

THE HEART OF A MAN PLANS HIS WAY, BUT THE LORD ESTABLISHES HIS STEPS.

PROVERBS 16:9

## 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!**

31				
30				
29		AM / PM		
28				
27				
26				
25		W		
24				
23				
22		AM / PM		
21				
20				
19				
18		W		
17				
16				
15		AM / PM		
14				
13				
12				
11		W		
10				
9				
8		AM / PM		
7				
6				
5				
4		W		
3				
2				
1		AM / PM		

Prayer Time \_\_\_\_\_  
 Study/Read Scrip. \_\_\_\_\_  
 Church Attendance Sun./Wed. \_\_\_\_\_  
 Serving Others \_\_\_\_\_  
 Core Quality= Work Tirelessly for the Welfare of Others \_\_\_\_\_

*"I would that ye should impart of your substance to the poor, every man according to that which he hath, such as feeding the hungry, clothing the naked, visiting the sick, and administering to their relief, both spiritually and temporally, according to their wants (Mosiah 2:43)."*

## 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 following 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																								
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O give me Samuel's ear  
 The open ear, O Lord  
 Alive and quick to hear  
 Each whisper of Thy Word  
 Like him to answer at Thy call  
 And to obey Thee first of all



Record:

## Daily Thanksgiving & Praise

In November, the Women's Department offered a 30 day challenge, "To Daily Thank and Praise God". It is important to learn to do this for Thanking God daily is a commandment. He tells us to do this because of what it will do for us. *"He commanded them that they should observe the Sabbath day and keep it holy, and also every day they should give thanks to the Lord their God (Mosiah 9:56)."* When we stop and thank God our attitudes improve. We have a new perspective on life. We come into His Presences through Thanksgiving and Praise. There we can find Joy, even in tribulation.

### Attributes of God: Loving Kindness

*"How excellent is thy loving-kindness, O God! Therefore the children of men put their trust under the shadow of thy wings (Psalms 36:7)."*

*"The Lord hath appeared of old unto me, saying, Yea, I have loved thee with an everlasting love; therefore with loving-kindness have I drawn thee (Jeremiah 31:3)."*

### Names of God: First Fruits

*"Wherefore, he is the first fruits unto God, inasmuch as he shall make intercession for all the children of men (2 Nephi 1:76)."*

Praise and Thanksgiving: *"I will love thee, O Lord, my strength. 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. I will call upon the Lord, for he is worthy to be praised (Ps. 18:1-3)."*

Record:

## Daily Inspirational Thoughts

Journal suggestions: The New Year is considered a time of new beginnings. It is a time to form new habits and set our goals for the coming year. Let's make this a year of action and moving forward and giving our heart fully to God. The following ideas may assist you in moving forward in your goals:

1. Write down ways to give your heart more completely to God.
2. Write down a plan to accomplish these goals.
3. Make a list of your talents and gifts and how you can develop and use them in building Zion.
4. Make a list of ways you can serve God and be a blessing to others.

Pray about the list and things you write down. Ask God to assist you in carrying them out.

# ESTABLISHING YOUR HEART

January Bulletin Insert, 2017

## A Call to Action = Give Me Your Heart

*"And Jesus answered him, The first of all the commandments is; Harken, and hear, O Israel; the Lord our God is one Lord; And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength. This is the first commandment. And the second is like this, Thou shalt love thy neighbor as thyself. There is none other commandment greater than these (Mark 12:34-36)."*

"Establishing our Hearts" assists us in fulfilling the above scripture in our lives. An "Established Heart" is centered in God. It is not good enough to just say, "we love God"; our words must have action behind them. Actions such as = keeping His commandments; putting Him first in our daily lives; loving our neighbors as ourselves; offering a sacrifice of a broken and contrite heart; moving out in service to build His Kingdom; daily study; continuing in fasting and prayer; to name a few. An Established Heart is a Heart of Action, not just pretty words.

In our new women's calendar for 2017 you will find a message from our pastor and our patriarch to the women. I hope you will take the time to read these in full. They call us to **action**.

Our pastor reminds us to have Repentant Hearts. He calls us to be motivated and create habits in our daily life that will lead us closer to Christ. *"For where your treasure is, there will your heart be also (Matthew 6:21)."*

Our Patriarch, Brother Ballantyne, calls us to establish in the depths of our hearts, a special communion with Christ through Mighty Prayer and Fasting. He encourages us to become the **Elect Women** God has called us to be.

The first page in your calendar uses the hymn "Give Me Your Heart". My sisters, let's start the New Year by giving our hearts completely to God. **Let this be our New Year's Pledge: "What can I say, what can I do, but offer this heart oh God, Completely to YOU!"**

