

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 a spiritual goal reflect God's priorities for a believer?
2. Does this spiritual goal relate to a particular 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. –