

PLANNING CHART FOR SPIRITUAL GROWTH

Set goals for the following categories listed at the bottom of the chart. Fill in the chart each day your goal is met.



31				
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				

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).

Habit to Work On	21 Days to Make or Break Habit
1	
2	
3	
4	



Prayer Time Min. ____
Study/ Read Scrip. ____
 Church Attendance Sun/Wed
Serving Others ____
 Core Quality= Am I willing to give my whole soul unto Christ?

Thou shalt love the Lord thy God, with all thy heart and with all thy soul, and with all thy mind (Matthew 22:36).





Record:

Daily Thanksgiving & Praise

We should be exceedingly happy and joyful when the Lord speaks to us. This year at reunion, Chris Capps said he prayed and asked the Lord what He would say to us. He was given 4 words to share: **Take Joy in Service**. A very short message indeed yet a very meaningful one and one we need to take to heart. Some things this message should cause us to consider are:

-If you are not involved in giving some kind of service to God to assist in the building up of His Kingdom you are missing out on a great deal of joy.

-If you are involved and sometimes feel overwhelmed or exhausted take heart, for the Lord knows how hard you are working, and He encourages you to take Joy in your service for it is pleasing to Him.

Attributes of God: Righteousness

The Lord is righteous in all his ways, and holy in all his works. The Lord is nigh unto all them that call upon him, to all that call upon him in truth. He will fulfill the desire of them that fear him; he also will hear their cry, and will save them. The Lord preserveth all them that love him; but all the wicked will he destroy (Psalm 145:17-20).

Names of God: The Word

For in the beginning was the Word, even the Son, who is made flesh, and sent unto us by the will of the Father. And as many as believe on his name shall receive of his fullness. And of his fullness have all we received immortality and eternal life, through his grace (John 1:16).

Praise: *Make a joyful noise unto the Lord, all ye lands. Serve the Lord with gladness; come before his presence with singing...Enter into his gates with thanksgiving, and into his courts with praise; be thankful unto him, and bless his name (Psalm 100:1-4).*

Daily Inspirational Thoughts: Last month I reminded you to work on a “JOYFUL” section in your journal. You need to count all your daily blessings and be joyful. We can have hope and look forward to joy even in a time of sorrow. In my joy section I have this quote, “**Joy is not the absence of suffering it is the presence of God.**” *Weeping may endure for a night, but joy cometh in the morning (Psalm 30:5).*



ESTABLISHING YOUR HEART

August Bulletin Insert, 2017 (by Pat Chadwick)

Our August calendar page has this scripture: *Wherefore, I said unto you, **Feast upon the words of Christ; for behold the words of Christ will tell you all things what ye should do** (2 Nephi 14:4).* How wonderful that we have this source of truth to turn to for our enlightenment, understanding, guidance and direction. How terrible if we do not use this great gift from our Father in Heaven. It is a lamp unto our feet and will guide us through the lies, untruths and darkness of the world. *And they did press forward through the mist of darkness, clinging to the rod of iron. (1 Nephi 2:69). And it came to pass that I beheld that the rod of iron...was the word of God (1 Nephi 3:68).*

We need to be reading our scriptures every day so we will not be deceived. We must not only read them, we must follow and obey them. We are under condemnation when we do not obey the words of the Lord. *And this condemnation resteth upon the children of Zion, even all and they shall remain under this condemnation until they repent and remember the new covenant, even the Book of Mormon and the former commandments which I have given them, not only to say, but to do according to that which I have written (D&C 83:8b).*

This past month, Karl Anderson, in his sermon, reminded us that we are in the time period of the fulfillment of the parable of the 10 virgins, and **it is time to wake up! Karl pointed out that all 10 virgins slumbered and slept. Part of this waking up is reading the word and being obedient to it and moving out in service. If you are not obedient and actively serving the Lord, you will not be awake and ready for His return.** *Watch, therefore, for ye know not at what hour our Lord doth come...Therefore be ye also ready; for in such an hour as ye think not, the Son of Man cometh, who then is a faithful and wise servant...blessed is that servant, whom his Lord when he cometh shall find so doing (Mat. 24:49).*

Ask yourself, “Am I reading the word daily? Do I obey the word of God? Am I involved in some kind of service for the Lord?” If the answer is not yes to all 3 questions, consider changing some things in your life. Our habit tracker can help you! Make a plan, set a goal and work towards that goal. It is time to wake up!

