

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.

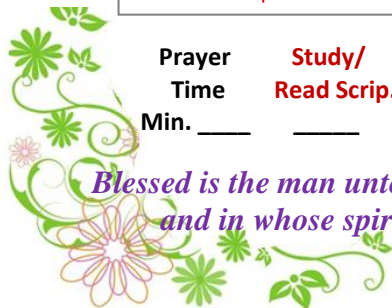
Challenge yourself to grow!



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

Prayer Time Min. ____
 Study/Read Scrip. ____
 Church Attendance Sun/Wed
 Serving Others
 Core Quality= Am I Without Guile?

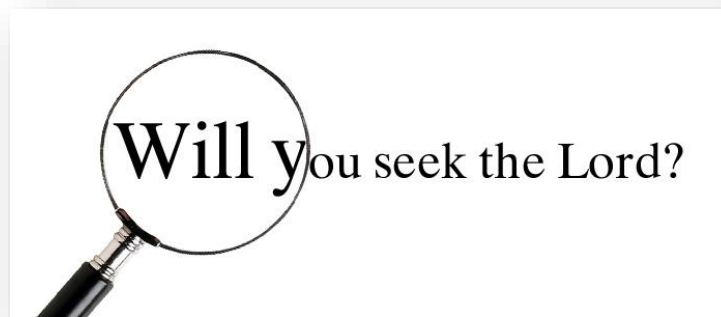
Blessed is the man unto whom the Lord imputeth not iniquity, and in whose spirit there is not guile (Psalms 32:2).



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	



Will you seek the Lord?



Record:

Daily Thanksgiving & Praise

Thanksgiving: In the Psalms David reminds us that God will not forsake those who seek Him. Friends can forsake us and sometimes even family and loved ones but God will never forsake us. As we seek Him we should also praise and thank Him for His faithfulness to us. *I will praise thee, O Lord, with my whole heart; I will show forth all thy marvelous works. I will be glad and rejoice in thee; I will sing praise to thy name, O thou Most High . . . The Lord also will be a refuge for the oppressed, a refuge in times of trouble. And they that know thy name will put their trust in thee; for thou, Lord, hast not forsaken them that seek thee. Sing praises to the Lord, which dwelleth in Zion; declare among the people his doings (Psalm 9:1-2; 9-11).* Note in verse 11 it reminds us that part of being thankful and praising God is being valiant in testimony.

Attributes of God: Faithfulness

Thy faithfulness is unto all generations; thou hast established the earth, and it abideth (Psalm 119:90). But the Lord is faithful, who shall stablish you, and keep you from evil (2 Thessalonians 3:3).

Names of God: The True Vine

I am the true vine, and my Father is the husbandman. Every branch in me that beareth not fruit he taketh away; and every branch that beareth fruit, he purgeth it, that it may bring forth more fruit (John 15:1-2). God is our source for everything on this earth and in eternity!

Praise: Seek the Lord early. *O God, thou art my God; early will I seek thee; my soul thirsteth for thee, . . . Because thy loving-kindness is better than life, my lips shall praise thee (Psalm 63:1-2).*



Record:

Daily Inspirational Thoughts

When we talk about seeking God, journaling can help us do that very thing. It calls our wandering mind to attention. Journaling with the goal of seeking a closer relationship with God brings you into a state of mindfulness of Him and moves you from passivity to action. It can engage your thought with His. It can help keep you connected to the true vine.

ESTABLISHING YOUR HEART

June Bulletin Insert, 2017



In the June page of our calendar we find this scripture:

Then shall ye call unto me, and ye shall go and pray unto me, and I will hearken unto you. And ye shall seek me, and find me, when ye shall search for me with all your heart (Jeremiah 29:12-13). If we examine these words in the Hebrew we see their meaning more clearly. I believe this will help us in seeking and searching for God with all our hearts.

Seek in the Hebrew is = baqash. It is a verb of concrete action. When I want something, I better do more than just wish for it. I better get up and go to work. God does not tolerate spiritual laziness. This verb is usually about taking action in an effort to acquire something. An example might be = to Seek God as diligently as you would seek out Gold. Want to see the view from the top of the mountain = climb. This is an **Action Word = “blood and sweat and go to work word, serve Him with a full heart word.”** In one of the first Sections of the Doctrine and Covenants God calls us to the work: *Now, behold, a marvelous work is about to come forth among the children of men, therefore O ye that embark in the service of God, see that ye serve him with all your heart, might, mind, and strength, that ye may stand blameless before God at the last day; (D&C 4:1-2).*

Search in the Hebrew = darash. *Darash* is the verb for “**seeking with great care**”, especially those things that can only be found with deep thought. This is not a verb about searching for some external object to acquire. This is a verb about purposeful searching for knowledge, to search through prayer, study and worship, to inquire diligently. *Yea, purify your hearts . . . I give unto you a commandment, that ye shall continue in prayer and fasting from this time forth . . . that you shall teach one another the doctrine of the kingdom (D&C 85:20-21b).*

God says to seek me and find me. If we seek, He promises to respond but we need to seek with diligence and vigor. **Seek Him through faithful service** = serve him with all our heart, might, mind and strength and you will find Him. **Search for Him through prayer and fasting with pure hearts** = To be diligent in prayer and study is necessary if we want to connect with our Heavenly Father. It all begins in our Hearts = Seek and Search for Him with all your Heart.

