

# PLANNING CHART FOR SPIRITUAL GROWTH

*“Therefore be ye also ready; for in such an hour as 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 (Matthew 24:51-53);”*

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

Prayer Time Min. \_\_\_\_\_  
 Study/Read Scrip. \_\_\_\_\_  
 Church Attendance Sun/Wed Be Prepared  
 Serving Others Beyond Family  
 Core Quality= Seek God Through Action & Sacrifice

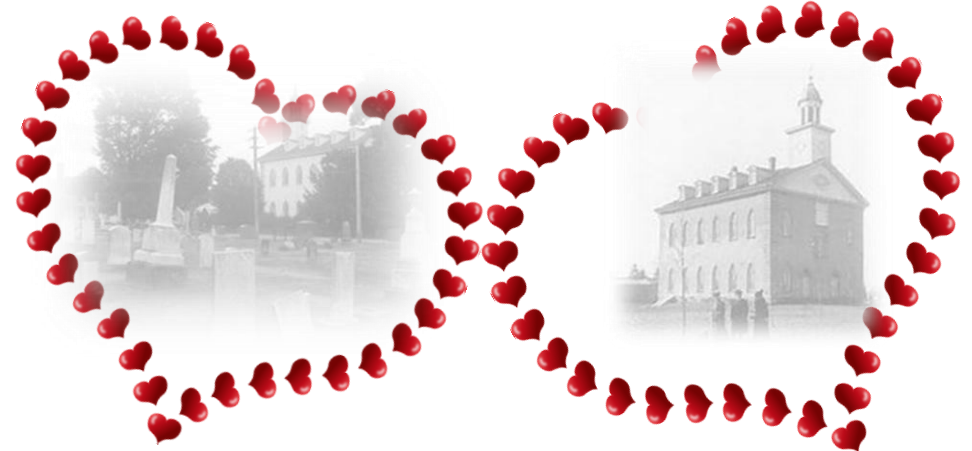
# Habit Tracker = Pressing Forward

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 hearts to help you to track anything you're trying to do daily (or even weekly).



## Habit to Work On:

- ✓ Write what you would like to work on in the larger hearts.
  - ✓ Check off a small heart surrounding it each day you meet your goal.
- Action and Sacrifice are necessary to build God's Kingdom!





Record:

## Daily Thanksgiving & Praise

**Thanksgiving:** It is easy to praise and thank God when our prayers are answered, but when God gives us a “wait” or a “no” for an answer, we find it very hard to offer up thanksgiving and praise. To praise Him in the storms of life requires a “Personal Sacrifice”. We must lay down our anger, fear and lack of understanding and choose to believe that God is still good and can be trusted. We must choose to believe that He will keep His promise to turn all things to our good. Even in times of great affliction we are instructed to offer the sacrifice of praise and thanksgiving. Doing this sets us free of all anxiety filled emotions and makes our faith grow. *“Though he slay me, yet will I trust in him (Job 13:15);”*

### Attributes of God: Goodness

*“Oh how great is thy goodness, which thou hast laid up for them that fear thee; which thou hast wrought for them that trust in thee...(Psalm 31:19).”*

### Names of God: High Tower, Shield, Refuge, Rock, Fortress, Savior, Deliverer, Horn of Salvation

*“The God of my rock; in him will I trust; he is my shield, and the horn of my salvation, my high tower, and my refuge, my savior (2 Samuel 22:3);”*

*“The Lord is my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust; my buckler, and the horn of my salvation, and my high tower (Psalm 18:2).”*

**Praise and Thanksgiving:** *“I will offer to thee the sacrifice of thanksgiving, and will call upon the name of the Lord (Psalm 116:17).”* Our praise of God should not be based on our opinion of His job performance.



Record:

## Daily Inspirational Thoughts

### **5 Reasons to Journal:**

1. Journaling helps us to both hear from and respond to God.
2. To have a tangible account of God’s blessings.
3. To serve as a reminder of the long-term sanctification process.
4. To aid in prayer and meditation.
5. To keep a record of life’s journey.

**REMEMBER:**

**An Established Heart Seeks God’s Kingdom First!**



## ESTABLISHING YOUR HEART

February Bulletin Insert, 2017

An Established Heart Seeks God’s Kingdom First.

**Action and Sacrifice are necessary to build God’s Kingdom.**

I love the story in Exodus when the children of Israel were called to build God’s Tabernacle, and went to work with willing hearts. Our calendar page in February reminds us of this. *“Take ye among you an offering unto the Lord; whosoever is of a willing heart, let him bring it, an offering unto the Lord...And all the women that were wisehearted did spin with their hands, and brought that which they had spun both blue and purple and of scarlet, and fine linen...and all the women whose hearts stirred them up in wisdom spun...The children of Israel brought a willing offering unto the Lord, every man and woman, whose hearts made them willing to bring (Exodus 35:5,25,29).”*

The women’s willingness to work and sacrifice reminds me of the women in the early church when the Kirtland Temple was being built. They were willing to work and sacrifice. They cut their hair to make the mortar stronger and broke their fine china to add to the finishing plaster so it would shine and sparkle in the light. I have a piece of the mortar with hair still in it and a piece of the original façade with pieces of glass. When I look at these items I always feel challenged. What sacrifices am I making for God’s Kingdom/Zion?

What is your heart’s desire? Is it to build God’s Kingdom/Zion? Are you wisehearted, are you willing to work and sacrifice for God’s Kingdom. **Are you willing to sacrifice and put God’s work first in your life?** Jesus reminded us of this very thing when He said: *“Wherefore, seek not the things of this world but seek ye first to build up the kingdom of God, and to establish his righteousness, and all these things shall be added unto you (Matthew 6:38).”* Then in the D&C we are told: *“Be not weary in well-doing, for ye are laying the foundation of a great work. And out of small things proceedeth that which is great. Behold, the Lord requireth the heart and a willing mind; and the willing and obedient shall eat the good of the land of Zion in these last days (D&C 64:6c-7a);”*

**Are you changing your priorities? Are you ready for the Lord’s return? Has there been a change in your Heart’s Desire? Time is short, there is no time to waste: We must go to work now with all our might to build God’s Kingdom and prepare ourselves for Christ’s return!**

