



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

Prayer Time Min. ____
 Study/Read Scrip. ____
 Church Attendance Sun/Wed
 Serving Others
 Core Quality= Do I Make Righteous Judgments?

Judge not unrighteously, that ye be not judged; but judge righteous judgment. (Matthew 7:2)

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	





Record:

Daily Thanksgiving & Praise

Thanksgiving: Want more Joy in your life? Try praising God. The word Joy occurs 181 times in the Bible so we know God wants us to be a joyful people. He has said, *Men are that they might have Joy (2 Nephi 1:115)*. God wants you to share your fears and doubts with Him but He also wants to hear words of thanksgiving and praise coming from your lips. When offering up thanksgiving and praise to God we find that fear loses its power over us. Thanksgiving and praise produce faith which causes fear to flee and fear is replaced by peace and joy. Thanksgiving and praise produce Joy because they bring us into the presence of God. *Thou wilt show me the path of life; in thy presence is fullness of joy; at thy right hand there are pleasures forevermore (Psalms 16:11)*.

Attributes of God: Unchanging

For I know that God is not a partial God, neither a changeable being; but he is unchangeable from all eternity to all eternity. (Moroni 8:19) **It is comforting to know that God does not change. His promises stand true in any day and age. I am God; I change not (D&C 129:8d).**

Names of God: Jehovah Jireh = The Lord Will Provide

And Abraham called the name of that place Jehovah-jireh; as it is said unto this day, In the mount of the Lord it shall be seen (Genesis 22:18).

Praise: Remember if you want more Joy = Praise God!

But let all those that put their trust in thee rejoice; let them ever shout for joy, because thou defendest them; let them also that love thy name be joyful in thee. For thou, Lord, wilt bless the righteous; with favor wilt thou compass him as with a shield (Psalm 5:11-12).



Record:

Daily Inspirational Thoughts

Want to be less stressed? Use your Journal. The University of Rochester has done a study that **shows journaling helps reduce stress and lowers anxiety**. This would be even truer as we are journaling to deepen our relationship with God. I try to put things in my journal that focus me on Jesus and His Kingdom.



ESTABLISHING YOUR HEART

May Bulletin Insert, 2017

The word **heart** occurs over one thousand times in the Bible. The word heart denotes a person's center for both physical, emotional, intellectual and moral activities. *Man looks at the outward appearance but the lord looks at the heart (1 Samuel 16:7)*.

The scriptures reveal much about the importance of our hearts to God:

- The Lord searches all hearts to reward all according to their conduct. (Jeremiah 17:10)
- In the time of judgment God will expose the hidden counsels of the heart. (I Corinthians 4:5)
- The Lord, who knows our hearts. (Luke 16:15)
- Where your treasure is, there your heart will be also. (Matthew 6:21)

In short, the heart needs to be educated by filling it with God's word (Proverbs 22:17-18). In that way a person will grow in favor and good name and be safeguarded against sin (Psalm 119:11).

A hardened heart = death: Just as a **hardened physical heart** means death to the physical body, so a heart hardened against God means death to the soul. *And the mists of darkness are the temptations of the devil, which blindeth the eyes, and hardeneth the hearts of the children of men, and leadeth them away into broad roads, that they may perish, and are lost (1 Nephi 3:125).*

A new heart means: A renewed way of thinking, a disposition and mind changed from sinful to holy, from evil to good, from carnal to spiritual.

1 Thessalonians 3:11-13 tells us we need a sanctified heart, in which the almighty grace of God is victorious and the heart is established fully in Christ and prepared for His return. **How will you answer these questions about your heart?** *Behold, I say unto you...If ye have experienced a change of heart, and if ye have felt to sing the song of redeeming love, I would ask, Can ye feel so now? Have ye walked, keeping yourselves blameless before God?...have ye been sufficiently humble?...are ye stripped of pride?...If ye are not, ye are not prepared to meet God (Alma 3:46-51).* **Are there changes you need to make? Ask God to send His spirit to descend upon your heart and change it. We cannot bring change to our hearts by ourselves but need the assistance of the Holy Spirit.** *And also, we know of their surety and truth, because of the Spirit of the Lord...which has wrought a mighty change in us...we have no more disposition to do evil, but to do good continually (Mosiah 3:3).*

