



## PLANNING CHART FOR SPIRITUAL GROWTH

Set goals for the following categories listed at the bottom of the chart. Fill in the chart each day that your goal is met. **Challenge yourself to grow!**

30		AM/PM		
29				
28				
27				
26		W		
25				
24				
23		AM/PM		
22				
21				
20				
19		W		
18				
17				
16		AM/PM		
15				
14				
13				
12		W		
11				
10				
9		AM/PM		
8				
7				
6				
5		W		
4				
3				
2		AM/PM		
1				



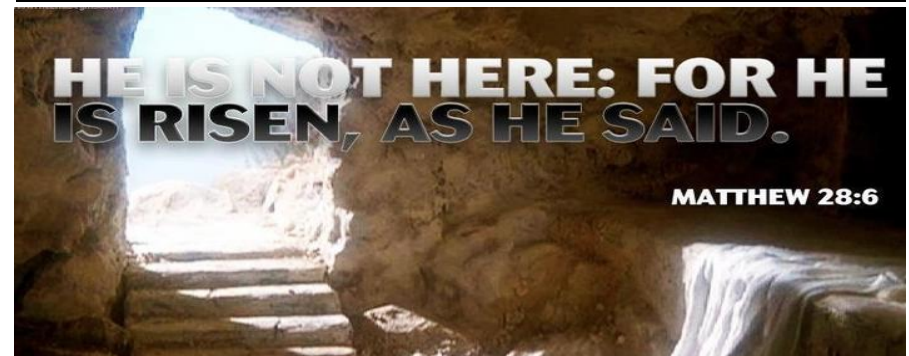
Prayer Time \_\_\_\_\_  
 Study/Read Scrip. \_\_\_\_\_  
 Church Attendance Sun/Wed \_\_\_\_\_  
 Serving Others \_\_\_\_\_  
 Core Quality= Is My House in Order? \_\_\_\_\_

*“Organize yourselves; prepare every needful thing, and establish a house, (D&C 85:36b).”*

## Habit Tracker = Pressing Forward

A habit tracker can help you make positive changes, log bad habits and try to get rid of them and maintain more of a schedule with spiritual activities. What things do you want to **improve** in your life? What things do you want to **add** in your life? What things do you **not** want in your life? Use the chart to help you to track anything you’re trying to do daily (or even weekly).

<i>Habit to Work On</i>	<i>21 Days to Make or Break Habit</i>
1	
2	
3	
4	





**Record:**

## Daily Thanksgiving & Praise

**Thanksgiving:** This Easter Season we should find ourselves Thanking and Praising God for the Great Sacrifice He made on our behalf. Through His Atoning Sacrifice on Calvary's Cross our sins can be forgiven. He is the great healer of our souls and our advocate with the Father. We are made clean through the very power of His blood that was shed for us, but this is not all, He broke the bands of death. So all who have lost loved ones have the assurance that they also live and one day we will see them again.

### Attributes of God: Humble

*"And being found in fashion as a man, he humbled himself, and became obedient unto death, even death of the cross (Philippians 2:8)." We don't normally think of God, who is full of power and majesty, being humble but here we are reminded that He did indeed humble himself, took on human form and died to save us from our sins.*

### Names of God: The Lamb of God

*"And looking upon Jesus as he walked, he said; **Behold the Lamb of God!** (John 1:36)"*

**Praise and Thanksgiving:** If the very rocks cry out to praise the Lord how much more should we who are created in His image Praise and Thank Him. *"Let the mountains shout for joy, and all ye valleys cry aloud; and all ye seas and dry lands tell the wonders of your eternal King. And ye rivers, and brooks, and rills, flow down with gladness. Let the woods and all the trees of the field praise the Lord; and ye solid rocks weep for joy. And let the sun, moon, and the morning stars sing together, and let the sons of God shout for joy. And let the eternal creations declare his name forever and ever (D&C 110:23)."*



## Record: Daily Inspirational Thoughts

Give Easter an extra place in your journal. Write down what Easter means to you. Write down Easter testimonies and scriptures. If you're not a writer cut out poems and scriptures and paste them in your journal. See the extra page for scriptures and a poem to cut out and use.



## ESTABLISHING YOUR HEART

April Bulletin Insert, 2017

The scripture on our April calendar page reminds us that the voice of the Lord is crying to us *"As the voice of one crying in the wilderness"* calling us to prepare and sanctify ourselves. We have heard that call very strongly the past few years through many of our priesthood. **We must ask ourselves are we listening and responding to God's call?** If used, the "Monthly Planning Chart and Habit Tracker" can help us respond to this call.

**We hear God's voice in D&C 85:20a:** *"Behold, I will hasten my work in its time; and I give unto you...a commandment, that you assemble yourselves together, and organize yourselves, and prepare yourselves; and sanctify yourselves; yea, purify your hearts, and cleanse your hands and your feet before me, that I may make you clean; Also, I give unto you a commandment, that ye shall continue in prayer and fasting from this time forth.."* **Note the warning that God will Hasten His Work.**

**In verses 24-25 we hear God's voice giving us a warning list of things to come such as:**

1. Sun shall refuse to give light
2. Moon bathed in blood
3. Earthquakes, lightening, thunders, tempest
4. Waves of the sea heaving themselves beyond their bounds
5. All things shall be in commotion, men's hearts shall fail them

**God is calling us to prepare for things we have not yet seen. It takes an "Established Heart" to believe and prepare for that which we do not see.** Noah is a good example: he prepared for a flood he knew nothing about but by faith. **True Faith does not just believe but acts on that belief.**

**Is your heart established like Noah's? Are you hearing God's voice and preparing? Faith = Action:** *"By faith Noah, being warned of God of things not seen as yet, moved with fear, prepared an ark to the saving of his house;(Hebrews 11:7)." We pray for enlightenment but it does us no good unless, like Noah, we move out and obey. **Like Noah we have been warned of impending destruction. God has instructed us to build the Ark of our day = Zion. It will be the only safe place. Are you working hard with all your might to build the ark of our day = Zion? "Let the church again be admonished that the task of establishing Zion presses heavily upon us. (D&C 138:3a)" We must have Established Hearts that are Soft, Willing and Obedient.***

