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Spiritual Growth Plan for “Name”

Luke 2:52 says, “*And Jesus increased in wisdom and in stature and in favor with God and man.*” Jesus’ example appears elsewhere in 1 Samuel 2:26 and in Proverbs 3:1-8, thus laying out the need for Christians to move forward in their walk with Jesus.

With God’s grace, we move forward and help one another put off the old and put on the new (Ephesians 4:22-24. Colossians 3:8-17).

On Zechariah 4:6, H. B. Charles said, “It is the will of God to have the Spirit of God use the Word of God to make the children of God look like the Son of God.”

Since there is no such thing as standing still in life, we either move forward or backward in our Christian walk. We must set goals that align with the Scripture to grow in godliness and all of life as we seek to be all God has called us to be.

Nothing, absolutely nothing, is more powerful, more intimate, and more important than to listen to the call of God our Creator, and to realign yourself to the very purpose of life and the universe by following his call wherever your life leads. God wanted you to be, so responding to his call is the secret to making the most of life, the key to the deepest relationships, the surest road to self-knowledge and unfolding purpose, the most challenging, enthralling, and natural way to live life, and the way to make the most of the great adventure that forms our days as humans in this world.
- Os Guinness

The following is a template designed to help you set godly goals for yourself and as you walk alongside other Christians.¹

By God’s Grace, I will grow as a disciple of Christ in these four categories:

Wisdom (Intellectual formation)

Stature (Physical formation)

Favor with God (Spiritual formation)

Favor with Man (Relational formation)

1. Wisdom - Intellectual Formation

Scripture: Proverbs 1 & 2, 9:10, James 3:13-17, Romans 12

What it is:

Know who God is; and our need to seek Him. We need to receive His words and value His Word as supreme in all of life.

depths of what God has given us. When we do this, the word gets into us.

Know that earthly wisdom is gained by studying the word of God and through prayer. We can’t just skim the surface of the word. We have to go deep and “search” the

We need to know our relationship with God, specifically what purpose He has called us. Know that we should dread to offend Him and delight to live a life pleasing to Him.

¹ This outline for setting goals is from Pastor Harry Reeder’s teaching found in *3D Leadership*.

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Biblical wisdom is ultimately demonstrated in our behavior. Young men and women will be delivered from many snares by being wise. Wisdom that is grafted into the heart will deliver young men and women from evil.

Wisdom is needed to guide, repress, develop safety, and fully improve the mind, energy, and sensibilities of young men and women.

Do not be too proud to learn since a wise man will hear and increase in learning (Proverbs 1:5).

Why it is important: Growing in wisdom ultimately impacts how we live our lives.

How I will grow:

2. Stature - Physical Formation

Scripture: Exodus 20:9-10, Romans 12:1, Mark 2:27, 1 Corinthians 6:19, 9:27, 10:31, Galatians 5:22

What it is:

Your Body is a temple of the Holy Spirit, so daily live life in your body, giving glory to God in all that you eat, drink, say, do, and think.

Don't neglect the gift of rest and enjoy life.

Work hard, and don't be slothful.

Resist slothfulness bodily, mentally, and spiritually.

You should be a walking-around worship service, as every part of your being is sold out to giving praise to God.

Don't make food an idol.

Be disciplined in how you take care of your body.

Don't be like those who live to eat, but instead eat to live and live to glorify Christ.

Why it is important: Growth in physical formation leads to eating, drinking, and living fully to the glory of Christ.

How I will grow:

3. Favor with God - Spiritual Formation

Scripture: Psalm 62:1, 119:11 Daniel 3:12, 6:10, 9:3-10, Matthew 6:1-18, 33, Mark 8:36, Luke 10:38-42, Romans 12:1-2, Galatians 6:14, Philippians 3:3, 1 Thessalonians 4:3, 11, 1 Peter 1:13-15, 2:1-3, 9-12, 3:15, 1 John 1:7-9

What it is:

We are called to be followers of Jesus. We are to be absolutely His because we have been bought with a price and are not our own. Devotion to God is driven by knowing and going deeper in sound doctrine.

Learn to say, "No."

Don't be pressed into the world's mold.

Don't be spiritually barren and cover it up with busyness.

Know that life is warfare and prayer is to be without ceasing.

Walk low in humility and look high to Jesus.

Be faithful in the little things. Without faith, it is impossible to please God (Hebrews 11:6).

Go deep into studying the word and sit at the feet of Jesus.

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Study the word so much that you live in the overflow of being in God's word.

Pray "in the closet" and "as you are going."

Give to the Lord's work financially.

Flee immorality - Run!

Why it is important: Growth in spiritual formation leads to a life fleeing from sin, pursuing holiness, and treasuring Christ above all things as the Word outpours from the heart.

How I will grow:

4. Favor with Man - Relational Formation

Scripture: Proverbs 31:23, Daniel 1:8, 9-21, 2:14, Romans 12:9-21, 1 Timothy 3:7, Titus 2

What it is:

We are to live radically different from the world as "salt" and "light" wherever we are.

Our task today is to live and serve well by loving people and working for their sake and God's.

Honest feedback from friends will help you grow spiritually, emotionally, and professionally. It is a true mark of Godliness to want to have our faults pointed out.

Trust the Lord with every area of life, and He will direct you.

Treat people the way you want to be treated. Do not show favoritism.

In the inner man, the heart is the main thing to be guarded; in the outer man, the tongue so: **LISTEN** well.

Check your motive before you speak, but speak the truth in *love*. Remember that the tongue can kill or bring life. Also, remember that the words of a fool are always at the door of the mouth, ready to fly out.

Have a bias for action.

Memorize the word and hide it in your heart.

Live a life set apart from the world, and don't engage in behavior that will impede your service to the Lord.

Remember, we are all resident aliens on this earth, and our citizenship is in heaven.

Why it is important: Growth in spiritual formation leads to a life fleeing from sin, pursuing holiness, and treasuring Christ above all things as the Word outpours from the heart.

How I will grow:

4. Favor with Man - Relational Formation

Scripture: Proverbs 31:23, Daniel 1:8, 9-21, 2:14, Romans 12:9-21, 1 Timothy 3:7, Titus 2

What it is:

Listen well, for the sake of understanding well before you open your mouth.

Think win/win in all of your relationships.

Love people and show them honor, especially when you disagree. Don't flatter people. A flatterer is viewed with disgust in the Scriptures.

Don't think more highly of yourself than you ought to think.

Have a correct assessment of yourself. Including your skills and weaknesses.

Be at peace with all, IF you can.

Leave vengeance to God for harm done to you. Never take revenge.

Persevere and work hard (not with eye service as a man-pleaser), and God will take care of your influence.

Trials come in life, and they often come through people the Lord puts in our lives. God uses trials as spiritual sandpaper to conform us to the image of Jesus Christ. He will use trials to help us get to know Him better. Our response to trials is key: we can

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either trust Christ and mature - or be bitter and murmur. Seek His wisdom and mature.

Spurgeon said, "Beware that you don't unsay with your life what you've said with your tongue."

Live a life that is dignified, sound in speech, an example for others to follow, and beyond reproach in all your behavior. As Charles

Don't love the glory of men more than the glory of God.

Why it is important: Growth in relational formation leads to a relationship with others that allows the gospel to go forward, deepens friendships, and furthers the cause of the kingdom of heaven.

How I will grow: