

Personal Growth Plan

The goal of the Christian life is to be with and grow more and more like Jesus. As you grow more like Him, you experience His peace and others experience His grace through you.

One goal at Stillmeadow is to help each person develop their own growth plan. Growth doesn't happen by accident. Every relationship grows with intentionality. It takes a plan to grow like Jesus. A plan that directs your heart, mind, body and strength to depend on Jesus.

One goal at Stillmeadow is to have each person grow with a small group of believers. Growth does not happen in isolation. Each believer is a part of the body of Jesus Christ. It takes a community to grow like Jesus. A community that relies on the heart, mind, body and strength of Jesus.

What you find here is a simple framework to help you plan your life in the love, wisdom, presence and power of Jesus.

For this Growth Plan we recommend this four-part framework: Rest, Work, Prayer and Relationships. These are from the Emotionally Healthy Discipleship (www.emotionallyhealthy.org) four part "Rule of Life" grid.

Before you turn the page follow these steps.

1. Pause for two minutes of quiet to calm your heart and mind. Jesus said, *"⁴ Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me."* Focus on remaining in Him.
2. Remember that your worth is not in what you do, but in your relationship with God the Father. Growth in Jesus does not raise your status with God.
3. Choose who you will share your plan with. Tell them ASAP. Ask that person to hold you accountable.

The Growth Plan Framework

Rest

Rest is essential to our spiritual growth. A well-rested person easily resists temptation and easily loves. As believers, we don't "live for the weekend" but rest in God to be strengthened for a holy and loving life of work, prayer and relationships.

Work

When God created humans, he set them in a Garden to "work it and take care of it" (Genesis 2). What we do with our resources— time, money, gifting and capacity—matters to God (and to others). At its best, work is an expression of love and justice. At its worst, of ambition and greed. Our work often generates money; how we steward those resources is key to our apprenticeship to Jesus. A life of simplicity and generosity is a core tenant in Jesus' vision of life in the kingdom. Service is also work. Modeling a life of service after Jesus naturally helps us to grow to be like Jesus.

Prayer

Through spiritual disciplines from Jesus' life and teaching, we make space in our life for God to transform us into people who share God's character. These prayer practices train us to "remain in" Christ (John 14) at all times. Prayer is the essential start to growth in Jesus.

Relationships

God created humanity for relationship with Him and with each other. How we relate to others reflects our relationship with God. Relationships are essential for cultivating growth in Christ because they are where vulnerability and accountability take place. Consider these four categories of relationship: friendship, church, marriage and family.

These are adapted from "[Practicing the Way](#): Rule of Life"

Use this list as examples for your own personal growth plan on the back page.

REST	WORK
<p>Examples: morning quiet time, sleeping eight hours most nights, a weekly sabbath, a “nothing night” once a week, etc.</p>	<p>Examples: embrace all work as full-time ministry, an intentional schedule, practice simplicity, empower the poor and marginalized, dedicated time to an entrepreneurial project, tithing, live out of your StrengthsFinders strengths, serving in a ministry, giving to world evangelism giving support a missionary, sponsor a child, etc.</p>
PRAYER	RELATIONSHIPS
<p>Examples: morning prayer, Scripture reading, worship music, pray without ceasing, pause for prayer, the daily office, sabbath, fasting, silence and solitude, retreat, keeping an organized prayer journal, gratitude list, quiet time away from phone, church on Sunday, etc.</p>	<p>Examples for friendship: weekly time with friend, regular meal times, invite friend to church, reach out to newcomer</p> <p>Examples for church: weekly participation in small group, church on Sunday, serving together, pursuing relationships across lines of class and ethnicity, etc.</p> <p>Examples for marriage: a fifteen-minute touchpoint per day, weekly date night, cultivating healthy sexual connection, regular getaways, etc.</p> <p>Examples for family: sitting down to dinner three nights a week, sabbath, a weekly parent-kid date, annual vacation, family movie night</p>

My Personal Growth Plan

Use the work on the previous pages to write out the practices that you will do to grow with Christ.

Remember that each category is an invitation to “be with” Jesus: Rest with, work with, pray with, relate with Jesus.

You are a work in progress, so is the growth plan. We recommend that you take time two to four times a year to check and adjust your plan. Good times to do this are the beginning of school year, calendar year, season’s change.

REST	WORK
PRAYER	RELATIONSHIPS