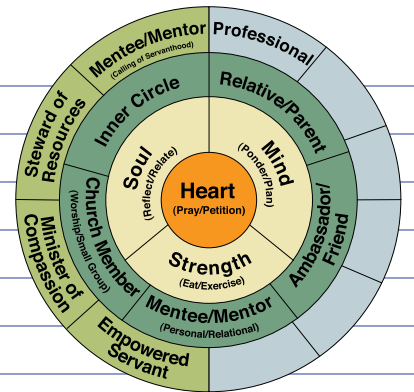
Identity Role Vision Statements

Vision Statement: A description of your understanding of who you would like to be in each role. It is your expression of what you believe to be ideal and worthy of striving toward. This is answering the question, **“What does it look like to experience and express love in this role of my life?”**

Aspects of the Role of Steward of Resources

Diligent Earner	One who works with commitment, purpose and a grateful attitude
Generous Giver	One who gives with an obedient will, a joyful attitude and a compassionate heart
Wise Saver	One who builds, preserves, and invests with discernment
Cautious Debtor	One who avoids entering into debt, is careful and strategic when incurring debt, and always repays debt
Prudent Consumer	One who enjoys the fruit of one's labor yet guards against materialism

Steward of Resources - Vision Statement:



Write down reflections comparing your life now to the vision statement that you believe God revealed to you. Include changes you need to make in this area of your life.

Session 10: Personal Growth Plan

Goals to Achieve This Year

1. Fill out the financial goal worksheet in order to gain financial focus for the year. Please allow adequate time to give serious consideration to your goals. Carefully considered, realistic goals – that flow out of what's really important to you – are powerful motivators. That motivation will be very helpful to you in following through on the steps necessary to achieve your goals.

Overall Goals

My overall financial goals for this year are:

Specific Goals to Achieve

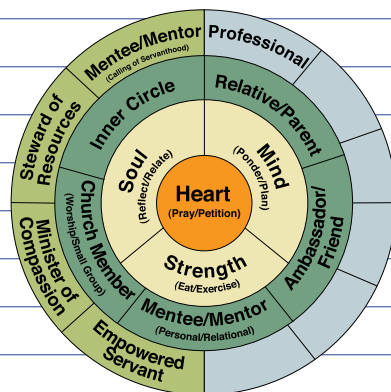
Check the appropriate boxes and write in any numeric details in the area to the right of each item.

	Pay off debt:	
	Save for a major purchase (home, car, other):	
	Save for a dream vacation:	
	Save for emergencies:	
	Save to replace items that may wear out (major appliances, home repairs, car):	
	Save for college expenses:	
	Save for retirement:	
	Increase my giving to the church:	
	Increase other giving:	
	Start my own business:	
	Other:	
	Other:	

Identity Role Vision Statements

Empowered Servant - Vision Statement:

Write down reflections comparing your life now to the vision statement that you believe God revealed to you. Include changes you need to make in this area of your life.





Session 12: Personal Growth Plan

Vision Statements Worksheet

1. Write out your vision statements for the identity roles of being a Mentee/Mentor in your Calling and Profession. Remember to categorize your profession individually and fill in your Roles Diagram.

Identity Role Vision Statements

Vision Statement: A description of your understanding of who you would like to be in each role. It is your expression of what you believe to be ideal and worthy of striving toward. This is answering the question, **“What does it look like to experience and express love in this role of my life?”**

Calling Mentee/Mentor – Vision Statement:

Professional roles () – Vision Statement:

Professional roles () – Vision Statement:

Professional roles () – Vision Statement:

Professional roles () – Vision Statement:

Write down reflections comparing your life now to the vision statement that you believe God revealed to you. Include changes you need to make in this area of your life.

Session 12: Personal Growth Plan

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?



Session 12: Personal Growth Plan

Your Mission Statement 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 ...

Life Focus Questions

Out of the fourteen identity roles that we have studied in the past four sessions, 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: _____

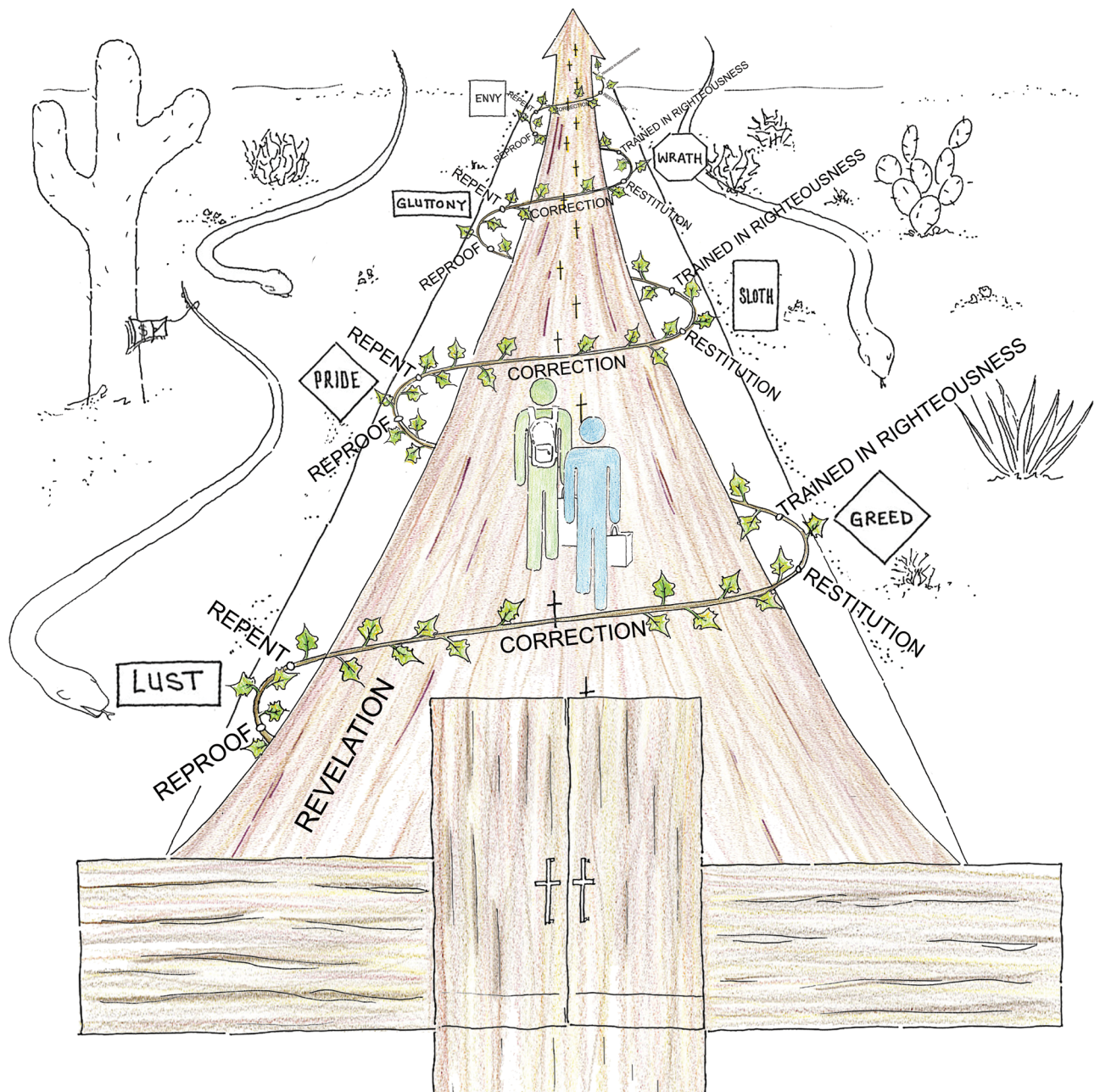
ROLE: _____

Commit to Transformation

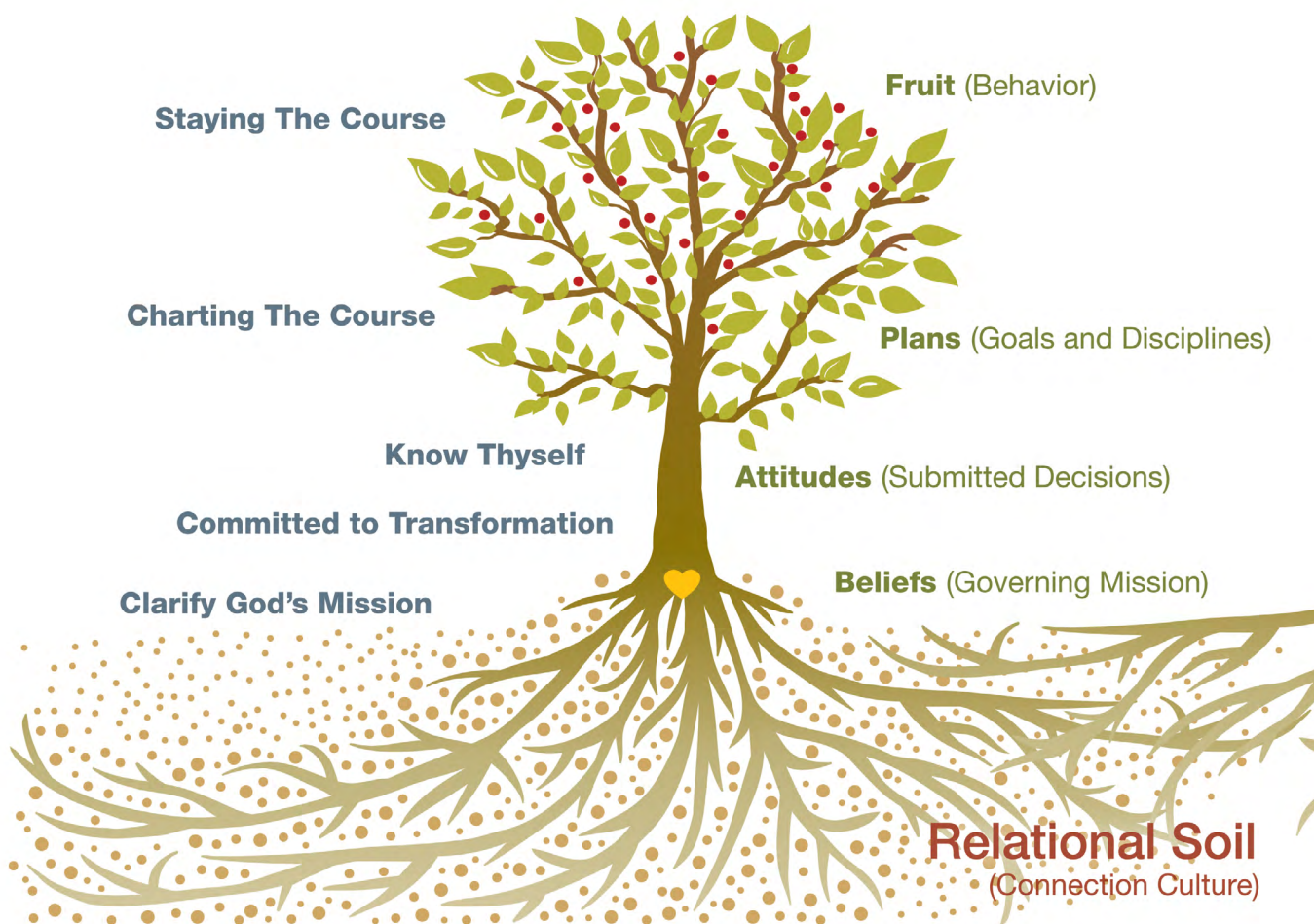


Session 13: Personal Growth Plan

The Road of Life



Entering Into The Light





Session 13: Personal Growth Plan

Road of Life Worksheet

1. Write out your testimony of your experience with God highlighting the different markers on the Road of Life that you encountered and how you made decisions which led you toward a transformational experience and expression of His love in your life.

My Testimony

The Wide Road to Destruction

The Narrow Road to Eternal Life

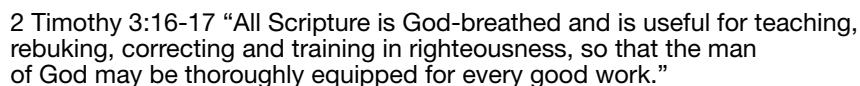
The Turning Point

The “New Way”

The Role of the Church

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

35

This image shows a full page of blank, lined paper. It features approximately 20 horizontal blue lines spaced evenly across the page, typical of notebook paper. The lines are thin and light blue, set against a plain white background. There are no margins, text, or other markings on the page.

Session 14: Personal Growth Plan

Godly Attitudes and the Seven Values of Abundant Living

Using the Seven Values of Abundant Living provided for you in Appendix G of your workbook, reflect on your current attitude and seek God for any attitude adjustments that you could make.

7 Values (7 Gs)	The Promises of God	Godly Attitude
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 all who desire to join.

Guidance -

Growth -

Godly Attitudes and the Seven Values of Abundant Living

Grace -

Good Stewardship -

Glorification -

Gifts -

Group -

Session 14: Personal Growth Plan

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).

Session 14: Personal Growth Plan

RECALIBRATE

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:

Whom has your sin affected, and therefore to whom do you need to confess your sin? 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

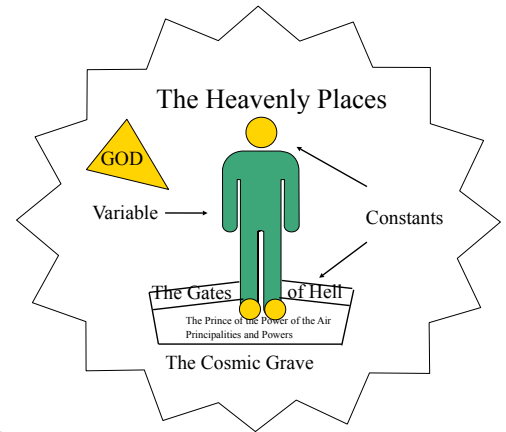
For more resources, thoughts, and discussion about this session, please visit www.lifespringnetwork.org

Spiritual Warfare

1. Spend time journaling and reflecting about your experiences with spiritual warfare. Take special note of times when you have experienced friction with other believers and what you did about that friction to maintain your unity.

The Reality Picture of Spiritual Warfare Summary

- The battleground is in the heavenly places.
- Whoever controls the heavenly places wins.
- The Church must take its position in Christ in the heavenlies and defend against Satan's counterattack.
- Satan's counterattack is aimed at fragmenting the unity of the Church through unresolved anger and wrath directed at each other. This creates jurisdictions in the heavenly places for Satan to exercise authority conceded to him by the Church. If unity is compromised, the credibility of the Church and the effectiveness of its message are diminished.
- Voiding those jurisdictions is the first step toward bringing the Church to full strength for the purpose of reaching any city for Christ.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Session 15: Personal Growth Plan

Spiritual Warfare

2. Study the Seven Values of Abundant Living and the Full Armor of God. Spend some time thinking about each aspect of the spiritual armor and how you apply these truths more proactively to your life.

7 G's	The Full Armor of God
Guidance	The Belt of Truth
Growth	The Breastplate of Righteousness
Grace	Gospel of Peace
Good Stewardship	The Shield of Faith
Glorification	The Helmet of Salvation
Gifts	The Sword of the Spirit
Group	Always keep on praying for all the saints

Guidance

Growth

Grace

Good Stewardship

Glorification

Gifts

Group

A vertical oil painting of a forest scene in autumn. The upper half shows a dense canopy of trees with vibrant red and orange leaves. The lower half shows a path covered in fallen leaves, with a few trees and a small body of water visible in the distance.

A vertical oil painting of a forest scene in autumn. The upper half shows a dense canopy of trees with vibrant red and orange leaves. The lower half shows a path covered in fallen leaves, with a few trees and a small body of water visible in the distance.

-
- A vertical oil painting of a forest scene in autumn. The upper half shows a dense canopy of trees with vibrant red and orange leaves. The lower half shows a path covered in fallen leaves, with a few trees and a small body of water visible in the distance.

A vertical oil painting of a forest scene in autumn. The upper half shows a dense canopy of trees with vibrant red and orange leaves. The lower half shows a path covered in fallen leaves, with a few trees and a small body of water visible in the distance.

A vertical oil painting of a forest scene in autumn. The upper half shows a dense canopy of trees with vibrant red and orange leaves. The lower half shows a path covered in fallen leaves, with a few trees and a small body of water visible in the distance.

A vertical oil painting of a forest scene in autumn. The upper half shows a dense canopy of trees with vibrant red and orange leaves. The lower half shows a path covered in fallen leaves, with a few trees and a small body of water visible in the distance.

A vertical oil painting of a forest scene in autumn. The upper half shows a dense canopy of trees with vibrant red and orange leaves. The lower half shows a path covered in fallen leaves, with a few trees and a small body of water visible in the distance.

A vertical oil painting of a forest scene in autumn. The upper half shows a dense canopy of trees with vibrant red and orange leaves. The lower half shows a path covered in fallen leaves, with a few trees and a small body of water visible in the distance.

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

- 43

7 G's	The Curses of Disobedience
Guidance	Idolatry - Deuteronomy 27:15
Group	Disrespect of Parents - Deuteronomy 27:16 Sexual Immorality - Deuteronomy 27:20-23
Good Stewardship	Dishonesty/Greed; Unrighteous Stewardship - Haggai 1:4-6, Malachi 3:8-10
Grace	Harming the helpless and weak - Deuteronomy 27:18-19 Hatred/Murder - Deuteronomy 27:24-25
Growth	Hypocrisy and Disobedience to the Word - Deuteronomy 27:26
Glorification	Pride - Jeremiah 17:5-6
Gifts	Religion - Galatians 3:10

Session 16: Personal Growth Plan

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).

Session 16: Personal Growth Plan

RECALIBRATE

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:

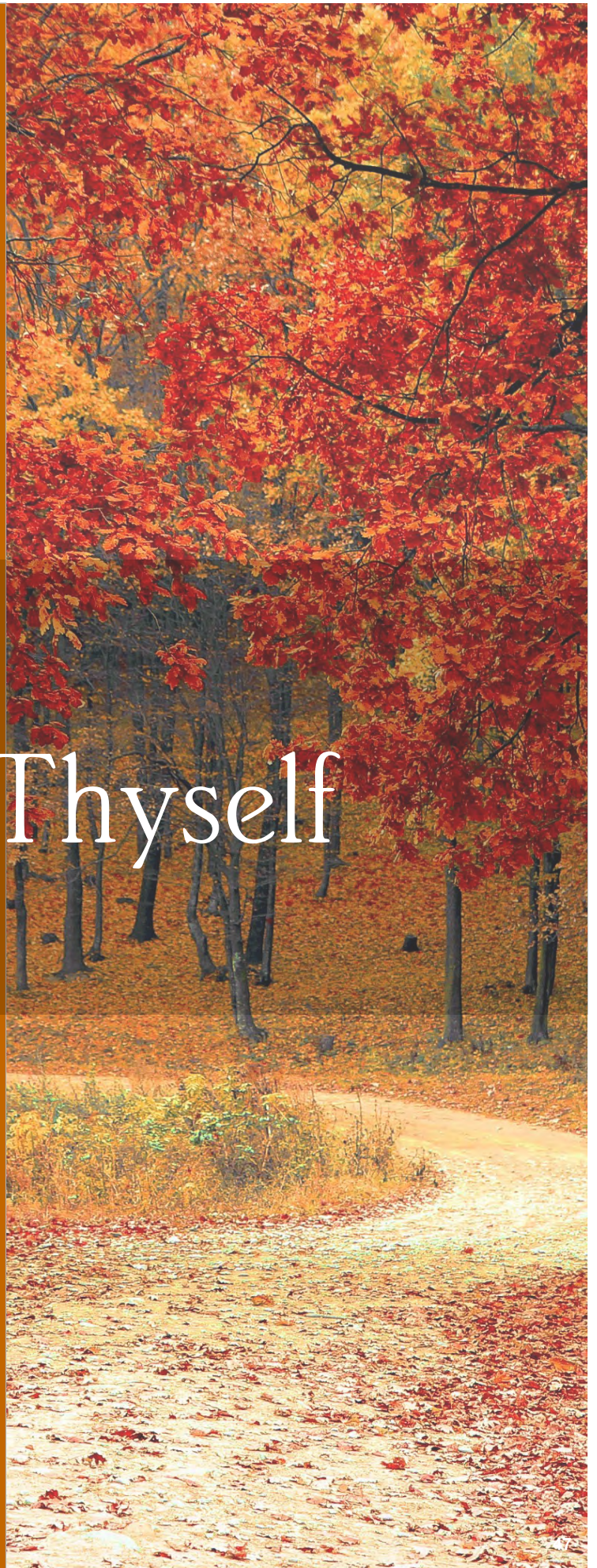
Whom has your sin affected, and therefore to whom do you need to confess your sin? From whom do you need to ask for forgiveness? With whom do you need to strive to make amends? What additional insights into God's plan for training you in righteousness did you learn through this process?



--

--

Know Thyself



A vertical oil painting of a forest scene in autumn. The upper half shows a dense canopy of trees with vibrant red and orange leaves. The lower half shows a path covered in fallen red leaves, with a few trees visible in the background.

Assessing Potential Worksheet

-
- This image shows a full page of blank, lined paper. It features approximately 20 horizontal blue lines spaced evenly across the page, typical of notebook paper. The lines are thin and light blue, set against a plain white background. There is no handwriting or other markings on the page.

Session 17: Personal Growth Plan

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:

A vertical oil painting of a forest scene in autumn. The upper half shows a dense canopy of trees with vibrant red and orange leaves. The lower half shows a path covered in fallen leaves, with a few trees and a small stream visible in the distance.

A vertical oil painting of a forest scene in autumn. The upper half shows a dense canopy of trees with vibrant red and orange leaves. The lower half shows a path covered in fallen leaves, with a few trees and a small body of water visible in the distance.

A vertical oil painting of a forest scene in autumn. The upper half shows a dense canopy of trees with vibrant red and orange leaves. The lower half shows a path covered in fallen leaves, with a few trees in the distance.

-
- A vertical oil painting of a forest scene in autumn. The upper half shows a dense canopy of trees with vibrant red and orange leaves. The lower half shows a path covered in fallen leaves, with a few trees in the distance.

A vertical oil painting of a forest scene in autumn. The upper half shows a dense canopy of trees with vibrant red and orange leaves. The lower half shows a path covered in fallen leaves, with a few trees and a small body of water visible in the distance.

Session 18: Personal Growth Plan

P.U.R.P.O.S.E. Worksheet

Personality (Temperament)

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

Other Insights:

Original Abilities

Love Languages

(Rank on a scale: 1 = Low, 5 = High)

	How good are you at:	What do you Prefer:
	Giving	Receiving
Word of Affirmation		
Quality Time		
Gift Giving		
Acts of Service		
Physical Touch		

Other Insights:

Session 11: Personal Growth Plan

Spiritual Gifts Assessment

Look through the Simplified Definitions of Spiritual Gifts found on the following pages or in Appendix F of your Omega Course workbook. With the definitions of the Spiritual Gifts in mind, rate your current functioning in each gift according to the following scale.

**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		

Generational Belief Patterns Worksheet

Think through the generational belief patterns that you see in your family. Journal through what comes to mind as you think through the Seven Values of Abundant Living and your family.

Unresolved conflict patterns - Grace is God's bridge to us and our bridge to others.

Self-leadership patterns - Guidance is necessary in order to carry out God's will.

Trainability patterns - Growth is a process towards full maturity in Christ.



Session 19: Personal Growth Plan

Worship patterns - Glorification of God is the goal of our lives and our church.

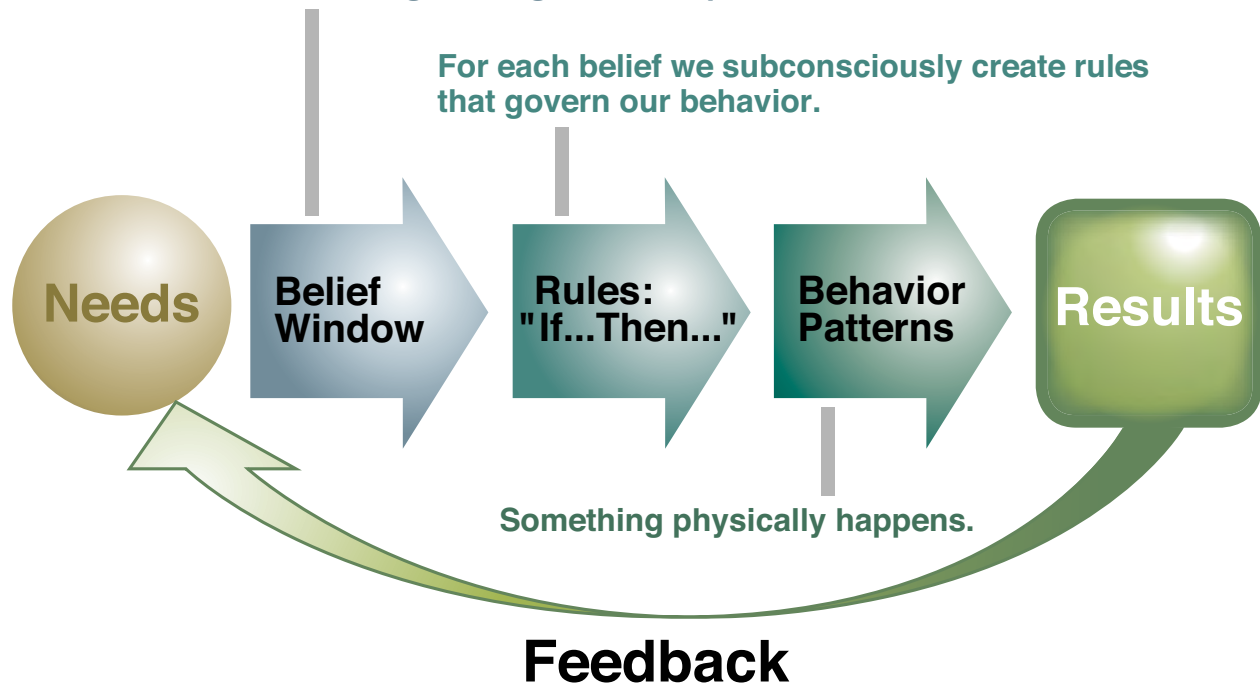
Independent patterns - Groups of Biblically functioning community provide the optimal environment for life change.

Empowerment patterns - Gifts of divine empowerment are given to all believers to grow God's church.

Stewardship patterns - Good Stewardship is the reasonable and loving response to our gracious God.

The Belief Model adapted from Hyrum Smith's Reality Model ⁸

Our beliefs are formed in our being by processing the interaction of our true desires, feelings, thoughts and capabilities.



If the results of your behavior meet your needs over the long haul, this feedback tells you that you have a correct belief or harmless opinion on your belief window.

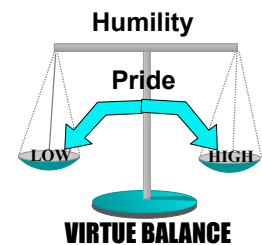
John Wesley's mother's (*Susanna*) definition of sin.

Whatever weakens your sense of reasoning, (Mind) impairs the tenderness of your conscience, obscures your sense of God, (Soul) or takes away your relish for spiritual things (Heart) In short, if anything increases the authority of the flesh over the Spirit, (Strength) that to you becomes sin, however good it is in or of itself.

Session 19: Personal Growth Plan

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)

Session 19: Personal Growth Plan

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:

Session 19: Personal Growth Plan

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).

Session 19: Personal Growth Plan

RECALIBRATE

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:

Whom has your sin affected, and therefore to whom do you need to confess your sin? 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?



Charting & Running the Course





Session 21: Personal Growth Plan

Spiritual Pathways

Using the descriptions of Spiritual Pathways on the following pages or in Session 21 of your Omega Course workbook, spend time journaling about your spiritual pathways and how you can better connect with God by understanding your Characteristics, Cautions and Ways to Stretch.

Intellectual

Relational

Serving

Worship

Activist

Contemplative

Creation

Session 21: Personal Growth Plan

The Seven Spiritual Pathways

Intellectual

Relational

Serving

Worship

Activist

Contemplative

Creation



Spiritual Pathways

(Adapted from John Ortberg's course *An Ordinary Day with Jesus*.)

Intellectual

Characteristics

- You draw close to God as you're able to learn more about him.
- The study of Scripture and theology comes naturally.
- You have little patience for emotional approaches to faith.
- You are a thinker.
- When you face problems or spiritual challenges, you go into problem-solving mode.

Cautions

- Guard against becoming all mind and no soul which exhibits itself in being all truth and no grace in relationships.
- Don't confuse being smart with being spiritually mature.

Ways to Stretch

- Devote yourself to corporate worship and to private adoration and prayer.
- If your learning doesn't lead to worship, it will get dangerous.
- Engage in self-examination to assess whether or not you are being loving.
- Engage in mentoring with others who will hold you accountable to living what you have learned.

Relational

Characteristics

- Spiritual growth comes most naturally when you're involved in significant relationships.
- Small groups and other community life experiences are key.
- Your life is an open book.
- Being alone can drive you crazy.
- In key times of growth, God will often speak to you through people.

Cautions

- Guard against superficiality and being all grace and no truth.
- You can grow dependent on others and become a spiritual chameleon.

RECALIBRATE

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

Session 21: Personal Growth Plan

The Seven Spiritual Pathways

Intellectual

Relational

Serving

Worship

Activist

Contemplative

Creation

Ways to Stretch

- Develop a capacity for silence.
- Keep some of your experiences with God secret.
- Study Scripture for yourself.
- Invite close friends and mentors to speak truth to you.

Serving

Characteristics

- God's presence seems most tangible when you're involved in helping others.
- You're often uncomfortable in a setting where you don't have a role.
- You constantly look for acts of service you can engage in.

Cautions

- Be careful not to resent other people who don't serve as much as you do.
- Remember that God loves you not because you are so faithful in serving him, but because you are his child.
- Don't confuse serving with trying to earn God's love.

Ways to Stretch

- Balance your service with small group and community life.
- Learn to receive love even when you're not being productive.
- Practice expressing love through words as well as actions.

Worship

Characteristics

- You have a deep love of corporate praise and a natural inclination toward celebration.
- In difficult periods of life, worship is one of the most healing activities you engage in.
- In worship, your heart opens up and you come alive and enthusiastically participate.

Cautions

- Be careful not to judge those who aren't as expressive in worship.
- Guard against an experience-based spirituality that always has you looking for the next worship "high."

Session 21: Personal Growth Plan

The Seven Spiritual Pathways

Intellectual

Relational

Serving

Worship

Activist

Contemplative

Creation



Ways to Stretch

- Engage in the disciplines of study and solitude.
- Serve God in concrete ways as an extension of your worship.
- Remain committed to your community of faith.

Activist

Characteristics

- You have a single-minded zeal and a very strong sense of vision.
- You have a passion to build the church; a passion to work for justice.
- Challenges don't discourage you.
- You do everything you can to bring out the potential God has placed in other people.
- You love a high-paced, problem-filled, complex, strenuous way of life.

Cautions

- You may run over people or use them.
- Guard against going too long without pausing to reflect on what you're doing.
- You can end up not even knowing your own motives, spiritual condition, or emotional state.

Ways to Stretch

- Spend time in solitude and silence.
- Cultivate a reflective discipline like journaling.
- Develop close spiritual friendships with one or two other people who can help to nurture your soul.

Contemplative

Characteristics

- You love uninterrupted time alone.
- Reflection comes naturally to you.
- You have a large capacity for prayer.
- If you get busy or spend a lot of time with people, you feel drained and yearn for times of solitude.

RECALIBRATE

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

Session 21: Personal Growth Plan

The Seven Spiritual Pathways

Intellectual

Relational

Serving

Worship

Activist

Contemplative

Creation

Cautions

- You have a tendency to avoid the demands of the real world.
- Be careful not to retreat to your inner world when friends, family or society disappoint you.
- Resist the temptation to consider your times of private prayer and solitude as less important than the more public acts of ministry performed by others.

Ways to Stretch

- Choose a regular place of active service.
- Stay relationally connected, even when those relationships become difficult or challenging.
- Connect with those who have an activist pathway.

Creation

Characteristics

- You respond deeply to God through your experience of nature.
- Being outdoors replenishes you.
- You're highly aware of your physical senses, and often art, symbols or ritual will help you grow.
- You tend to be creative.

Cautions

- You may be tempted to use beauty or nature to escape.
- You will find that people are sometimes disappointing.
- Guard against the temptation to avoid church.

Ways to Stretch

- Stay involved in a worshipping community.
- Be willing to help out in less-than-beautiful settings.
- Take Scripture with you into nature and meditate on God's Word.
- Actively create beautiful spaces where people are drawn to worship.

Session 20: Personal Growth Plan

Spiritual Disciplines Assessment

There are 36 Spiritual Disciplines that we promote throughout the Delta and Omega Course Journey. 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	Disciplines	Rating (1-5)	Frequency
Prayer			Fellowship		
Submission			Chastity		
Solitude			Celebration		
Silence			Hospitality		
Intercessory Prayer			Teaching		
Watching (Vigil)			Service		
Journaling			Simplicity		
Meditation			Assembling		
Confession			Worship		
Guidance			Singing		
Retreat			Friendship Evangelism		
Study			Secrecy		
Pilgrimage/Sabbatical			Sacrifice		
Planning			Frugality		
Temperance			Saving		
Fasting			Giving		
Exercise			Diligent Earning		
Surrender					
Sabbath					

List the disciplines that need the most attention and why.

Which disciplines need focusing on in this season?

A vertical oil painting titled 'Autumn' by J.M.W. Turner. The scene depicts a dense forest of trees with vibrant red and orange foliage. A path leads through the trees, and the ground is covered in fallen leaves. The painting is characterized by its rich colors and visible brushstrokes.

Create a plan to increase your connection to Christ 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.

[illegible]

Session 21: Personal Growth Plan

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.

Community (Relational) Roles	Daily Disciplines
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 - Fellowship, Hospitality, Intercession, Confession, Teaching, Assembling, Worship, Singing and Celebration.	
Mentor/Mentee: Weekly, Monthly or Quarterly - Guidance, Confession, Planning Teaching and Submission.	
Ambassador/Friend: Daily Relating - Friendship Evangelism, Intercession, and Hospitality.	

Weekly Disciplines	Monthly and Quarterly Disciplines

A vertical oil painting of a forest scene in autumn. The upper half shows dense trees with vibrant red and orange foliage. The lower half shows a path covered in fallen leaves, with a small stream or clearing visible in the distance.

Create a plan to increase your connection to Calling 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.

[illegible]

Session 21: Personal Growth Plan

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							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							



Session 21: Personal Growth Plan

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

RECALIBRATE

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

- 73



Session 22: Personal Growth Plan

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?)

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

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?)



Session 22: Personal Growth Plan

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?)

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

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?)



Session 22: Personal Growth Plan

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?)

Session 22: Personal Growth Plan

Short Range Goal Planning Worksheets

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

Session 22: Personal Growth Plan

Short Range Goal Planning Worksheets

Category	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:			

RECALIBRATE

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

A vertical oil painting of a forest scene in autumn. The upper half shows a dense canopy of vibrant red and orange leaves, with dark tree trunks visible. The lower half shows a path covered in fallen red and orange leaves, leading towards a line of trees in the distance.

1. Using your Life Plan worksheets from Session 21 and your Goal Planning Worksheets from Session 22, plan out the next month of your life using the blank calendar pages provided or a day timer.
2. Once you have completed these worksheets, share your findings with a mentor and a member of your Inner Circle asking for their wisdom and feedback into your new spiritually discerned Growth Plan for your life.

[illegible]

Session 23: Personal Growth Plan

Week Calendar

Plan how you are going to spend your time this week (below).

Week: _____ Year: _____

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							

Session 23: Personal Growth Plan

Week Calendar

Plan how you are going to spend your time this week (below).

Week: _____ Year: _____

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							

Session 23: Personal Growth Plan

Week Calendar

Plan how you are going to spend your time this week (below).

Week: _____ Year: _____

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							

Session 23: Personal Growth Plan

Week Calendar

Plan how you are going to spend your time this week (below).

Week: _____ Year: _____

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							

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 other-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?

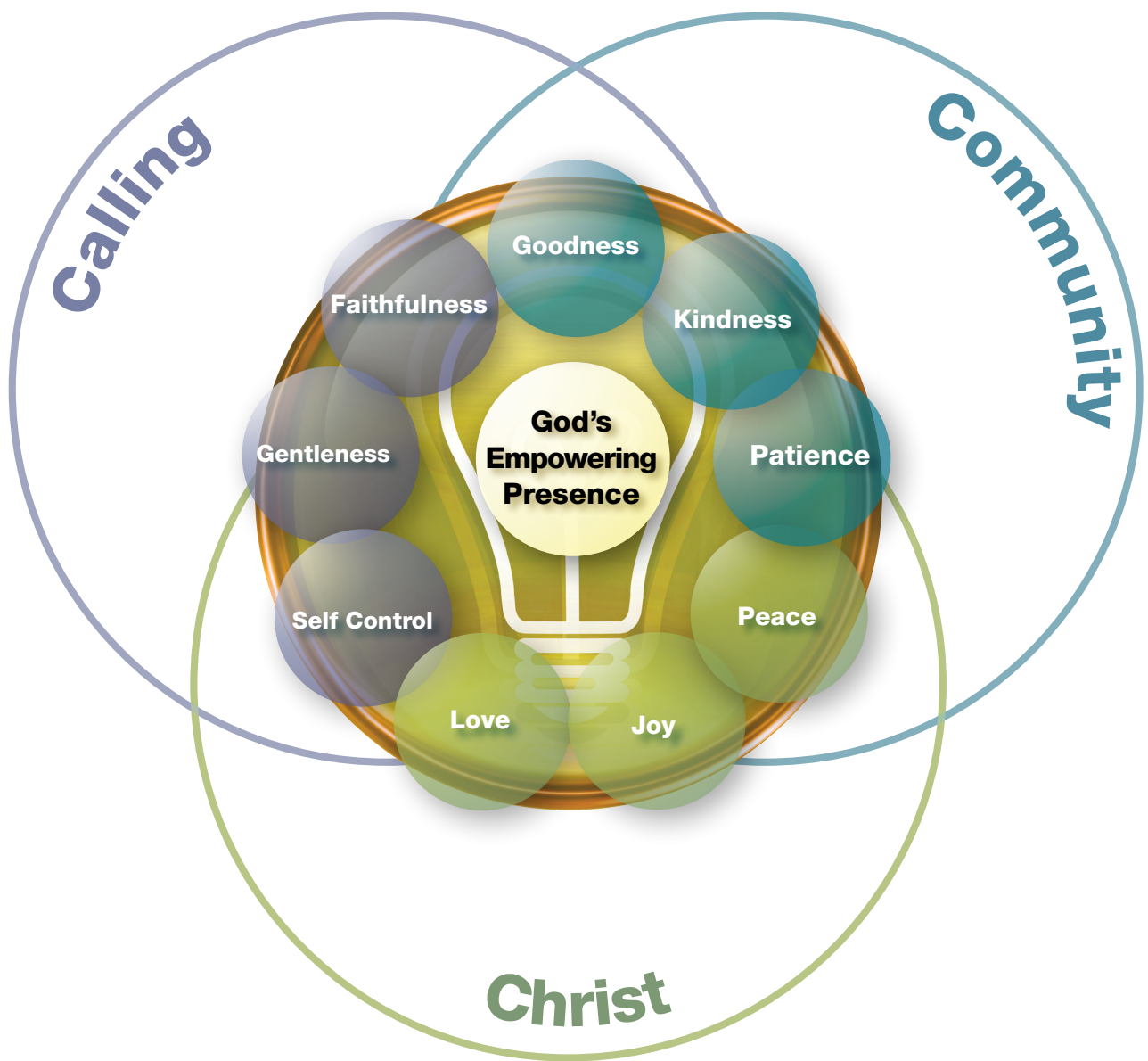
Rating (1-5)	_____

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

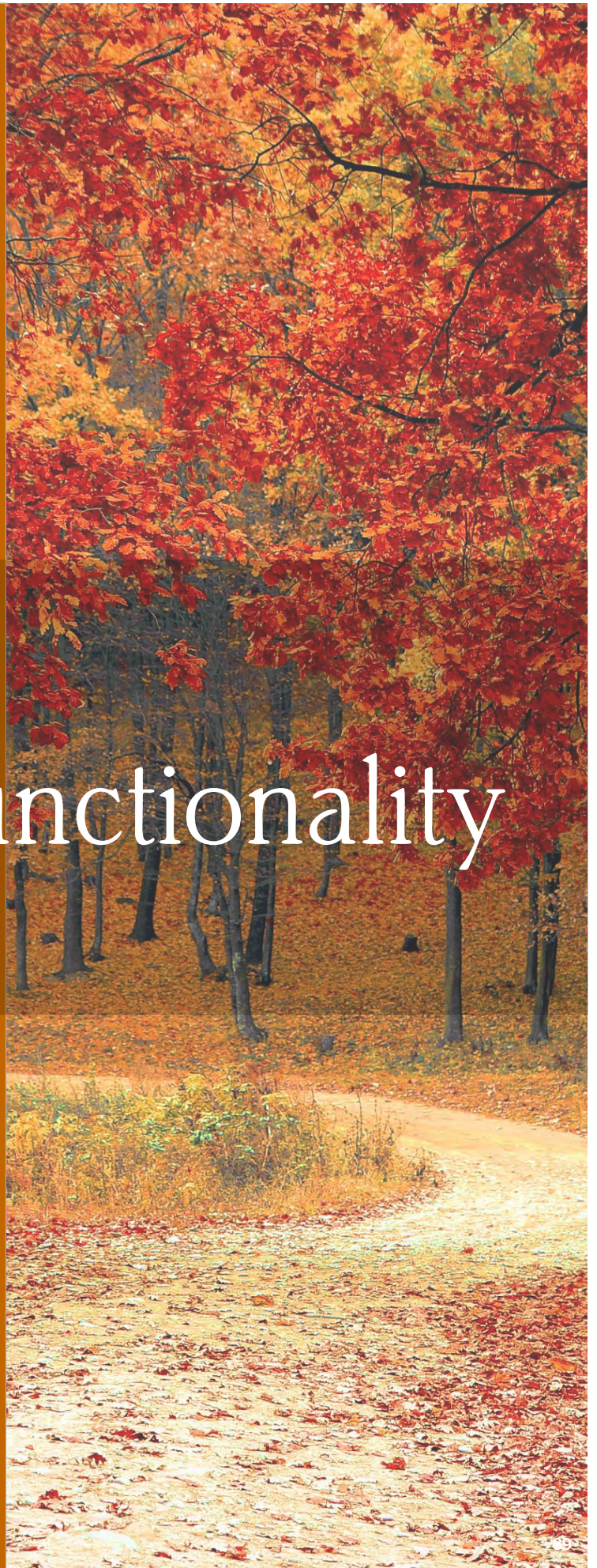
Rating (1-5)	_____

Fruit of the Spirit to focus on this season:

Fruit of the Spirit



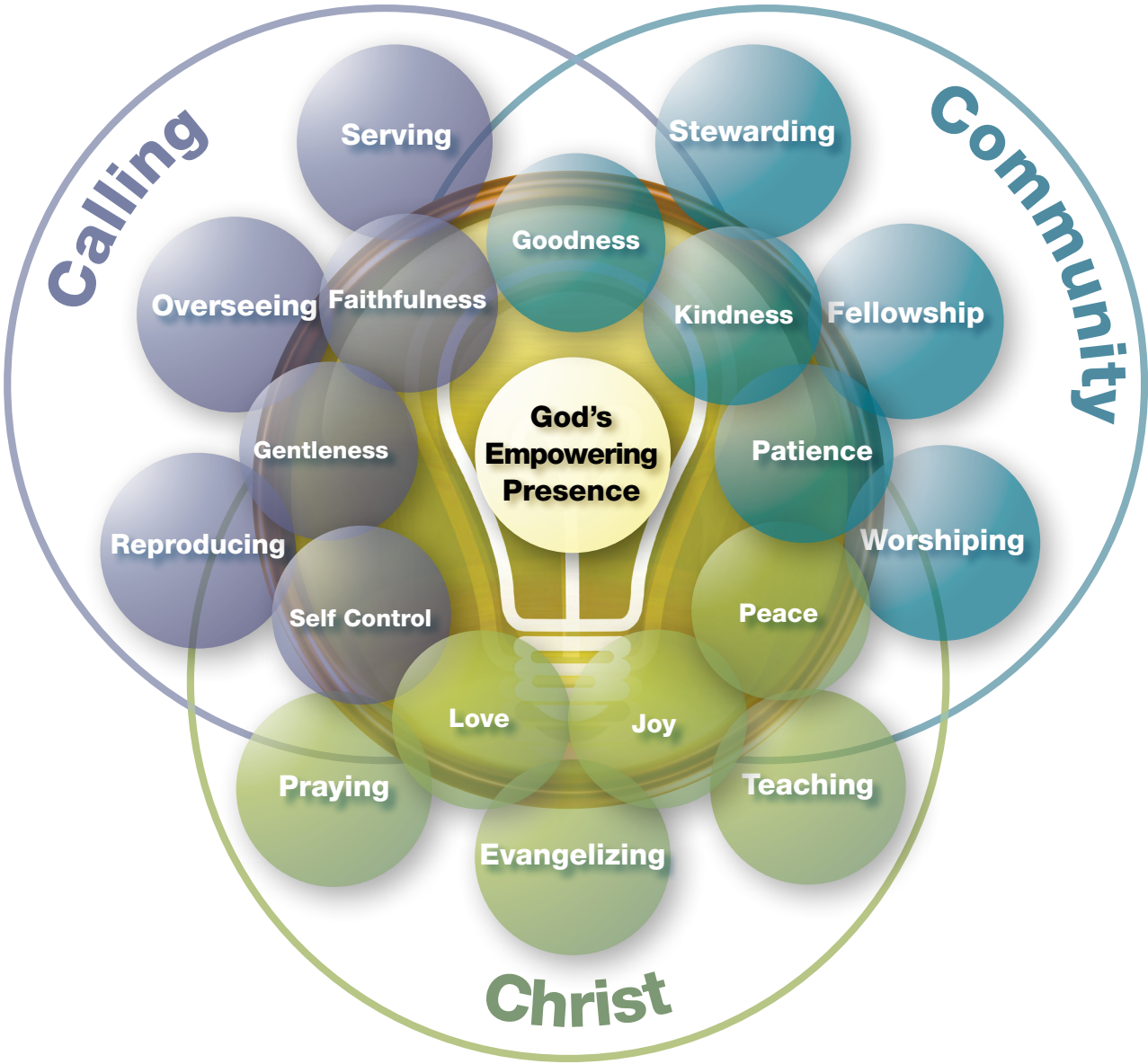
Spiritual Functionality



9 Faith Functions



Fruit of the Spirit & 9 Faith Functions



Connecting to

*God's Spirit guides
and empowers us to*

Christ

Pray

Evangelize

Teach

Spiritual & Relational Life Changes

Prayer

Relationship Building

Spiritual Conversations

Sharing the Gospel

Bible Study

Embracing Christian Truth

Core Experiences to Facilitate Movement

*Discover
YOUR
Next Steps*



Intercessory & Healing Prayer

Sharing the Good News


**Bible
Studies**

Connecting Events

Celebrate Recovery



**Book of Concord
Studies**



Support Groups

Alpha Course



**Financial
Peace
University**



Spiritual Connections Seminar

Share the Good News Seminar



**Bible Study
Basics
Seminar**



Ministry Teams

[illegible]

Spiritual Functionality

.ives



RECALIBRATE

Community

Calling

Worship

Fellowship

Steward

Serve

Oversee

Reproduce

*Baptized, Confirmed
and Covenant Member*

*Living in Covenant
Community*

*Discerning Personal
Growth Plans*

*Discovering your
Divine Design*

*Life Group &
Ministry Team
Leadership*

*Intensive
Mentoring*

*Engagement with
God's Means of Grace*

*Peer Mentoring
Relationships*

*Christian Character
Development*

*Serving in the Power
of the Holy Spirit*

*Leadership
Training*

*New Ministry
Commissioning*

**Worship
Services**



**Life
Groups**



**Life
Stewardship**



**Service
Projects**



**Leadership
Communities**



Mentoring

**Sacramental
Life Together
Seminar**



**Creating a
Connection
Culture**



**Delta
Course**



**Ministry
Teams**



**Life Group
Leader
Training**



**Omega
Course**

**Baptism
Class**



**Body Life
Basics
Seminar**



**Renew
Refresh
Refocus**



**Glocal
Missions**



**Ministry
Team Leader
Training**



**Omega
Mentor
Training**

**Communion
Preparation
Class**



**Unity in
Marriage
Course**



**Making
Cent\$
Seminar**



**Empowered
Servanthood
Seminar**



**Elder & Church
Council
Training**



**Advanced
Training &
Certification**

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



Faith Functions Assessment

Faith Functions Assessment

Use the rating scale below to evaluate yourself and your church community.

Rating Scale

- 1 = Low engagement *(On Life Support)*
2 = Engagement is decreasing *(Bad and Getting Worse)*
3 = Religious engagement *(Just Doing the Minimum Required in our own Strength)*
4 = Increasing engagement *(We are Intentionally Cooperating with the Spirit's Prompting to Breathe Life into this Function)*
5 = High engagement *(Universally Understood, Embraced and Enabled By the Spirit)*

1. **Praying:** What percentage of the people in your congregation are engaged in regular Prayer (personal and intercessory)? _____

Describe what you do to encourage the Spiritual and Relational Life Changes of Prayer and Relationship-building with God and others. _____

How would you rate this function in your life? _____ in your church? _____

2. **Evangelizing:** What percentage of the people in your congregation are engaged in Evangelism through personal and corporate outreach? _____

Describe what you do to encourage the Spiritual and Relational Life Changes of beginning spiritual conversations and sharing the Gospel with others. _____

How would you rate this function in your life? _____ in your church? _____

Faith Functions Assessment

3. **Teaching:** What percentage of the people in your congregation are engaged in regular Teaching/Learning the Bible, Christian Doctrine and Biblical Christianity? _____

Describe what you do to encourage the Spiritual and Relational Life Changes of Bible Study and Embracing Christian truth. _____

How would you rate this function in your life? _____ in your church? _____

4. **Worshipping:** What percentage of the people in your congregation are engaged in regular Worship and Sacramental Life together? _____

Describe what you do to encourage the Spiritual Life Changes of Baptized, Confirmed and Covenant Member and Engagement with God's mean of grace. _____

How would you rate this function in your life? _____ in your church? _____

5. **Fellowship:** What percentage of the people in your congregation are engaged in regular Fellowship and Covenant Life together? _____

Describe what you do to encourage the Spiritual and Relational Life Changes of Living in Covenant Community and Peer Mentoring Relationships. _____

How would you rate this function in your life? _____ in your church? _____



Faith Functions Assessment

6. **Stewarding:** What percentage of the people in your congregation are engaged in regular Life Stewardship through discerning personal growth plans and christian character development?

Describe what you do to encourage the Spiritual and Relational Life Changes of Discerning Personal Growth Plans and Christian Character Development. _____

How would you rate this function in your life? _____ in your church? _____

7. **Serving:** What percentage of the people in your congregation are engaged in regular Service through service projects/missions and ministry teams? _____

Describe what you do to encourage the Spiritual and Relational Life Changes of Discovering your Divine Design and Serving in the Power of the Holy Spirit. _____

How would you rate this function in your life? _____ in your church? _____

8. **Overseeing:** What percentage of the people in your congregation are engaged in regular Overseeing as Spiritual leaders of others (Group Leaders, Ministry Team Leaders, Mentors, Elders, Church Council, Etc.)? _____

Describe what you do to encourage the Spiritual and Relational Life Changes of Life Group and Ministry Team Leadership and Leadership Training. _____

How would you rate this function in your life? _____ in your church? _____

Faith Functions Assessment

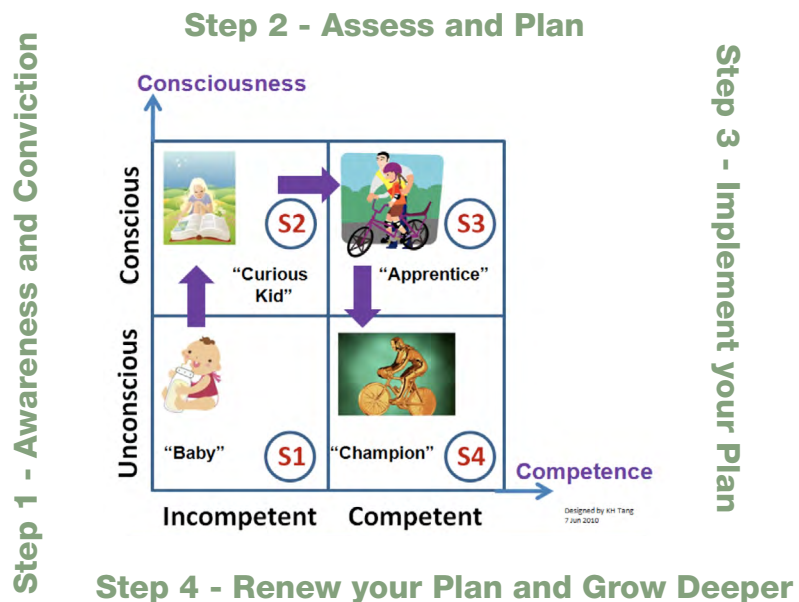
9. **Reproducing:** What percentage of the people in your congregation are engaged in regular Reproduction of Servant Leaders and Ministries through Intensive Mentoring and New Ministry Commissioning? _____

Describe what you do to encourage the Spiritual and Relational Life Changes of Intensive Mentoring and New Ministry Commissioning. _____

How would you rate this function in your life? _____ in your church? _____

Spiritual Functionality Faith Functions Pages 18-21	Personal Rating	Corporate Rating	Step on the Path to Change
1. Praying			
2. Evangelizing			
3. Teaching			
4. Worshiping			
5. Fellowshiping			
6. Stewarding			
7. Serving			
8. Overseeing			
9. Reproducing			

The Path to Change





Faith Functions Assessment

Discussion Time

In thinking about how you rated your Spiritual functionality and the step on the path to change that you find your community at in each function, use this worksheet to discuss each function and plan your next steps.

1. Praying

2. Evangelizing

3. Teaching

4. Worshiping

5. Fellowshiping

Faith Functions Assessment

RECALIBRATE

6. Stewarding _____

7. Serving _____

8. Overseeing _____

9. Reproducing _____

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



Faith Functions Assessment

Discussion Time

In thinking about how you rated your Spiritual functionality and the step on the path to change that you find your community at in each function, use the worksheet on the next page to list the ministry teams of your church, according to the main areas of the Globe that they relate to. Then discuss and record below: what's right (what are the strengths of our church?), what's wrong (what needs to be refined or eliminated?) and what's missing (what new ministry teams need to be created?).

What's right (this is a strength of our church)? _____

What's wrong (what needs to be refined or eliminated)? _____

What's missing (we need to begin a new ministry team)? _____

Spiritual Relationships



Spiritual Relationships

The Force of Connection

Definition - A bond based on shared *identity*, *empathy* and *understanding* that moves self-centered individuals toward group-centered membership.

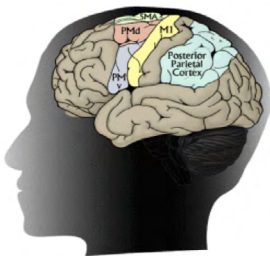
Research and Findings



Current Work/Current Church Environment

- 75% of employees are not engaged at work (Gallup)
- 72% of church-going Christians are not engaged
- America: 114,750,000 employees not engaged
- 18% actively disengaged (working against)
- 60% of engaged employees are not aligned with the organizations objectives (Corporate Executive Board)
- Bottom Line: only 10% of employees are engaged and aligned

Spiritual Relationships



Psychology

“Human needs at Work”

Source: *E Pluribus Partners Research*

1. Respect
2. Recognition
3. Belonging
4. Autonomy (Freedom)
5. Personal Growth
6. Meaning

“Human needs at Home and in the Church”

Source: *Life Spring Network Research (Dr. Muray Banks, Abraham Maslow, Etc.)*

- | | |
|-----------------------|------------------------------------|
| 1. Respect | (To be treated with honor) |
| 2. Recognition | (To feel appreciated) |
| 3. Belonging | (To love and be loved) |
| 4. Autonomy (Freedom) | (To be trusted with authority) |
| 5. Personal Growth | (To be believed in and challenged) |
| 6. Meaning | (To make an eternal difference) |

Neuroscience

Neuroscience has shown that connection:

- Reduces stress hormones (epinephrine, norepinephrine, cortisol)
- Increases dopamine which enhances attention and pleasure
- Increases serotonin which reduces fear and worry
- Increases oxytocin which makes us more trusting of others

Rising Substance Abuse

Source: *Joseph Califano, Director, National Center on Addiction and Substance Abuse at Columbia University*

- Anxiety and depression tend to lead people to self medicate
 - America has 4.5% of the global population, yet consumes 50% of the world's legal, mood-altering pharmacological drugs and 2/3 of the world's illegal drugs
-
-
-



Spiritual Relationships

Physical/Mental Health Research

Sources: Carlson, 1998; Rosenthal, 1992-2010 ; Resnick, 1997; Cohen, 1997; Berkman, 1979; Baumeister, 2003; MacArthur Foundation Study, 1998

Social scientists have learned that connection = positive impact

- Babies who are held are healthier
- Elementary school students who connect with teachers perform better academically
- Patients who have social support recover faster
- Adults with greater connection are more creative, better problem solvers
- Seniors who have social relationships live longer

National Environment Today

Source: "U.S. Health in International Perspective: Shorter Lives, Poorer Health." 2013
Institute of Medicine and National Research Council Report

Americans had among the longest life expectancies in 1950. Today, Americans under 50 vs. peer group of 17 wealthy nations have:

- Lowest life expectancy
- Highest infant mortality rate
- Highest deaths from alcohol and drugs
- Highest deaths from injuries and homicide
- Highest deaths from obesity and diabetes
- Highest rate of teen pregnancy, STDs and AIDS

Connection: The Bottom Line

Mentally and physically healthier

More trusting

More productive

More cooperative

More creative

Better problem solvers

Connection = Flourishing, Life

Disconnection = Disfunction, Death

Spiritual Relationships

RECALIBRATE

Discussion Time

1. What about the research, about the levels of disconnection in America, stands out to you the most? Why?

2. Would you describe your church community as currently part of the problem or part of the solution? Explain.

The Connection Culture

Core Elements

1. Inspiring Identity - Heart
2. Human Value - Soul
3. Knowledge Flow - Mind

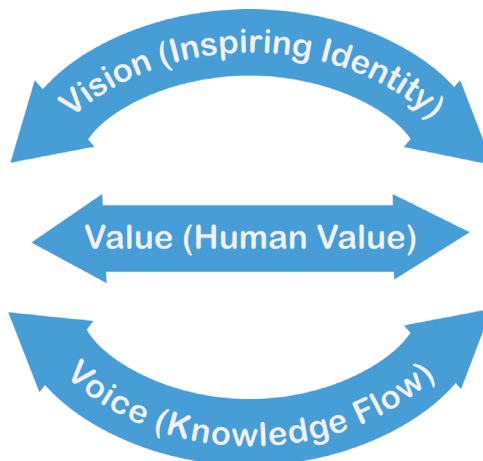
Enabling Elements - Strength

4. Committed Members
5. Servant Leaders

The Connection Culture nurtures the key aspects of our corporate Heart, Soul, Mind and Strength!



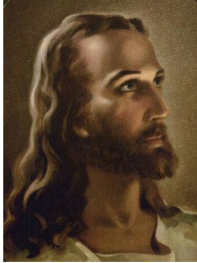
**Servant
Leaders**



**Committed
Members**

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

Spiritual Relationships



Inspiring Identity (“Vision”)

When everyone in the organization is:

- motivated by the mission,
- united by the values, and
- proud of the reputation.

God’s Mission for our lives

1. **Connecting** people in our town and beyond in real loving relationship
2. with God through Jesus **Christ** in the power of the Holy Spirit,
3. with each other in contagious Christian **community**
4. and with their **calling** of servanthood in the world.

Human Value (“Value”)

When everyone in the organization:

- understands the needs of people,
- appreciates their positive, unique contributions, and
- helps others achieve their potential.

Know my story

- How well do you know the people you work with?
- What is their background?
- What are their dreams and ambitions?
- What motivates them?
- Who is important in their life?
- What qualities do they strive for?

Spiritual Relationships

RECALIBRATE

Knowledge Flow (“Voice”)

When everyone in the organization:

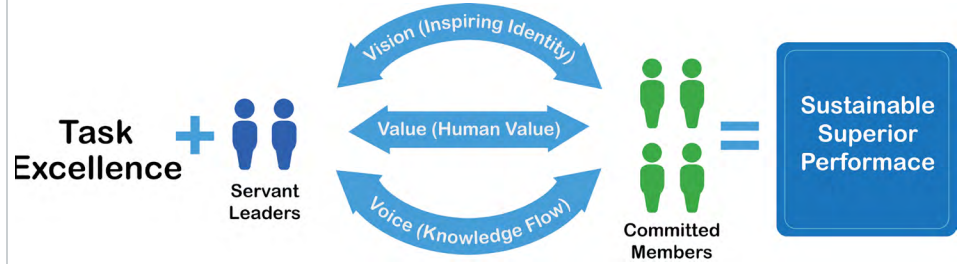
- seeks the ideas of others,
- shares ideas and opinions honestly, and
- safeguards relational connections.

Organizations with strong Knowledge Flow create:

1. a safe place to share ideas
2. intentional times to get together as a team
3. ground rules for actively sharing information as well as listening to and respecting each other

Vision + Value + Voice = CONNECTION

The Connection Culture



Spiritual Relationships

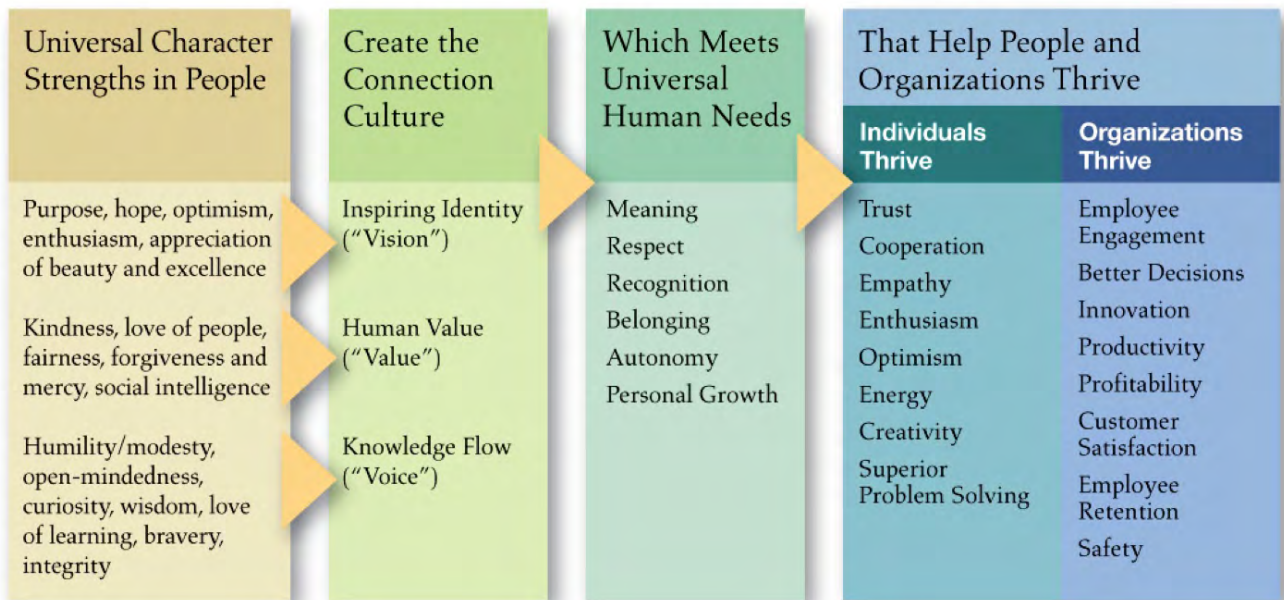
Committed Members

People in the organization who are:

- committed to task excellence,
- promoting the Connection Culture, and
- living out character strengths and virtues.

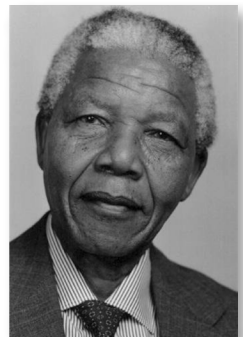
Servant Leaders

THE CHARACTER ► CONNECTION ► THRIVE CHAIN



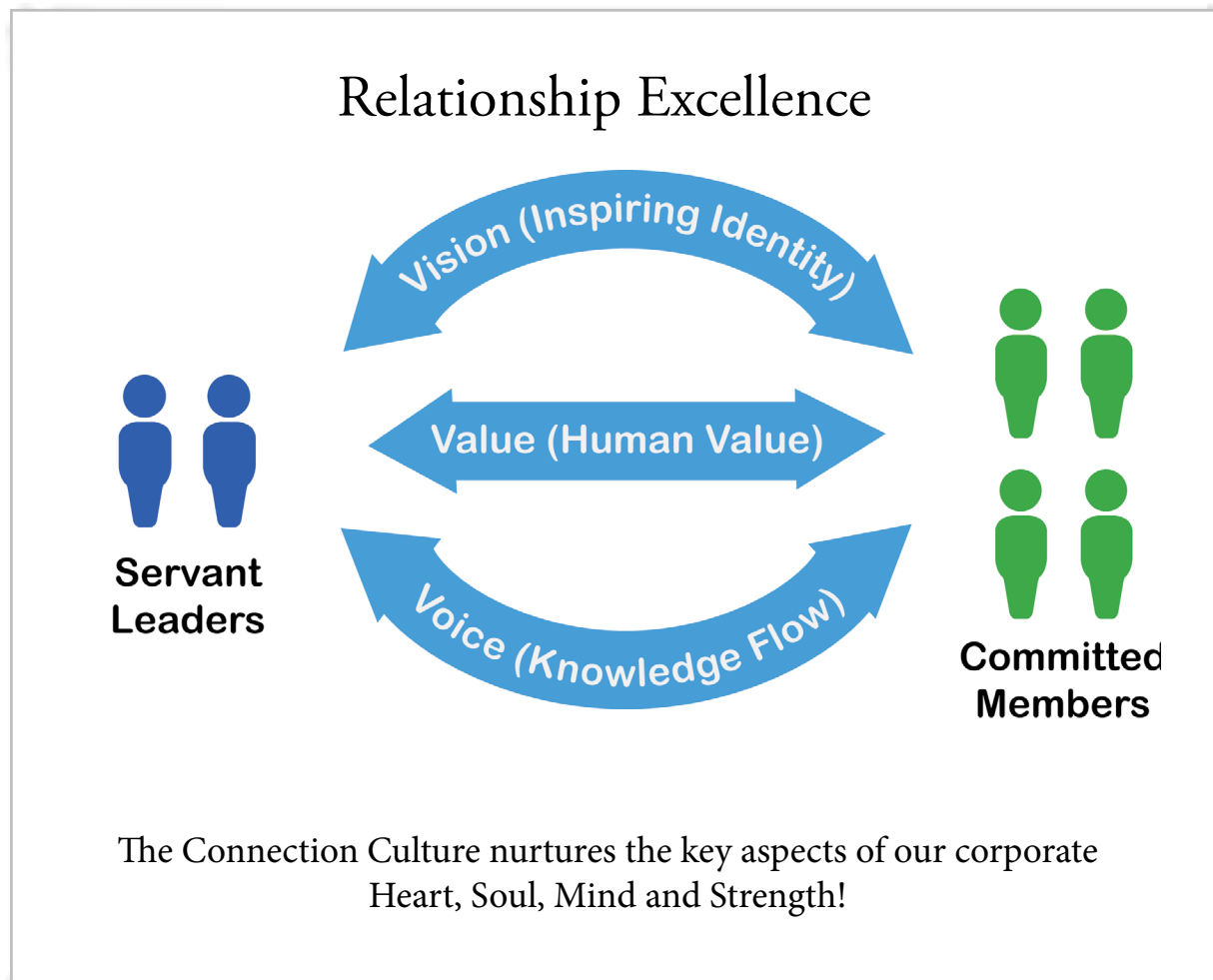
Committed Members empowered with the authority to:

- coordinate task excellence,
- facilitate the Connection Culture, and
- model and mentor others in character strengths and virtues.



Creating a Connection Culture Assessment

As you think about your church, what's right, what's wrong and what's missing?



Instructions

Use the rating scale to evaluate your personal and corporate heart, soul, mind and strength. Record your insights. Then discuss as a group to discern the changes you need to make to improve your connection culture personally and as an organization.

Rating Scale

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



Creating a Connection Culture Assessment

Core Elements

1. Inspiring Identity – Heart

Definition: *When everyone in the organization is*

- A. Motivated by the mission
- B. United by the values
- C. Proud of the reputation

Inspiring Identity Average

Relational Insights: _____

2. Human Value – Soul

Definition: *When everyone in the organization*

- A. Understands the needs of people
- B. Appreciates their positive, unique contributions
- C. Helps others achieve their potential

Human Value Average

Relational Insights: _____

3. Knowledge Flow – Mind

Definition: *When everyone in the organization*

- A. Seeks the ideas of others
- B. Shares ideas and opinions honestly
- C. Safeguards relational connections

Knowledge Flow Average

Relational Insights: _____

Creating a Connection Culture Assessment

Enabling Elements - Strength

4. Committed Members

Definition: *People in the organization who are*

Personal Rating

Corporate Rating

A. Committed to task excellence

B. Promoting the connection culture

C. Living out character strengths and virtues

Committed Members Average

Relational Insights:

5. Servant Leaders

Definition: *Committed Members empowered
with the authority to*

Personal Rating

Corporate Rating

A. Coordinate task excellence

B. Facilitate the connection culture

C. Model and Mentor others in character
strengths and virtues

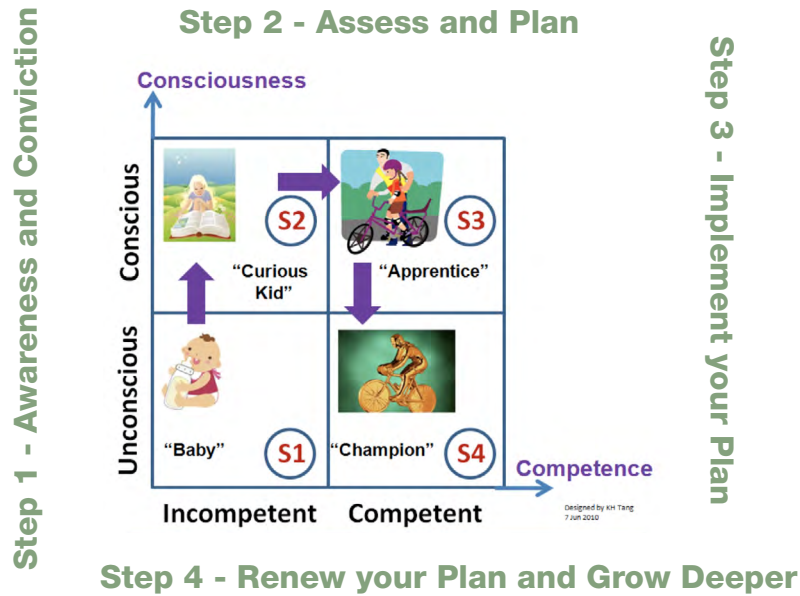
Servant Leader Average

Relational Insights:

Reconciliation Exercise - Celebrating our Unity in Christ

Assessment Summary

The Path to Change



Spiritual Relationships Connection Culture Pages 36-38	Personal Rating	Corporate Rating	Step on the Path to Change
1. Inspiring Identity			
2. Human Value			
3. Knowledge Flow			
4. Committed Member			
5. Servant Leaders			

Assessment Summary

Use this worksheet to discuss each element and plan your next steps.

1. Inspiring Identity

Step on the Path to Change _____

2. Human Value

Step on the Path to Change _____

3. Knowledge Flow

Step on the Path to Change _____

4. Committed Member

Step on the Path to Change _____

5. Servant Leader

Step on the Path to Change _____

Appendix A





Appendix A: 18 Foundational Truths™ (Natural Laws)

Truth 1 – Stewardship – Life is a gift of time that we are responsible to steward with the decisions that we make until we die. [1 Peter 4:1-5; Psalm 90:12]

Truth 2 – Mission – Every life (being and doing) is guided by a governing mission, which is a combination of vision, priorities, values and identity roles we have learned from our life experience and chosen as a path to abundant life. [Deuteronomy 30:19-20, Proverbs 14:12]

Truth 3 – Abundant Life – When your life (being and doing) reflects God's governing mission for your life (vision, priorities, values and identity roles), you experience the abundant life. [Psalm 1:1-6; John 10:10, Matthew 28:18-20]

Truth 4 – Perspective – Seeing life from God's perspective is essential if we are going to experience God's abundant life! (Having a Biblical World view) If you can't see it you can't do it! [Luke 3:21-22; Mark 1:35; Galatians 4:6-7; John 15:1-5]

Truth 5 – Identity – Abundant living comes from being who God created you to be and engaging your identity in Christ. [Genesis 1:27; Psalm 139:13-16; 2 Corinthians 5:17]

Truth 6 – Community – We need the love, fellowship, wisdom and accountability of Christ-centered covenant relationships to keep us on track and growing. [Galatians 6:1-10]

Truth 7 – Calling – God has called and equipped each person to function interdependently with others in a concerted effort to express His love to the world. [Ephesians 2:8-10; Ephesians 4:1-6; 2 Thessalonians 1:11-12]

Truth 8 – Servanthood – In serving one another with our lives, we become free and express significant transforming love. [John 13:1-17]

Truth 9 – Transformation – We must choose to submit ourselves to God's mission and His transforming power, if we are going to experience more abundance in life. [John 3:16-21, Romans 12: 1-3; Acts 26:17-18, 1 John 2:9-11, 2 Corinthians 4:4-6]

Appendix A: 18 Foundational Truths™ (Natural Laws)

Truth 10 – Attitude – Choosing Godly Attitudes brings focus to the journey of transformation and prepares us to experience and express love abundantly in any situation. [Matthew 5:1-2; Philippians 2:1-11]

Truth 11 – Reality – Our sinful nature combined with the influence of evil in the world co-conspire to lead us away from God, but God has provided all we need to stand against these forces and realize His abundant life. [The book of Ephesians; Romans 7, 8]

Truth 12 – Consequences – Actions taken and words spoken have profound consequences on our journey of transformation, either blessing or cursing our lives and the lives of those we touch. [Deuteronomy 30:11-20, Galatians 6:7-10]

Truth 13 - Potential – Having an objective awareness of our obedience to God’s mission, character and purpose is essential to realizing life’s potential. [Romans 12:1-3; Philippians 4:13]

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. [Romans 10:9-10; James 1:5-7; Mark 11:22-25]

Truth 15 – Discipline – Negative habits are overcome by changing incorrect (negative) beliefs (desires, feelings, thoughts and capabilities) and engaging in spiritually discerned disciplines. [Hebrews 12:1-13, Jeremiah 29:11-13]

Truth 16 – Growth – Growth toward Christlikeness requires Accountability, Process and Perseverance. [Philippians 3:12-17]

Truth 17 – Alignment – Regular evaluation, planning and realignment with God’s mission leverages time through increased focus. [John 15:1-8, Proverbs 8:32-36]

Truth 18 – Training – The life you live trains you for the life you are going to lead! [1 Corinthians 9:24-27, 1 Timothy 4:7-8, Luke 14:26-29, 34-35]