



**PLANNING CHART FOR SPIRITUAL GROWTH**

Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice. - Ephesians 4:31



## 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).

31				
30				
29		W		
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		

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= Do I have ought against anyone? \_\_\_\_\_

“Bless the Lord, O my soul.  
 O Lord my God, thou art very great;  
 Thou art clothed with power and majesty;”

Psalm 104:1





## **Record:** Daily Thanksgiving & Praise

**Thanksgiving:** We should always be thankful for God's "Exceeding Great Power" because knowing His power we understand there is no situation that comes up in our lives that He cannot handle. Nothing is beyond His Great Power. The scriptures speak often of God's "Exceeding Great Power". Yet they also tell us that this God of Power is our Good Shepherd and He tenderly watches over us, cares for us and even came and gave His life for us. We have much to Thank and Praise our Good Shepherd for.

### **Attributes of God: Mighty and Powerful**

*"Hearken, and lo, a voice as of one sent down from on high, who is mighty and powerful, whose going forth is unto the ends of the earth; yea, whose voice is unto men, Prepare ye the way of the Lord, make his paths straight (D&C 65:1a)."*

### **Names of God: The Good Shepherd**

*"I am the good shepherd; the good shepherd giveth his life for his sheep (John 10:11)."*

**Praise and Thanksgiving:** *"Yea, I know that I am nothing; as to my strength, I am weak; therefore I will not boast of myself, but I will boast of my God; for in his strength I can do all things; yea, behold, many mighty miracles we have wrought in this land for which we will praise his name for ever (Alma 14:92-93)."*



## **Record:** Daily Inspirational Thoughts

Writing has the power to help you see the beauty of God at work in your life experiences. You'll be surprised by how much you discover about God and He will use your journal as a tool to transform you.

1. **Begin with Prayer.**
2. **Reflect on the past** = Continue to record ways God has blessed you in the past. How has He been that Good Shepherd in your life?
3. **Look Forward** = Consider prayerfully and record what you want God to do for you in the coming year. What is the desire of your heart? Record what you want to do for Him.

If you are more a reader than a writer collect quotes, inspirational thoughts, favorite scriptures etc. and paste them in your journal. Put in things that uplift you, bring you closer to God and express your heart's desire.



## **ESTABLISHING YOUR HEART**

March Bulletin Insert, 2017

You will find this scripture on your March calendar page. It is a prayer on behalf of the saints at Ephesus but can just as well be for us today. *"That the God of our Lord Jesus Christ, the Father of glory, may give unto you the spirit of wisdom and revelation in the knowledge of him; The eyes of your understanding being enlightened; that ye may know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints, And what is the exceeding greatness of his power to us-ward who believe, according to the working of his mighty power (Ephesians 1:17-19)."*

Paul is asking the Father to send the Holy Spirit to give us revelation of the nature and character and personality of God, so that we would indeed know Him at a very intimate level. God wants a personal relationship with you.

In the Greek text the "eyes of our understanding being enlightened" means "to open the eyes of our hearts". In other words we understand God with our total inner person = mind, emotion and will. **Thus our hearts are truly and fully established in Him.**

This scripture talks not just about God's power but the "Exceeding Greatness of His Power". If we, through the spirit of wisdom, revelation and knowledge, come to comprehend this, it does several things for us:

1. Enables us to Believe in God and have a Strong Faith
2. Enables us to overcome temptation, repent and have pure hearts
3. Enables us to be humble
4. Enables us to persevere through our trials
5. Enables us to serve Him with our whole heart (not half-heartedly)
6. Enables us to have full hope and confidence in His promises and go forth and build Zion
7. Enables us to endure to the end

**Today we can have hope, in all circumstances, because of the exceeding greatness of His Power. We can ask God to fulfill this prayer in our own lives, that through the Holy Spirit, the eyes of our hearts may be opened to God's Great Exceeding Power. Remember, Miracles come according to our faith in God and our belief in His exceeding great power. "Behold I say to you, Nay, for it is by faith that miracles are wrought; and it is by faith that angels appear and minister unto men; Wherefore if these things have ceased, wo be unto the children of men, for it is because of unbelief... (Moroni 7:41)."**

