



# SPIRITUAL DISCIPLINES

Here are some examples of spiritual disciplines.  
Which of these would do you need to focus on?

BIBLE DEVOTIONAL READING

BIBLE STUDY

PRAYER

MEMORIZING BIBLE VERSES

MEDITATION

FASTING

CELEBRATION

SILENCE

SOLITUDE

JOURNALING

CONFESSION

SABBATH

WORSHIP

SERVING

COMMUNITY

EVANGELISM

HOSPITALITY

ACCOUNTABILITY

STEWARDSHIP

SIMPLICITY

MENTORING

---



---



---

# CHURCH ENGAGEMENT

What are some ways you can engage with your church in the next year? These are some “big picture” ideas, but you can add your own or make them more detailed to fit you and your church.

ATTENDING WORSHIP  
SERVICES

ATTENDING SMALL  
GROUP

ATTENDING SUNDAY  
SCHOOL

VOLUNTEERING ON SUNDAY  
MORNING

VOLUNTEERING DURING  
THE WEEK

GOING TO A RETREAT  
OR CAMP

GOING ON A  
MISSION TRIP

GIVING OF MY TALENTS

GIVING OF MY RESOURCES

---

---

---

---

# MISSIONAL LIVING

Make a list of people that God has put into your life that you could share Jesus with through word and deed. These could also be people that you strategically invest in to lead to an opportunity to invite them to church or serve them.

---

---

---

---

Here are some prompts to help you think of other people you might not have thought about.

**NEIGHBORS?**

**CO-WORKERS?**

**TEAMMATES?**

**EXTENDED FAMILY MEMBERS?**

**EMPLOYEES OF PLACES  
YOU GO REGULARLY?**

**PARENTS OF YOUR KID'S  
FRIENDS?**

Now what can you do in order to live the Gospel out in front of them?

---

---

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

FALL / BACK TO SCHOOL

RHYTHMS

NEW YEAR / SPRING

HOLIDAYS

SUMMER