

Spiritual Aliveness Goals

Before setting goals for SPIRITUAL ALIVENESS, consider the following spiritual disciplines. Remember that spiritual disciplines are always to enhance and build your personal relationship with Him!

Tips for Prayer:

- Use a framework
- Set a consistent time/place
- Start small
- Pray at all times

Tips for Solitude and Meditation:

- Start small
- Get alone with God
- Seek wisdom
- Very early in the morning may be a good time

Tips for Scripture Engagement:

- Journaling
- Teaching/telling
- Pray scripture
- Memorize scripture

Tips for Fasting:

- Limiting social media engagement
- Television
- Work out schedule
- Replace whatever you have removed with God-focused thoughts or activities

Tips for Simplicity and Service:

- Practice these together
- Practice secrecy (do good in secret)
- Do acts of love not to check it off a list, or to appear a certain way, but to love
- Spend time in God's presence

Tips for Submission:

- Be obedient in the small
- Practice repentance
- Keep short accounts

Kaitlyn's SPIRITUAL ALIVENESS Goals

A. Flourishing is:

Spiritual disciplines are life-giving, sustainable and create space for growth

Not mechanical, but relational

My intimate relationship with Jesus is the number one priority of my life

B. What this looks like for me:

Not mechanical, but relational

My intimate relationship with Jesus is the number one priority of my life

Spiritual disciplines are life-giving, sustainable and create space for growth

C. Main Goal:

Practice the discipline of celebration

D. Action Steps:

Do one thing a week just for fun!

Practice prayer time daily

*"Let us be among those who believe that the inner transformation
of our lives is a goal worthy of our best effort."*

– Richard J. Foster

Your SPIRITUAL ALIVENESS Goals

A. Flourishing is:

B. What this looks like for me:

C. Main Goal:

D. Action Steps:

*When your priorities, calendar and wallet
correspond – peace and purpose grow.*