

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.



Challenge yourself to grow!

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				

Prayer Time Min. ____
 Study/Read Scrip. ____
 Church Attendance Sun/Wed
 Serving Others
 Core Quality= Enter into the depths of humility

Continue in the spirit of meekness and beware of pride (D&C 24:4a).



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	





Record:

Daily Thanksgiving & Praise

How thankful we should be that the Lord is our Shepherd. Let us thank and praise Him every day for His tender care. *The Lord is my shepherd; I shall not want. He maketh me to lie down in green pastures; he leadeth me beside the still waters. He restoreth my soul; he leadeth me in the paths of righteousness for his name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil; for thou art with me; they rod and thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies; thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the Lord forever (Psalm 23).*

Attributes of God: Compassion

*Now, when he came nigh to the gate of the city, behold, there was a dead man carried out, the only son of his mother, and she was a widow; and many people of the city were with her. **And now the Lord saw her, and had compassion on her,** and he said unto her, Weep not. And he came and touched the bier; and they who bare it stood still, and he said, Young man, I say unto thee, Arise (Luke 7:12).*

The Lord is gracious, and full of compassion; slow to anger, and of great mercy (Psalm 145:8).

Names of God: The Great Shepherd of the Sheep

*Now the God of peace, that brought again from the dead our Lord Jesus, **that great Shepherd of the sheep,** through the blood of the everlasting covenant, make you perfect in every good work to do his will (Hebrews 13:20-21).*

Praise: *Praise ye the Lord. I will praise the Lord with my whole heart,...He hath made his wonderful works to be remembered; **the Lord is gracious and full of compassion** (Psalm 111:1, 4)*

Daily Inspirational Thoughts: In December's insert we suggested you start a "Joy Section" in your journal. I have a Joy section and it lifts me up when I go through it. I have pasted in quotes about being joyful, such as "**Joy does not just happen to us. We have to choose Joy.**" It is good to daily consider all the ways God has blessed you and brought you joy. Make a joyful section in your journal!

ESTABLISHING YOUR HEART

July Bulletin Insert, 2017 (by Pat Chadwick)

An Established Heart reaches out in prayer and action to those who are lost. The following two parables speak to God's compassion for the lost.

Then drew near unto him, many of the publicans, and sinners, to hear him. And the Pharisees and scribes murmured, saying, This man receiveth sinners and eateth with them. And he spake this parable unto them, saying, What man of you having a hundred sheep, if he lose one of them, doth not leave the ninety and nine, and go into the wilderness after that which is lost, until he find it? And when he hath found it, he layeth it on his shoulders, rejoicing. And when he cometh home, he calleth together his friends and neighbors... I say unto you, that likewise joy shall be in heaven over one sinner that repenteth (Luke 15:1-8; 15:1).

*And he arose and came to his father. But when he was yet a great way off, his father saw him, **and had compassion** and ran, and fell on his neck, and kissed him (Luke 15:20).*

Our July calendar page highlights hymn #364 from the blue hymnal. I hope you will read this hymn all the way through.

Verse 1 - expresses Christ's love for His sheep: "Dear to the heart of the shepherd, Dear to the sheep of the fold; Dear is the love that He gives them, Dearer than silver and gold."

Verse 2 - expresses His love and concern for those lost to Him: "Dear to the heart of the shepherd, Dear are the lambs of His fold; Some from the pastures are straying, Hungry and helpless and cold. See, the good shepherd is seeking, seeking the lambs that are lost; Bringing them in with rejoicing, Saved at such infinite cost."

Verse 3 - Jesus asks: "Will you not seek for My lost ones, off from My shelter astray?"

Verse 4 - we answer back: "Yes, blessed Master, we will! Make us Thy true under shepherds, Give us a love that is deep; Send us out into the desert, Seeking thy wandering sheep."

We are called to be Christ's hands and feet on the earth. I believe each of us knows a lost sheep who needs the attention and love of a caring shepherd. I would pray, that we would **resolve to seek out those who are lost.** We can do this best by extending the hand of friendship, love and compassion. Jesus set the example of having compassion for His lost sheep. We are called to "Follow in His Footsteps".

