

your soul

Your heart

engage

Your mind

your strength

engage

The Greatest Commandment

*“Love the Lord your God with all your heart
and with all your soul
and with all your mind
and with all your strength.*

*The second is this: ‘Love your neighbor as yourself.’
There is no commandment greater than these.”*

~ Mark 12:30-31 ~

Love the Lord your God with all your Heart: *“Man looks at the outward appearance, but the Lord looks at the heart.” [1 Samuel 16:7b]* God cares little about how things look on the outside and more about the condition of your heart. God calls us into community to worship and and be in fellowship together. You were not designed to stand alone, *but rather to meet together and encourage one another* [Hebrews 10:25] and love your neighbors as yourself.

Love the Lord your God with all your Soul: God desires for you to *draw near to Him with a sincere heart in full assurance of faith, free of a guilty conscience and having your body washed with pure water.* [Hebrews 10:22] Through Jesus, God is no longer hidden from us. To enter into God’s presence is to experience God’s joyful purpose for your life.

Love the Lord your God with all your Mind: You have total control over what you allow to fill your mind. Center your mind on God’s goodness and greatness, fill your mind with God’s truth. The Gospel must be the foundation of all that you think, all that you speak, and all that you do. We need to *hold unwaveringly to the hope we profess, for He who promised is faithful.* [Hebrews 10:23]

Love the Lord your God with all your Strength: God calls you to look for opportunities to *spur one another to love and good deeds,* [Hebrews 10:24] using your gifts and talents to serve those in need. And, Jesus calls each of us to make *disciples of all nations* [Matthew 28:19], sharing our faith in Jesus boldly for all to hear.

As you work through this Journal, you will complete three main sections each week:

- **Assessment:** The assessment portion will give you an opportunity to benchmark specific competencies related to loving God and loving others. This assessment does not compare yourself to anyone, but rather it will help you discover where your current strengths are and where you have some opportunities to grow in your Christian faith. It is a tool to foster spiritual forward movement and growth. It is encouraged that you retake this assessment later in the year to see how you have grown over time.
- **Bible Study:** Being engaged in a daily Bible Study will promote forward movement and growth in your spiritual development. The Bible Study in this journal has two tracks: *Quick Start* and *A Closer Look*.

Quick Start will take no more than 30 seconds to complete. It contains one or two verses of scripture with one question to ponder. If you would prefer, you can receive the Quick Start study as a daily text message by sending an email to Jon Noto at jnoto@willowcreek.org.

A Closer Look will take approximately 15 minutes to complete. It contains a larger portion of scripture along with four study questions.

Consistency in engaging in a daily Bible Study is the most important thing here, so choose whichever track will fit your needs right now. Also note, you can follow the Quick Start track on Monday and then A Closer Look track on Tuesday and bounce back and forth as much as you like.

- **Spiritual Growth Plan:** At the end of each week, take a few minutes to make note of areas that God has revealed to you as strengths and potential areas in which you can grow. Identify key action steps you want to take in each area. Action steps may include gaining new knowledge by reading a book, taking a class, meeting with a subject matter expert, etc. Or, it may involve gaining new experiences and require you to take some specific action, serve in a new area, meet someone new, follow a prompting, etc. Throughout the entire process, be careful to seek God's direction for you as he shapes your heart for His purposes. Make it a point to share your plan with your Running Partner so that s/he can help support and encourage your growth.

Our hope is that you will approach this process as an opportunity to spend time with God, and better understand what it means to fully love the Lord your God with all your Heart, Soul, Mind and Strength, so that you may walk in a manner worthy of the Lord, fully pleasing to him, bearing fruit in every good work and increasing in the knowledge of God.

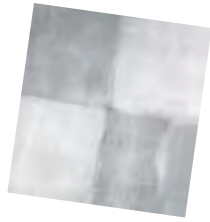


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Assessment

Engage Your Heart

Love the Lord your God with all your Heart: “*Man looks at the outward appearance, but the Lord looks at the heart.*” [1 Samuel 16:7b] God cares little about how things look on the outside and more about the condition of your heart. God calls us into community to worship and be in fellowship together. You were not designed to stand alone, but rather to meet together and encourage one another [Hebrews 10:25] and love your neighbors as yourself.

	never		sometimes		consistently
1. I consider all people to be made in the image of God and treat them with love and respect.	0	1	2	3	4 5
2. I am committed to pursuing strong family (immediate and extended) relationships and seek to serve and put their needs before my own.	0	1	2	3	4 5
3. I genuinely care about others and pray daily for God to use me in their lives.	0	1	2	3	4 5
4. When I extend an invitation either to my home or to my Church, I reach beyond my usual circle of friends to include those who are in need.	0	1	2	3	4 5
5. I have biblical relationships where I can authentically share my dreams, struggles and sin patterns.	0	1	2	3	4 5
6. I have a mentor who encourages my spiritual development.	0	1	2	3	4 5
7. I address conflict in a biblical manner and seek to forgive and be forgiven.	0	1	2	3	4 5
8. I honor my commitments and promises.	0	1	2	3	4 5
9. I take time to celebrate the blessings God has given me and am known to be a joyful person.	0	1	2	3	4 5
10. My words, actions and way of living reflect the love of Christ to others.	0	1	2	3	4 5

Take a few minutes to make notes in the **HEART** column of the **SPIRITUAL GROWTH PLAN** on page 31.

Bible Study

Engage Your Heart

Engage your Heart by studying the Word of God each day. Choose either the **Quick Start Bible Study** on this page, or **A Closer Look Bible Study** on the next two pages.

If you would like a text message of the Quick Start scripture sent to you daily, please contact Jon Noto at jnoto@willowcreek.org.

quick start

DAY 1

Engage Your Heart By Loving Others

Dear friends, since God so loved us, we also ought to love one another.

~ 1 John 4:11

- ▶ How do you reflect God's love to others?

DAY 2

Engage Your Heart By Loving Your Enemies

"But I tell you who hear me: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you."

~ Luke 6:27-28

- ▶ Who are your enemies? What does loving your enemies look like?

DAY 3

Engage Your Heart By Loving Those In Need

But when you give a banquet, invite the poor, the crippled, the lame, the blind . . .

~ Luke 14:13

- ▶ Who are you inviting to your home? Do you open your house beyond your usual circle of friends?

DAY 4

Engage Your Heart By Encouraging Others

And let us consider how we may spur one another on toward love and good deeds . . .

~ Hebrews 10:24

- ▶ What does your community look like? Who speaks into your decisions?

DAY 5

Engage Your Heart With Forgiveness

"If your brother sins against you, go and show him his fault, just between the two of you.

~ Matthew 18:15a

- ▶ What is your first response to conflict?

DAY 6

Engage Your Heart With Kindness and Compassion

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

~ Ephesians 4:31

- ▶ What's in your heart and how does it impact your ability to love others, like Jesus loves you?

Bible Memorization “ ”

"A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. By this all people will know that you are my disciples, if you have love for one another."

~ John 13:34-35

DAY 1

Engage Your Heart By Loving Others **Read** *1 John 4:7-21*

- ▶ How did God show His love for His people?
- ▶ Is it possible to love God, but not love people?
- ▶ How do you reflect your love for God to others?
- ▶ What prevents you from loving others?

DAY 2

Engage Your Heart By Loving Your Enemies **Read** *Luke 6:27-36*

- ▶ Referring to verse 27-28, define “enemies”.
- ▶ According to this passage how should you treat your “enemies”?
- ▶ Who are your “enemies”?
- ▶ Set aside time this week to pray for your “enemies” and your relationship with them.

DAY 3

Engage Your Heart By Loving Those In Need **Read** *Luke 14:11-14*

- ▶ Who does Jesus instruct us to invite to our tables? Why?
- ▶ Think back to the last three gatherings you hosted at your home. Who did you invite?
- ▶ How might God want to use you to reach out to those in need within your community?
- ▶ Pray asking God to reveal who you need to invite to your next gathering.

a closer look

DAY 4

Engage Your Heart By Encouraging Others **Read** *Hebrews 10:19-25*

- ▶ Circle the words “Let us” in this passage. What four encouragements to persevere are given?
- ▶ From this passage, what is the value of Christian community?
- ▶ What does your community look like? Who speaks into your decisions?
- ▶ Where in your life do you need encouragement? How can you help spur others on toward love and good deeds?

DAY 5

Engage Your Heart With Forgiveness **Read** *Matthew 18:15-20*

- ▶ According to verse 15, what is the first step to conflict resolution?
- ▶ What three steps to conflict resolution follow?
- ▶ How do you typically respond to conflict?
- ▶ What do you stand to gain by following the steps outlined in this passage?

DAY 6

Engage Your Heart With Kindness and Compassion **Read** *Ephesians 4:25-32*

- ▶ Underline each piece of instruction in this passage.
- ▶ Looking at this passage honestly, which instruction is easy to follow, and which is more challenging?
- ▶ How would you currently describe your heart? How does the current state of your heart impact your ability to love others like Jesus loves you?
- ▶ Pray asking God to remove all impurities of your heart.

A series of 25 horizontal dotted lines for writing.

Assessment

Engage Your Soul

Love the Lord your God with all your Soul: God desires for you to *draw near to Him with a sincere heart in full assurance of faith, free of a guilty conscience and having your body washed with pure water.* [Hebrews 10:22]
 Through Jesus, God is no longer hidden from us. To enter into God's presence is to experience God's joyful purpose for your life.

	never		sometimes		consistently
1. I would sacrifice anything in my life for Christ (job security, bank account, dreams, etc).	0	1	2	3	4 5
2. I desperately seek God's will and leading in all areas of my life.	0	1	2	3	4 5
3. I make time to be in solitude with God to be with Him and to listen to Him.	0	1	2	3	4 5
4. I confess my sin to God as soon as I am aware of it and receive His forgiveness, with a desire to follow His way.	0	1	2	3	4 5
5. Recognizing everything I have belongs to God, I contribute at least 10% of my earnings to support God's work through the local Church.	0	1	2	3	4 5
6. I hunger for the Word of God, spending time daily in scripture.	0	1	2	3	4 5
7. I participate each week at Church because I know it is vital for my spiritual growth to worship with other believers.	0	1	2	3	4 5
8. Others can give specific examples of how they see the fruit of the Spirit in my everyday life.	0	1	2	3	4 5
9. I understand my physical health impacts my spiritual vitality and for that reason I have healthy eating habits, exercise, and get sufficient sleep.	0	1	2	3	4 5
10. I engage in the Sabbath and rest from anything that distracts me from the Lord.	0	1	2	3	4 5

Take a few minutes to make notes in the **SOUL** column of the **SPIRITUAL GROWTH PLAN** on page 31.

Bible Study

Engage Your Soul

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quick start

DAY 1

Engage Your Soul By Loving God

Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.

~ Mark 12:30

- ▶ What does it mean to love God with all your heart, soul, mind and strength?

DAY 2

Engage Your Soul In Prayer

They went to a place called Gethsemane, and Jesus said to his disciples, "Sit here while I pray." He took Peter, James and John along with him, and he began to be deeply distressed and troubled.

~ Mark 14:32-33

- ▶ Who do you turn to when you are deeply troubled?

DAY 3

Engage Your Soul In Solitude With God

Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. But Jesus often withdrew to lonely places and prayed.

~ Luke 5:15-16

- ▶ Are you able to find time to escape the crowd and be in solitude with God to pray?

DAY 4

Engage Your Soul By Being Still

Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said.

~ Luke 10:38b-39

- ▶ How often do you just sit and listen for the Lord to speak to you?

DAY 5

Engage Your Soul With Your Offering

They all gave out of their wealth; but she, out of her poverty, put in everything—all she had to live on."

~ Mark 12:44

- ▶ What emotions play into your ability to give sacrificially?

DAY 6

Engage Your Soul With Rest

There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from his own work, just as God did from his.

~ Hebrews 4:9-10

- ▶ How do you treat the Sabbath?

Bible Memorization “ ”

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law."

~ Galatians 5:22-23

DAY 1

Engage Your Soul By Loving God **Read** *Mark 12:28-34*

- ▶ Which is the greatest commandment?
- ▶ Do you think it is possible to experience the love of God and not love people? Why or why not?
- ▶ How do you express your love for God?
- ▶ What do you believe is your main purpose in life?

DAY 2

Engage Your Soul In Prayer **Read** *Mark 14:32-42*

- ▶ To whom did Jesus turn to in times of great distress?
- ▶ What was more important to Jesus, that his prayer was answered his way, or that God's will was accomplished?
- ▶ Who is your first contact in times of despair?
- ▶ What priority do you place on prayer? How does your prayer life reflect this?

DAY 3

Engage Your Soul in Solitude With God **Read** *Luke 5:12-16*

- ▶ Summarize what is happening in this passage.
- ▶ What was Jesus' reaction to the crowd that came to him?
- ▶ Who is your "crowd"?
- ▶ What do you need to do to walk away from your "crowd" to be in solitude with the Lord Jesus?

a closer look

DAY 4

Engage Your Soul By Being Still **Read** *Luke 10:38-41*

- ▶ What is Martha accusing Mary of doing?
- ▶ What is Jesus' response to this accusation?
- ▶ Who do you relate to more in this passage, Mary or Martha?
- ▶ Read Psalm 46:10. Reflecting on your own time with God, do you spend more time talking, or listening? What changes do you need to make to find room to listen?

DAY 5

Engage Your Soul With Your Offering **Read** *Mark 12:41-44*

- ▶ What is so significant about the poor widow's offering?
- ▶ Why do you think Jesus was so eager to point out the widow's offering to his disciples?
- ▶ What emotions play into your ability to give sacrificially?
- ▶ Pray asking God to show you how to use the wealth with which He has blessed you.

DAY 6

Engage Your Soul With Rest **Read** *Hebrews 4:1-11*

- ▶ What does it mean to "enter his rest" and who is invited? (see verses 1-2)
- ▶ What is the difference between "entering his rest" and the "Sabbath-rest"?
- ▶ God's intention for the Sabbath was for you to rest from anything that distracts you from Him. What distractions get in the way of you enjoying a true Sabbath?
- ▶ What do you stand to gain from experiencing true Sabbath-rest on a consistent basis?

Assessment

Engage Your Mind

Love the Lord your God with all your Mind: As an individual, you have total control over what you allow to fill your mind. Center your mind on God's goodness and greatness, fill your mind with God's truth. The Gospel must be the foundation of all that you think, all that you speak, and all that you do. We need to *hold unwaveringly to the hope we profess, for He who promised is faithful.* [Hebrews 10:23]

	never		sometimes		consistently
1. My beliefs and actions demonstrate that the Bible is the absolute true and has authority in every area of my life.	0	1	2	3	4 5
2. I hide God's word in my heart through scripture memorization.	0	1	2	3	4 5
3. I engage my heart and mind in the problems of the world and seek to see God's perspective.	0	1	2	3	4 5
4. I know what my optimal learning style is and fully engage it in my pursuit of God.	0	1	2	3	4 5
5. I am careful about what I let fill my mind and focus my thoughts on the things of God.	0	1	2	3	4 5
6. I have a plan that I am pursuing to transform my mind.	0	1	2	3	4 5
7. I am prepared to give an answer to everyone who asks me to give a reason for the hope I have in Jesus.	0	1	2	3	4 5
8. My pursuit of biblical knowledge has transformed me into a more loving person.	0	1	2	3	4 5
9. Because of my love of God, my pursuit of knowledge and wisdom is motivated by an obedience to God.	0	1	2	3	4 5
10. I believe, understand and apply the Core Truths outlined on page 20 .	0	1	2	3	4 5

Take a few minutes to make notes in the **MIND** column of the **SPIRITUAL GROWTH PLAN** on page 31.

Bible Study

Engage Your Mind

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quick start

DAY 1

Engage Your Mind In Scripture

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.

~ 2 Timothy 3:16-17

- ▶ Do you accept scripture to be the final authority of your life? If not, what is?

DAY 2

Engage Your Mind By Filling It With Truth

Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable— if anything is excellent or praiseworthy—think about such things.

~ Philippians 4:8

- ▶ With what do you regularly fill your mind?

DAY 3

Engage Your Mind With Renewal

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.

~ Romans 12:2

- ▶ What activities do you engage in to renew your mind daily?

DAY 4

Engage Your Scripture Memorization

I have hidden your word in my heart that I might not sin against you

~ Psalm 119:11

- ▶ What steps have you taken to hide God's Word in your heart?

DAY 5

Engage Your Mind With Your Identity In Christ

Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. . . . Put to death, therefore, whatever belongs to your earthly nature.

~ Colossians 3:1, 5a

- ▶ What do you need to put to death in order to experience a new identity in Christ Jesus?

DAY 6

Engage Your Mind With Your Pursuit Of Knowledge With Love

If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have not love, I am nothing.

~ 1 Corinthians 13:2

- ▶ What is the danger of focusing only on gaining biblical knowledge without application?

Bible Memorization “ ”

Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.

~ Philippians 4:8

DAY 1

Engage Your Mind in Scripture **Read** *2 Timothy 3:14-4:4*

- ▶ From where does Scripture come and what is its purpose?
- ▶ What is the danger of not knowing Scripture?
- ▶ What popular “myths” have you heard taught as if it were truth?
- ▶ Are you willing to make a commitment to engage in Scripture daily?

DAY 2

Engage Your Mind By Filling It With Truth **Read** *Philippians 4:4-9*

- ▶ How should you handle anxious thoughts that fill your mind?
- ▶ With what should you fill your mind?
- ▶ Make a list of all the sources of information that you allow to fill your mind (i.e. media, Bible, books, etc.)
- ▶ Compare your list with the list in Philippians 4:8. Where are there differences? Where are there similarities?

DAY 3

Engage Your Mind With Renewal **Read** *Romans 12:1-2*

- ▶ What does it mean to be a living sacrifice?
- ▶ What patterns of the world are most tempting to you?
- ▶ What activities do you currently engage in to renew your mind daily?
- ▶ Why do you think a transformed mind is so important to being Christ-centered?

a closer look

DAY 4

Engage Your Mind with Bible Memorization **Read** *Psalm 119:9-16*

- ▶ In your own words, what is the Psalmist saying in this passage?
- ▶ What benefit is there in hiding God's Word in your heart?
- ▶ What prevents you from memorizing scripture?
- ▶ What steps can you take in 2012 to overcome this obstacle?

DAY 5

Engage Your Mind with Your Identity in Christ **Read** *Colossians 3:1-17*

- ▶ According to this passage, what are some things that belong to your earthly identity?
- ▶ What are some things that belong with your identity in Christ?
- ▶ If others had the opportunity to see two versions of you, one with an earthly identity and one with a Christ-centered identity, what would be the major difference?
- ▶ What characteristics do you want to describe your identity?

DAY 6

Engage Your Mind with Your Pursuit of Knowledge with Love **Read** *1 Corinthians 13:2-10*

(gift of prophecy + understanding of all mysteries + all knowledge + faith to move mountains) – love = nothing

- ▶ Explain this formula.
- ▶ Do you think it is possible for someone to have a full understanding and knowledge of the Lord, but not love God and love and serve others? Why or why not?
- ▶ Knowledge is essential to your Christian walk, but on its own it's not enough. What else has to accompany knowledge to be a disciple of Christ?
- ▶ What is one question about the Bible that you would like answered? Set aside time this week to research this question and share your findings with one other person.

A series of 25 horizontal dotted lines spanning the width of the page, providing a template for writing or drawing.

Assessment

Engage Your Strength

Love the Lord your God with all your Strength: As a Christian, you are designed *to encourage and build one another up*. [1Thessalonians 5:11] You need to look for opportunities to *spur one another to love and good deeds*, [Hebrews 10:24] using your gifts and talents to serve those in need. And, Jesus calls each of us to make *disciples of all nations* [Matthew 28:19], sharing our faith in Jesus boldly for all to hear.

	never	sometimes			consistently	
	0	1	2	3	4	5
1. I seek to serve and care for anyone, regardless of race, gender, ethnicity, social class or educational background.	0	1	2	3	4	5
2. I give sacrificially, with my time and finances, to those in need.	0	1	2	3	4	5
3. I am aware of my spiritual gifts and I prioritize my time to use them to serve God's purposes.	0	1	2	3	4	5
4. I use my talents in a way that honors God and serves others.	0	1	2	3	4	5
5. I pursue justice for all people, especially the poor and oppressed.	0	1	2	3	4	5
6. Everything I have is a gift from God and is surrendered for God's purposes.	0	1	2	3	4	5
7. I invite family and friends to our Church.	0	1	2	3	4	5
8. I am in relationships and have spiritual conversations with people far from God.	0	1	2	3	4	5
9. I actively disciple others.	0	1	2	3	4	5
10. I recognize and I am obedient to God's promptings.	0	1	2	3	4	5

Take a few minutes to make notes in the **STRENGTH** column of the **SPIRITUAL GROWTH PLAN** on page 31.

Bible Study

Engage Your Strength

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quick start

DAY 1

Engage Your Strength In Servanthood

Sitting down, Jesus called the Twelve and said, "If anyone wants to be first, he must be the very last, and the servant of all."

~ Mark 9:35

- ▶ Pray asking God to show you where you can serve one person this week.

DAY 2

Engage Your Strength By Being A Living Sacrifice

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship.

~ Romans 12:1

- ▶ What does it mean to offer your body as a living sacrifice?

DAY 3

Engage Your Strength By Investing Your Talents Wisely

To one he gave five talents of money, to another two talents, and to another one talent, each according to his ability. Then he went on his journey.

~ Matthew 25:15

- ▶ What natural talents has God entrusted to you?

DAY 4

Engage Your Strength By Putting Others First

Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves.

~ Philippians 2:3

- ▶ When serving others, what are your motives?

DAY 5

Engage Your Strength By Sharing the Gospel

Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you."

~ Matthew 28:19-20a

- ▶ Who in your life needs to hear the Gospel?

DAY 6

Engage Your Strength By Moving To Action

Anyone who listens to the Word but does not do what it says is like a man who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like.

~ James 1:23-24

- ▶ Where do you need to apply the Word of God to your life?

Bible Memorization “ ”

Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves.

~ Philippians 2:3

DAY 1

Engage Your Strength In Servanthood **Read** *Mark 9:33-37*

- ▶ What were the disciples arguing about on their way to Carpernaum?
- ▶ What is the danger of Christians trying to one up each other?
- ▶ Jesus defined greatness in terms of being a servant. How does that compare to today's culture?
- ▶ When you serve, what is your motivation?

DAY 2

Engage Your Strength By Being a Living Sacrifice **Read** *Romans 12:1-8*

- ▶ What does it mean to be a living sacrifice?
- ▶ What “patterns of the world” are most tempting to you?
- ▶ Spiritual gifts are given to all believers by the Holy Spirit. Referring to Romans 12:6b-8, what are your spiritual gifts?
- ▶ Spiritual gifts are given to benefit others, and not ourselves. How are you using your spiritual gifts to serve others?

DAY 3

Engage Your Strength By Investing Talents Wisely **Read** *Matthew 25:14-30*

- ▶ What was the problem with the man who hid his talent in the ground?
- ▶ What natural talents has God entrusted to you?
- ▶ Like spiritual gifts, talents should be used to benefit others. How might God expect you to increase the talents He has entrusted to you?
- ▶ What keeps you from investing in your talents?

a closer look

DAY 4

Engage Your Strength By Putting Others First **Read** *Philippians 2:1-11*

- ▶ Verse 1 lists five different feelings you might experience by being a follower of Christ. What are they?
- ▶ What does the author encourage you to do as a result of experiencing these feelings?
- ▶ Describe the attitude of Christ.
- ▶ Describe your own attitude when it comes to putting others' interests before your own?

DAY 5

Engage Your Strength by Sharing the Gospel **Read** *Matthew 28:16-20*

- ▶ What was given to Jesus through His death and resurrection?
- ▶ What command does Jesus give to all His disciples?
- ▶ How seriously do you take this command?
- ▶ If something is holding you back from sharing the Gospel with others, identify what it is and seek out another Christian in your life for encouragement.

DAY 6

Engage Your Strength By Moving To Action **Read** *James 1:19-27*

- ▶ What instruction is given in this passage?
- ▶ What is promised to the individual who studies God's Word and applies it to their life?
- ▶ What is the final instruction in this passage?
- ▶ How might God be using this study to inspire action from you?

Spiritual Growth Plan

	Heart	Soul	Mind	Strength
FOCUS ON STRENGTHS				
1 Looking at your assessment scores, what is one strength in this area?				
2 How can you use this strength to continue to grow spiritually, or to help spur others growth?				
FOCUS ON GROWTH				
1 Looking at your assessment scores, what one area needs your focus over the next six months?				
2 What are your biggest challenges that prevent forward movement in this area?				
3 With the help of God, your community and running partner, what specific action steps can you take to move forward on your spiritual journey?				

engage

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