

Directions

- **Pray:** *Ask God to strengthen you by His Spirit in wisdom to grow spiritually out of joyous love for Him.*
- **Read/Meditate:** *James 4:13-17, Philippians 2:1-13*

S.M.A.R.T Approach to Spiritual Growth

Specific: *Spiritual goals must be specific in order to achieve them*

Write: Identify 5 specific areas you would like to grow spiritually

Example: I want to serve others more

Motive/Reason: Because Christ served me

Biblical Support: Romans 15:1-2

1. –

Motive/Reason:

Biblical Support:

2. –

Motive/Reason:

Biblical Support:

3. –

Motive/Reason:

Biblical Support:

4. –

Motive/Reason:

Biblical Support:

5. –

Motive/Reason:

Biblical Support:

Examples

Bible Reading
Verse Memory
Prayer
Encouraging
Listening to sermons
Serving at home
Serving in church
Evangelism
Ect.

Measurable : *Spiritual goals must be measurable in order to achieve them*

Write: For each of the 5 areas describe a goal that answers the following questions:

- *What specifically can I do?*
- *How much should I do?*
- *How many times will I do this?*

Example 1: I will serve others by cleaning the kitchen three times per week

Example 2: I will memorize 1 Bible verse per month

1. –

2. –

3. –

4. –

5. –

Attainable: *Spiritual goals must challenge yet remain realistic*

Consider: Take time to think through each of the 5 goals asking yourself the following questions:

1. Is this a spiritual goal that I will be able to accomplish too easily?
2. Is this a spiritual goal that seems unlikely to sustain in the long run?
3. Is this spiritual goal leaving room for more growth and improvement?
4. Is this spiritual goal motivated by a heart that loves God?

Relevant : *Spiritual goals must be prioritized according to relevancy*

Consider: Take time to think through each of the 5 goals asking yourself the following questions:

1. Does this spiritual goal reflect God's priorities for a believer?
2. Does this spiritual goal relate to an area of struggle?
3. Does this spiritual goal reflect what needs to change most?
4. Are there any other spiritual goals that may be more important?

Time Bound : *Spiritual goals should be limited to a set time for re-evaluation.*

Write: For each spiritual goal, set a desired time-frame you will seek to accomplish and re-evaluate progress.

Example 1: I will clean the kitchen three times per week **for 6 months.**

Example 2: I will memorize 1 Bible verse per month **for 1 year.**

1. –

2. –

3. –

4. –

5. –