

# Personal Plan Vitality

Christian growth and spirituality is about the *whole person*.

Thus, a spiritual growth plan should meaningfully address our body, soul, and spirit. All are involved in following Jesus.

One way of visualizing your overall development is to think of your life as a reservoir comprised of multiple sub-sections. It is possible to be doing well (to be *full*) in one dimension of your life while neglecting others (to be *empty*). Identify activities and practices that are helping “fill” you in each area or that are “draining” you in areas.

This graph identifies various areas that require attention. You may want to add areas not represented.

The following worksheet includes some sample activities and practices for each of the areas from the graph. These lists are not inspired or exhaustive. They are simply designed to stimulate thinking, prayer, and dialogue about these areas.



1. Becoming a healthy follower of Christ requires intentionality. Periodically set aside some time to consider various areas of your life and to ask about each of those areas:

- **What has been going well?**
- **What is being neglected?**
- **What are some achievable steps I could take over the next year to replenish this area?**

2. Spiritual health also requires community. **Who is speaking into your life in these areas?** Who could be part of the conversation, pray for you, and provide accountability as needed?

3. Once you've gotten a big-picture view of what is happening in your life, **select one or two areas to focus on for the next three months.**

4. **Revisit this exercise quarterly** to track progress and set goals.

# 1 consider

date: \_\_\_\_\_

Area	What's going well?	What's being neglected?	Steps to replenish
<b>Seeking God</b> Bible Study, reading, memorization and meditation; stillness/solitude; prayer, thanksgiving, praise, confession, intercession; corporate worship			
<b>Marriage</b> Time, listening, supporting, conflict resolution, respecting and honoring, praying together, sexual intimacy			
<b>Family</b> Time, listening, open communication, mentoring, discipline, family worship			
<b>Relationships</b> Friendships, mentoring, accountability, small group/local church involvement, confession, hospitality			
<b>Emotional health</b> Overall spirit, peace, joy, encouragement, attitudes, forgiveness, response to pressure/stress			
<b>Physical health</b> Diet, exercise, sleep, schedule			



# 2 connect

**Who** is speaking into your life in these areas?

**Who** could be part of the conversation, pray for you, and provide accountability as needed?

# 3 focus

Once you've gotten a big picture view of what is happening in your life, **select one or two areas to focus on for the next three months.**

# 4 track

**Revisit this exercise quarterly** to track progress and set goals.

*“Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. He who calls you is faithful; he will surely do it.” (1 Thess. 5:23–24)*

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