

## **CONNECTION - Spend time with God**

1. Adoration
  - a. Who have I seen God to be this year that I can worship him for?
  - b. What themes or passages has he continually shown me
  - c. Praise God that he is a God that is in control and our plans are entrusted to a good God
  - d. Reflect on all of his mercies towards you and his overflowing grace
2. Confession
  - a. What patterns of sin have been present in me this year?
  - b. Where is God convicting me? What or to who do I need to confess?
3. Thanksgiving
  - a. What can I thank God for in what he has done in me?
  - b. What can I thank God for in what he has done through me?
  - c. What can I thank God in what he has done around me?
4. Supplication
  - a. Ask God to open your heart, lead you, and guide the rest of this process
  - b. Submit your plans to him, tell him you trust him

## **REFLECTION - Where am I?**

- **Assess where you are 1-10 (satisfaction and health)**
  - Faith, Marriage, Parenting, Vocation, Community, Church, Other Family, Physical Health, Financial Health and Generosity, Ministry, Rest and Joy.
- **Looking back**
  - Review the previous year's plan
    - What were you able to see happen?
    - What was still missing?
  - What were some highlights from this last year?
  - What were the difficult parts of this last year?
- **Present condition**
  - How is my relationship with God?
    - What fruit of the Spirit is shining in my life?
    - What fruit of the Spirit seems lacking?
    - Where has God been sanctifying me?
    - Where have I been disobedient?
    - Where is God convicting me?
    - What or to who do I need to confess?

- What is God teaching me to teach others?
- What helps me love Jesus more?
- How is my prayer life?
- How joyful am I?
- How is my passion for God, his people, his mission?
- Am I growing in love for God?
- Am I growing in my understanding of God's love for me?
- Am I growing in obedience?
- How are my relationships with others?
  - How is my relationship with community?
  - How is my relationship with family?
  - How is my relationship with my kids?
  - How is my relationship with my spouse?
- Am I stewarding life well?
  - Am I living with intentionality?
  - Where am I wasting time?
  - What is draining me?
  - What fills me up?
  - Where have I gotten into a rut?
  - How is my physical health?
  - How is my financial health?
  - How is my Sabbath and rest?
  - How is my satisfaction and faithfulness at work?
- Consider having a family celebration where you look back on God's grace over the last year. This could be done around a special meal, trip, or even a family or marriage "annual report" of sorts.

## **DIRECTION – Where is God leading me?**

- **Stewardship**
  - If I had one year left to live what would I be doing?
  - Where could I be more efficient?
  - Where do I need to be more faithful?
  - How can I make sure I am getting sabbath rest?
  - What disciplines do I need to add (daily, weekly, monthly?)
  - What is my ideal weekly schedule?
- **Learning**
  - What do I need to seek wisdom about?
  - What do I need to learn?
  - What books or topics should I study?
  - What big book will I read?
- **Physical**
  - What changes do I need to make to my physical health?
- **Finances**
  - What things should we buy?
  - What spending/saving changes should we make?
- **Marriage (to talk about together)**
  - What is going well?
  - What needs to improve?
  - What is on your heart right now?
  - What are some ways that I can demonstrate my love to you in a meaningful way?
  - When do you feel most appreciated?
  - How can I pray for you?
  - How can I help you to know God better?
  - What changes do we need to make as a couple?
  - Is there anything we need to confess to one another?
  - What are the 3 big areas of growth/change for us?
  - What do we want to learn and study together?
    - What books will we read together this year?
  - What evidences of God's grace have we seen this past year?
  - How can I sexually serve you better?
  - What changes can be made to enjoy one another more during times of intimacy (room, timing, physically, emotionally, etc.)?
  - What special dates do we want to have?
- **Parenting**
  - What changes do we need to make as a family?
  - How do we need to train our kids this year?
  - What specifically should we pray for in each child?
  - Where do we need to repent to our kids?

- What family disciplines or habits should we add?
- **Fun and rest**
  - Any fun things I want to do?
  - Trips I want to take?
  - Any future big trips or purchases we need to plan for?
  - Random actions for this year?
- **Relationships**
  - What friends do we want to spend time with?
  - What relationships do we want to work on?
- **Work**
  - What changes need to be made?
  - What can be done to work with all my heart as working for the Lord and not for men?
- **Ministry**
  - What changes do I need to make to be more faithful to Jesus' mission?
  - Who can I bless?
  - What do we have a burden for?
  - Other Ministries we should do together/now/future?
  - Who are the people in our life and what would it take to see them know Jesus?
  - How can we use our gifts for Jesus' church?
  - What part of God's mission is he calling us to?

## **INTENTION – What do I intend to do to get there?**

### **Summary Answers (from everything above)**

- Biggest 3 ways I need to grow this year
- Biggest 3 things I want to learn
- Biggest 3-6 specific goals I have this year

### **ROLE PLANS**

- Using all the data from above make a plan for each key role in life
  - Christian
  - Husband/Wife
  - Father/Mother
  - Family Member/Friend
  - Vocation
- For each role in life mark out
  - Growth statement

- o Actions
- o Disciplines

## Life Plan

\* What are the major things you want to see happen in the next five years

Year 1

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Year 2

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Year 3

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Year 4

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Year 5

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## EXECUTION – Putting into action

1. Build an ideal weekly schedule
  - a. Use rhythms – every week on Mondays I do...
2. Add everything actionable to the calendar
3. Create an actionable list of things to do and add it to some form of task management than you are able to draw on every week

4. Every week make a plan for that week that includes recurring disciplines and new actions