

sample spiritual growth plan

Overall Goal: To live new everyday so I can join others at CVC in inviting people to new life in Christ.

Spiritually

- Regular, unhurried time in the Bible using the CVC 2013 Bible Reading Plan.
- Regular, unhurried time in prayer using the prayer section of the Loving God Journal or other prayer guides.
- Seek to more consistently practice the presence of God.

Relationally

- Read and pray with my spouse, taking a marriage retreat during the year.
- Spend quality one-on-one time with my children (praying, reading, listening, talking, having fun...)
- Spend quality time with friends and those I mentor, building into their lives as they build into mine.

Intellectually

- Stick with a consistent reading plan.
- Scripture memorization as outline in the CVC Bible Reading/Memorization Plan for 2013.

Emotionally

- Ask God's help in gaining more peace, more joy, and more kindness, especially when conflict arises.

Physically

- Exercise regularly for at least 30 minutes a day. Get a physical. Eat healthier.

Missionally

- Do more to help solve global issues (water problems, slave trade, etc.) and help raise money and support for those who do.
- Reach out to those around me and serve at least once in a local, national, or global effort.



From the very beginning, CVC has encouraged Bible memorization as an important tool for living new and growing spiritually. As we fill our minds with Living Truth (the Bible), we will be more and more equipped to live new.

Memorizing scripture can be one of the most fundamental and life-changing disciplines in a believer's spiritual development. For 2013 at CVC, we have selected 52 Bible verses (1 per week) to memorize that will help us learn to "live new" as a community of faith. *For these verses, please refer to CVC's 2013 Bible Reading / Scripture Memorization Plan available on-line or at the Information Desk.*

How to Memorize Scripture

Spend a few moments in prayer asking God for insight into the verse and the ability to memorize it before seeking to learn the new verse.

Read the context surrounding each verse you memorize to gain a more clear understanding of the verse.

Write the verse in a memory notebook or on a 3x5 card. It's helpful to include the topic and reference before and after the verse. Writing the verse out deepens the impression in your mind.

Read the verse through several times. Each time you read it, say the topic, reference, verse, and then the reference again.

After learning the topic and reference, learn the first phrase of the verse. Once you have learned the topic, reference, and the first phrase and have repeated them several times, continue adding more phrases after you can quote correctly what you have already learned.

Think about how the verse applies to you and your daily circumstances.

Use the verse as you talk with God in prayer and continue to seek His help for success in Scripture memory.

Find a friend to check you on the verse. Better yet, memorize the verse together. Review the verse immediately after learning it and repeat it frequently in the next few days. Repetition is the best way to engrave the verses on your memory.

Memorization is like exercise: the more you do it, the easier it gets; the less you do the harder it gets.

Your new life in Christ.

At Cuyahoga Valley Church, we strive to invite people to new life in Christ. That means we need to be living a new life in Christ too.

This new life is seeing yourself as a:

- **Beloved Child**
- **Self-feeder**
- **Servant**
- **Investor**
- **Discipler**
- **Missionary**



So for 2013, what fruit of new life will you ask God to build into you?



developing your spiritual growth plan: 2013

current status

Use the following tool to evaluate your personal spiritual health in the above-mentioned 6 areas. Simply grade yourself in light of the following statements [on a scale of 1-10 (10 being highest)].

Beloved Child

- I attend church services regularly and expectantly.
- I truly seek to experience intimacy with God the Father during both the music and the message.
- I spend time with my heavenly Father in regular, ongoing, unhurried prayer.

Self-feeder

- I spend time following an organized Bible reading plan.
- I am memorizing Bible verses on a regular basis.
- I have developed a personal spiritual growth plan.

Servant

- I go out of my way to show love to people in everyday life.
- I am volunteering by using my spiritual gifts in a ministry of the church.
- I am learning how to abide in Christ more consistently and completely for fruitful service.

Investor

- I have become an active and accountable member of CVC.
- I am giving generously and sacrificially to my local church.
- My generosity is characterized by priority, percentage, and progressive giving.

Discipler

- I have become an active member of a LifeGroup.
- I am building a spiritual friendship with an accountability partner.
- I am seeking to reproduce myself in someone younger.

Missionary

- I serve in local and/or international mission projects.
- I regularly invite unchurched friends to church services and events.
- I am volunteering in a community organization outside my local church.

Now tally your score. Use the lowest marks to help you develop some strategies to grow.

- 150-180** **Fully Alive:** Thanks for being an example. But there's still more of God available for you.
- 120-149** **Vibrant:** You're an example to many. What's your next move to be even more alive?
- 90-119** **Living:** It's really time for you to be "fertilized".
- 40-89** **Need Weeding:** You are truly in desperate need for a major overhaul in the garden of your soul.
- 0-39** **Wilting:** Remember: Faith without works is dead. Do you really have saving faith?

developing a personal plan to live new everyday

We all need to make changes if we are going to experience new life in Christ in 2013, stopping some things that limit our life in Christ and starting some things that will enhance the possibility of God making us more vibrant. We must clearly answer the "who, what, why, when, where, and how" questions when it comes to making changes.

#1: Look at your calendar and schedule an hour to put your plan together. Make an appointment for yourself to be alone with God.

#2: Spend an hour reflecting and praying. You may want to think in these 5 categories: *spiritual, relational, intellectual, emotional, and physical*. Do an honest self-assessment using the 6 questions below. Then ask God to reveal the answer to the following question: What changes do I most need to make in order to experience a new life?

6 spiritual growth plan questions for 2013

1. *As a Beloved Child*, what promises from the Father do you need to claim in prayer this year? What is the most humanly impossible thing you will ask your Father to do this year?
2. *As a Self-Feeder*, what will you read and memorize in scripture this year and what books, CDs, and podcasts will you learn from this year?
3. *As a Servant*, what is the biggest time-waster in your life and how will you minimize that in order to volunteer in a ministry of CVC?
4. *As an Investor*, how will you grow in your generosity to CVC and other ministries this year? (Think priority giving – Matthew 6:33; percentage giving – Malachi 3:8-10; and progressive giving – II Peter 3:18).
5. *As a Discipler*, how will you deepen your commitment to your LifeGroup this year and how will you encourage/mentor someone?
6. *As a Missionary*, how will you commit to Missional Living, joining God in His mission to restore the broken so that others will come to know Jesus as Savior and Lord?

#3: Write down your plan. Call your goals "foundational practices for a new life in Christ." Be realistic. Don't set the bar so high that you end up discouraged if you should fail. Then, write it down, keep it visible, and share it with family, your LifeGroup, your accountability partner.

fruit of new life: The CVC 2013 Bible Reading and Memorization Plan
Reading through the Bible is an important discipline for experiencing newness of life.

For 2013, we are asking everyone to read through the CVC Bible Reading Plan. It's a meditation in the New Testament and Psalms. In addition to the daily readings, each week includes a memory verse relevant to the fruit of new life (profiles of a disciple) as well as the passions (values) and strategy of CVC.

Reading through the same scripture passages and memorizing the same verses as a church family enables us to encourage and teach each other toward more and more new life in Christ.

Jesus can give you new life. And as more and more of us at CVC live new in 2013, our church will be renewed, too.

additional growth tools

Are you in a LifeGroup?

Recommended books to read:

January / February: *Secrets of the Vine*
by Bruce Wilkinson

March / April: *The Reason for God*
by Tim Keller

May/June: *Christian Beliefs* by Wayne and Elliot Grudem (Read the last 9 chapters.)

July / August: *James: Be Mature*
(A study of James) by Warren Wiersbe

September / October: *The Making of a Man of God: Lessons from the Life of David*
by Alan Redpath

November / December: TBD