Benjamin Franklin said “if you fail to plan, you are planning to fail.” How true that is. Our spiritual life and growth should be one of the most important aspects of our lives. Why would we not have a plan for this area of our lives like we do other areas of life? If you are serious about growing closer to God and strengthening your faith, then I challenge you to follow through with this spiritual growth plan for this semester. Give it a try for one semester and then decide for yourself if it helps you grow and if you want to incorporate it in your life for years to come.

There are five parts to the spiritual growth plan.

1. A Friend Plan
2. A Reading Plan
3. A Prayer & Fasting Plan
4. A Church Plan
5. A Service Plan

I __________________________ commit to carrying out this spiritual growth plan on a daily basis in order to grow closer to God and strengthen my faith.

Signature __________________________

Date __________________________
The Friend Plan

Who your friends are is vitally important to your growth as a Christian. Take a moment and think about those you spend the most time with and who you consider to be close friends. This includes those you are dating. Be honest in your evaluation of these people and relationships.

A friend that encourages spiritual growth is one who you can openly communicate with about spiritual things. The Bible, church, Jesus, and prayer are a common subject and topic in your conversation. This person encourages you to read your Bible, pray, attend church, and serve the Lord. You are not the one who has to always bring up spiritual conversation.

Identify and list your friends that help your spiritual growth:

A friend that hinders your spiritual growth is one that scarcely talks about spiritual things in conversation. This person does little or nothing to encourage your reading of the Bible, prayer, and attending church. You are always having to bring it up and when you do it is quickly talked about and then moved on to other things.

Identify and list your friends that hinder your spiritual growth:

The Reading Plan

In this 18 week plan, you can read the entire New Testament through by reading just two chapters a day. Will you accept the challenge to read the New Testament completely through?

Yes or No _____________________
Spiritual Growth Plan

Week 1

Answer the following:

**My Current Bible Reading**

I would rate my current Bible reading as: *(Check all that apply)*

- Daily________
- Weekly________
- Consistent ___________  
- Sporadic ___________

*(Answer yes or no)*

I have read the Bible completely through._________________

I have read the New Testament completely through.____________

**My Current Prayer & Fasting**

My current prayer life consists of: *(Check all that apply)*

- A time set aside regularly to pray____________
- Have times but don’t hold to them consistently__________
- Sporadic and mainly when I have a need____________
- Hardly ever____________

**My Church Participation**

Are you a member of a local church?_________________________

How often do you attend church in a week & in a month?___________

**My Current Service to the Lord**

I am currently serving in ____________________________ area of my local church to spread the Gospel to all the world.

Set your goals in each area to obtain through this growth plan.

**My Goals for My Friend Plan**

_________________________________________________________________

_________________________________________________________________

**My Goals for My Bible Reading**

_________________________________________________________________

_________________________________________________________________

**My Goals for My Prayer & Fasting**

_________________________________________________________________

_________________________________________________________________

**My Goals for My Church Participation**

_________________________________________________________________

_________________________________________________________________

**My Goals for My Service to the Lord**

_________________________________________________________________

_________________________________________________________________
Spiritual Growth Plan

**My Friend Plan for this week:**
Who will you try to spend the most time with? ________________________

**My Reading Plan for this week:**
The example in scripture for reading our Bible is to meditate on it day and night. Will you trying it? (Joshua 1:8, Psalm 1:1-2)

Start each day’s reading with this prayer “open thou mine eyes, that I may behold wonderous things out of thy law.” (Ps. 119:18)

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mt. 1-2</td>
<td>Mt. 3-4</td>
<td>Mt. 5-6</td>
<td>Mt. 7-8</td>
<td>Mt. 9-10</td>
<td>Mt. 11-12</td>
<td>Mt. 13-14</td>
</tr>
</tbody>
</table>

(Use boxes below if you are following your own reading plan)

**My Prayer & Fasting Plan for this week:**
Daniel and David both set aside specific times and places to pray. Their example is morning, noon, & night. (Daniel 1:8, Psalm 55:17)
What times will you set aside for prayer? ____________________________
_________________________________________________________________
_________________________________________________________________

**My Church Plan for this week:**
How many services that are offered do you plan to attend this week?
_________________________________________________________________
_________________________________________________________________

---

My Accountability Record

**My Friend Record:**
Who I spent the most time with this week? ________________________
Give one way this person helped you grow spiritually:_______________
_________________________________________________________________
_________________________________________________________________

**My Reading Record:**
(Check each day you completed)

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

What is one thing that spoke to your heart from this reading? __________
_________________________________________________________________
_________________________________________________________________

**My Prayer & Fasting Record:**
Did you follow through on your prayer plan? _________________________
List one answer to your prayers this week: ___________________________
_________________________________________________________________
_________________________________________________________________

**My Church Plan Record:**
I attended _______________ services out of ______________ offered.
My Friend Plan for this week:
Who can you trust most with your prayer requests knowing they will pray for them? ____________________________________________

My Reading Plan for this week:
The example in scripture for reading our Bible is to meditate on it day and night. Are you trying it? (Joshua 1:8, Psalm 1:1-2)

Start each day’s reading with this prayer “open thou mine eyes, that I may behold wonderous things out of thy law.” (Ps. 119:18)

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mt. 15-16</td>
<td>Mt. 17-18</td>
<td>Mt. 19-20</td>
<td>Mt. 21-22</td>
<td>Mt. 23-24</td>
<td>Mt. 25-26</td>
<td>Mt. 27-28</td>
</tr>
</tbody>
</table>

(Use boxes below if you are following your own reading plan)

My Prayer & Fasting Plan for this week:
Daniel and David both set aside specific times and places to pray. Their example is morning, noon, & night. (Daniel 1:8, Psalm 55:17)

What times will you set aside for prayer? ____________________________________________
_________________________________________________________________
_________________________________________________________________

My Church Plan for this week:
How many services that are offered do you plan to attend this week?
_________________________________________________________________
_________________________________________________________________

My Friend Record:
Name one person in your life this week that you feel helped your spiritual growth:_____________________________________________________

My Reading Record:
(Check each day you completed)

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

What is something God spoke to your heart from in your reading?
_________________________________________________________________
_________________________________________________________________

My Prayer & Fasting Record:
Did you follow through on your prayer plan? _________________________
List one major prayer request that has not been answered yet:__________
_________________________________________________________________
_________________________________________________________________

My Church Plan Record:
I attended _____________ services out of _____________ offered.
My Friend Plan for this week:
Name one person you are around consistently that hinders your spiritual growth:

My Reading Plan for this week:
Start each day’s reading with this prayer “open thou mine eyes, that I may behold wonderous things out of thy law.” (Ps. 119:18)

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rom. 1-2</td>
<td>Rom. 3-4</td>
<td>Rom. 5-6</td>
<td>Rom. 7-8</td>
<td>Rom. 9-10</td>
<td>Rom. 11-12</td>
<td>Rom. 13-14</td>
</tr>
</tbody>
</table>

(Use boxes below if you are following your own reading plan)

My Prayer & Fasting Plan for this week:
Get one person to pray with you two times this week. Who will that be?

My Church Plan for this week:
Plan to take notes on one of the messages you hear this week.
What church service will you take notes at?

My Friend Record:
How much time this week did you spend around the person you named in your friend plan for this week?

My Reading Record:
(Check each day you completed)

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

What is something new you learned from your reading?

My Prayer & Fasting Record:
Did you follow through on your prayer plan?

My Church Plan Record:
Write one truth you learned while taking notes at church this week:

My Reading Plan for this week:

Start each day’s reading with this prayer “open thou mine eyes, that I may behold wonderous things out of thy law.” (Ps. 119:18)

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rom. 15-16</td>
<td>I Cor. 1-2</td>
<td>I Cor. 3-4</td>
<td>I Cor. 5-6</td>
<td>I Cor. 7-8</td>
<td>I Cor. 9-10</td>
<td>I Cor. 11-12</td>
</tr>
</tbody>
</table>

(Use boxes below if you are following your own reading plan)

Memorize a verse of scripture from your reading this week:_____________

My Prayer & Fasting Plan for this week:

What are your plans this week?_____________________________________

Will you fast this week?____________________________________________

My Church Plan for this week:

How many services that are offered do you plan to attend this week?
_________________________________________________________________
_________________________________________________________________

My Service Plan for this week:

What are you planning to do in the area of Christian service this week?
_________________________________________________________________
_________________________________________________________________

My Reading Record:

(Check each day you completed)

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
</table>

Did you memorize your verse this week?______________________________

What does this verse mean to you? _________________________________
_________________________________________________________________
_________________________________________________________________

My Prayer & Fasting Record:

Your thoughts on your prayer plan this week:_________________________
_________________________________________________________________
Did you fast this week?____________________________________________

How did it help you grow? _________________________________________
_________________________________________________________________

My Church Plan Record:

I attended _______________ services out of ______________ offered.
_________________________________________________________________

My Service Plan Record:

Did you fulfill your area of Christian service this week?_________________

What was one experience from it? _________________________________
_________________________________________________________________
**My Reading Plan for this week:**

Start each day's reading with this prayer "open thou mine eyes, that I may behold wonderous things out of thy law." (Ps. 119:18)

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>I Cor. 13-14</td>
<td>I Cor. 15-16</td>
<td>II Cor. 1-2</td>
<td>II Cor. 3-4</td>
<td>II Cor. 5-6</td>
<td>II Cor. 7-8</td>
<td>II Cor. 9-10</td>
</tr>
</tbody>
</table>

(Use boxes below if you are following your own reading plan)

Memorize a verse of scripture from your reading this week:_____________

**Time to review your goals from page 5.**

How are you doing sticking with your goals?__________________________

_________________________________________________________________

_________________________________________________________________

What will you keep the same?_____________________________________

_________________________________________________________________

_________________________________________________________________

What will you change?___________________________________________

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

**My Reading Record:**

(Check each day you completed)

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Did you memorize your verse this week? ______________________

**My Goal Record:**

What goals are you doing a good job keeping and working towards?

_________________________________________________________________

_________________________________________________________________

What goals are you struggling to keep? ___________________________

_________________________________________________________________

_________________________________________________________________

**My Prayer & Fasting Record:**

Did you follow your prayer plan this week? ______________________

Did you fast this week?_________________________________________

**My Church Plan Record:**

I attended _______________ services out of ______________ offered.

**My Service Plan Record:**

Did you fulfill your area of Christian service this week?____________

One blessing you received:_____________________________________

_________________________________________________________________
My Reading Plan for this week:
The example in scripture for reading our Bible is to meditate on it day and night. Are you trying it? *(Joshua 1:8, Psalm 1:1-2)*

Start each day’s reading with this prayer “open thou mine eyes, that I may behold wonderous things out of thy law.” *(Ps. 119:18)*

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>II Cor. 11-13</td>
<td>I Tim. 1-2</td>
<td>I Tim. 3-4</td>
<td>I Tim. 5-6</td>
<td>II Tim. 1-2</td>
<td>II Tim. 3-4</td>
<td>Titus 1-3</td>
</tr>
</tbody>
</table>

(Use boxes below if you are following your own reading plan)

Memorize a verse of scripture from your reading this week:

My Prayer & Fasting Plan for this week:
Daniel and David both set aside specific times and places to pray. Their example is morning, noon, & night. *(Daniel 1:8, Psalm 55:17)*

What are your prayer plans for this week?

My Church Plan for this week:
Hebrews 10:25 reminds us not to forsake attending God’s house when services are being offered. What are your church plans this week?

My Reading Record:
*(Check each day you completed)*

Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7
---|---|---|---|---|---|---

Is it easy or hard for you to read your bible consistently? __________
What changes have you made in the last six weeks? _________________

Did you memorize your verse this week? _________________

My Prayer & Fasting Record:
Is it easy or hard for you to stick to your prayer plan? __________
Did you make any changes to your prayer plan in the last six weeks? Yes or no?________ If so, what changes have you made?______________

My Church Plan Record:
What is the biggest distraction from attending church services faithfully? _________________

What are you going to do about it? _________________
My Friend Plan for this week:
Who will you try to spend the most time with? ________________________

My Reading Plan for this week:
Start each day’s reading with this prayer “open thou mine eyes, that I may behold wonderous things out of thy law.” (Ps. 119:18)

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mk. 1-2</td>
<td>Mk. 3-4</td>
<td>Mk. 5-6</td>
<td>Mk. 7-8</td>
<td>Mk. 9-10</td>
<td>Mk. 11-12</td>
<td>Mk. 13-14</td>
</tr>
</tbody>
</table>

(Use boxes below if you are following your own reading plan)

My Prayer & Fasting Plan for this week:
What times will you set aside for prayer? ________________________________
____________________________________________________________________

My Church Plan for this week:
How many services that are offered do you plan to attend this week?
____________________________________________________________________

My Service Plan for this week:
What are you planning to do in the area of Christian service this week?
____________________________________________________________________

My Friend Record:
Who I spent the most time with this week? ______________________________
Give one way this person helped you grow spiritually:_____________________
____________________________________________________________________

My Reading Record:
(Check each day you completed)

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

What is one thing that spoke to your heart from this reading? _____________
____________________________________________________________________

My Prayer & Fasting Record:
Did you follow through on your prayer plan? ____________________________
List one answer to your prayers this week: ______________________________
____________________________________________________________________

My Church Plan Record:
I attended ______________ services out of ____________ offered.

My Service Plan Record:
Did you fulfill your area of Christian service this week?__________________
Spiritual Growth Plan

My Friend Plan for this week:
Who can you invite to church or go with to church? __________________________
_________________________________________________________________

My Reading Plan for this week:
Start each day’s reading with this prayer “open thou mine eyes, that I may
behold wonderous things out of thy law.” (Ps. 119:18)

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mk. 15-16</td>
<td>Gal. 1-2</td>
<td>Gal. 3-4</td>
<td>Gal. 5-6</td>
<td>Eph. 1-2</td>
<td>Eph. 3-4</td>
<td>Eph. 5-6</td>
</tr>
</tbody>
</table>

(Use boxes below if you are following your own reading plan)

Memorize a verse of scripture from your reading this week:_____________

My Prayer & Fasting Plan for this week:
What times will you set aside for prayer? __________________________
_________________________________________________________________

My Church Plan for this week:
How many services that are offered do you plan to attend this week?________

My Service Plan for this week:
What are you planning to do in the area of Christian service this week?
_________________________________________________________________

My Accountability Record

My Friend Record:
Name one person in your life this week that you feel helped your spiritual growth:
_________________________________________________________________

My Reading Record:
(Check each day you completed)

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

What is something God spoke to your heart from in your reading?
_________________________________________________________________
_________________________________________________________________

Did you memorize your verse this week? _________________

My Prayer & Fasting Record:
Did you follow through on your prayer plan? _________________
List one major prayer request that has not been answered yet:
_________________________________________________________________
_________________________________________________________________

My Church Plan Record:
I attended _______________ services out of ______________ offered.

My Service Plan Record:
Did you fulfill your area of Christian service this week?_______________
My Reading Plan for this week:

Start each day’s reading with this prayer “open thou mine eyes, that I may behold wonderous things out of thy law.” (Ps. 119:18)

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heb. 1-2</td>
<td>Heb. 3-4</td>
<td>Heb. 5-6</td>
<td>Heb. 7-8</td>
<td>Heb. 9-10</td>
<td>Heb. 11-13</td>
<td>Jam. 1-2</td>
</tr>
</tbody>
</table>

(Use boxes below if you are following your own reading plan)

Memorize a verse of scripture from your reading this week:_____________________

My Prayer & Fasting Plan for this week:

What are your plans for this week?______________________________

Will you fast this week?________________________________________

My Church Plan for this week:

How many services that are offered do you plan to attend this week?

_________________________________________________________________

My Service Plan for this week:

What are you planning to do in the area of Christian service this week?

_________________________________________________________________

My Reading Record:

(Check each day you completed)

Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7

Did you memorize your verse this week?_________________________

What does this verse mean to you?______________________________

_________________________________________________________________

My Prayer & Fasting Record:

Your thoughts on your prayer plan this week:______________________

Did you fast this week?________________________________________

My Church Plan Record:

I attended _____________ services out of _____________ offered.

My Service Plan Record:

Did you fulfill your area of Christian service this week?____________

What was one experience from it?______________________________

_________________________________________________________________
**My Reading Plan for this week:**

Start each day's reading with this prayer "open thou mine eyes, that I may behold wonderous things out of thy law." (Ps. 119:18)

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jam. 3-5</td>
<td>Phil. 1-2</td>
<td>Phil. 3-4</td>
<td>Col. 1-2</td>
<td>Col. 3-4</td>
<td>I Thess. 1-2</td>
<td>I Thess. 3-5</td>
</tr>
</tbody>
</table>

(Use boxes below if you are following your own reading plan)

Memorize a verse of scripture from your reading this week: ___________

**Time to review your goals from page 14.**

How are you doing sticking with your goals? ____________________________

_________________________________________________________________

_________________________________________________________________

What will you keep the same? ________________________________________

_________________________________________________________________

_________________________________________________________________

What will you change? ____________________________________________

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

**My Reading Record:**

(Check each day you completed)

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Did you memorize your verse this week? ____________________________

**My Goal Record:**

What goals are you doing a good job keeping and working towards? ___________

_________________________________________________________________

_________________________________________________________________

What goals are you struggling to keep? ____________________________

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

**My Prayer & Fasting Record:**

Did you follow your prayer plan this week? __________________________

Did you fast this week? ________________________________________

**My Church Plan Record:**

I attended ______________ services out of ______________ offered.

**My Service Plan Record:**

Did you fulfill your area of Christian service this week? ____________

What brought you joy from this service? ____________________________
**My Friend Plan for this week:**
Who will you try to spend the most time with? ________________________

**My Reading Plan for this week:**
Start each day’s reading with this prayer “open thou mine eyes, that I may
behold wonderous things out of thy law.” (Ps. 119:18)

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
</table>

(Use boxes below if you are following your own reading plan)

Memorize a verse of scripture from your reading this week:________

**My Prayer & Fasting Plan for this week:**
What times will you set aside for prayer? ________________________________

______________________________

**My Church Plan for this week:**
How many services that are offered do you plan to attend this week?

______________________________

**My Service Plan for this week:**
What are you planning to do in the area of Christian service this week?

____________________________________________________________

____________________________________________________________

**My Friend Record:**
Who I spent the most time with this week? ________________________

Give one way this person helped you grow spiritually ________________

_________________________________________________________________

_________________________________________________________________

**My Reading Record:**
(=Check each day you completed)

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

What is one thing that spoke to your heart from this reading? ________

_________________________________________________________________

_________________________________________________________________

Did you memorize your verse this week? ______________________

**My Prayer & Fasting Record:**
Did you follow through on your prayer plan? __________________________

List one answer to your prayers this week: __________________________

_________________________________________________________________

_________________________________________________________________

**My Church Plan Record:**
I attended _______________ services out of ______________ offered.

**My Service Plan Record:**
Did you fulfill your area of Christian service this week?________________
My Reading Plan for this week:
The example in scripture for reading our Bible is to meditate on it day and night. Are you trying it? (Joshua 1:8, Psalm 1:1-2)

Start each day’s reading with this prayer “open thou mine eyes, that I may behold wonderous things out of thy law.” (Ps. 119:18)

My Reading Record:

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
</table>

(Use boxes below if you are following your own reading plan)

Memorize a verse of scripture from your reading this week:_____________

My Prayer & Fasting Plan for this week:
Daniel and David both set aside specific times and places to pray. Their example is morning, noon, & night. (Daniel 1:8, Psalm 55:17)

My Prayer & Fasting Record:
Is it easy or hard for you to stick to your prayer plan? _____________
Did you make any changes to your prayer plan in the last twelve weeks?
Yes or no?________ If so, what changes have yo made?______________

My Church Plan for this week:
Hebrews 10:25 reminds us not to forsake attending God’s house when services are being offered.

My Church Plan Record:
What is the biggest help for you in attending church services faithfully?

How have you been blessed from a church service? __________________

Is it easy or hard for you to read your bible consistently? _____________
What changes have you made in the last twelve weeks? _______________

Did you memorize your verse this week? ______________________

Is it easy or hard for you to stick to your prayer plan? _____________
Did you make any changes to your prayer plan in the last twelve weeks?
Yes or no?________ If so, what changes have yo made?______________

_________________________________________________________________
_________________________________________________________________

_________________________________________________________________
_________________________________________________________________
Spiritual Growth Plan

My Friend Plan for this week:
Pray this week with a friend that helps your growth: ______________________

My Reading Plan for this week:
Start each day’s reading with this prayer “open thou mine eyes, that I may behold wonderous things out of thy law.” (Ps. 119:18)

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
</table>

(Use boxes below if you are following your own reading plan)

My Prayer & Fasting Plan for this week:
What times will you set aside for prayer? ________________________________

My Church Plan for this week:
How many services that are offered do you plan to attend this week?

My Service Plan for this week:
What are you planning to do in the area of Christian service this week?

My Friend Record:
Did you follow through praying with your friend? How did it go? ________

My Reading Record:
What is something God spoke to your heart from in your reading?

My Prayer & Fasting Record:
Did you follow through on your prayer plan? ________________
List one prayer request that has not been answered yet: ________________

My Church Plan Record:
I attended __________ services out of __________ offered.

My Service Plan Record:
Did you fulfill your area of Christian service this week? ________________
One blessing you received: ________________
My Reading Plan for this week:

Start each day’s reading with this prayer “open thou mine eyes, that I may behold wonderous things out of thy law.” (Ps. 119:18)

My Prayer & Fasting Plan for this week:

What are your plans for this week?

Will you fast this week?

My Church Plan for this week:

How many services that are offered do you plan to attend this week?

My Service Plan for this week:

What are you planning to do in the area of Christian service this week?

Memorize a verse of scripture from your reading this week:

My Prayer & Fasting Record:

Your thoughts on your prayer plan this week:

Did you fast this week?

What are your thoughts on fasting?

My Church Plan Record:

I attended _____________ services out of _____________ offered.

My Service Plan Record:

Did you fulfill your area of Christian service this week?

What was one experience from it?

My Reading Record:

(Check each day you completed)

Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7

Did you memorize your verse this week?________________________

What does this verse mean to you?________________________________

My Reading Plan: Week 14

My Prayer & Fasting Plan: Week 14

My Church Plan: Week 14

My Service Plan: Week 14
My Reading Plan for this week:

Start each day’s reading with this prayer “open thou mine eyes, that I may behold wonderous things out of thy law.” (Ps. 119:18)

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>I Peter 1-2</td>
<td>I Peter 3-5</td>
<td>II Peter 1-3</td>
<td>John 1-2</td>
<td>John 3-4</td>
<td>John 5-6</td>
<td>John 7-8</td>
</tr>
</tbody>
</table>

(Use boxes below if you are following your own reading plan)

Memorize a verse of scripture from your reading this week:____________________

Time to review your goals from page 24.

How are you doing sticking with your goals?____________________________________

____________________________________________________________________________

What will you keep the same?___________________________________________________

____________________________________________________________________________

What will you change?_________________________________________________________

____________________________________________________________________________

My Reading Record:

(Check each day you completed)

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Did you memorize your verse this week? ______________________

My Goal Record:

What goals are you doing a good job keeping and working towards?

____________________________________________________________________________

____________________________________________________________________________

What goals are you struggling to keep? ________________________________

____________________________________________________________________________

____________________________________________________________________________

My Prayer & Fasting Record:

Did you follow your prayer plan this week? ________________________________

Did you fast this week?______________________________________________

My Church Plan Record:

I attended ______________ services out of ______________ offered.

My Service Plan Record:

Did you fulfill your area of Christian service this week?_________________

What was hard about this service?______________________________________

____________________________________________________________________________
### My Reading Plan for this week:

Start each day’s reading with this prayer: “open thou mine eyes, that I may behold wonderous things out of thy law.” *(Ps. 119:18)*

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
</table>

(Use boxes below if you are following your own reading plan)

Memorize a verse of scripture from your reading this week:___________

### My Prayer & Fasting Plan for this week:

What are your plans for this week?__________________________________

_________________________________________________________________

Will you fast this week?___________________________________________

### My Church Plan for this week:

How many services that are offered do you plan to attend this week?

_________________________________________________________________

### My Service Plan for this week:

What are you planning to do in the area of Christian service this week?

_________________________________________________________________

### My Reading Record:

(Check each day you completed)

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Did you memorize your verse this week?___________________________

What does this verse mean to you?______________________________

_________________________________________________________________

_________________________________________________________________

### My Prayer & Fasting Record:

Your thoughts on your prayer plan this week:_______________________

_________________________________________________________________

Did you fast this week?__________________________________________

### My Church Plan Record:

I attended _______________ services out of ______________ offered.

### My Service Plan Record:

Did you fulfill your area of Christian service this week?_____________

What was one experience from it?_______________________________

_________________________________________________________________
My Reading Plan for this week:
The example in scripture for reading our Bible is to meditate on it day and night. Are you trying it? (Joshua 1:8, Psalm 1:1-2)

Start each day’s reading with this prayer “open thou mine eyes, that I may behold wonderous things out of thy law.” (Ps. 119:18)

Memorize a verse of scripture from your reading this week:________________

My Prayer & Fasting Plan for this week:
Daniel and David both set aside specific times and places to pray. Their example is morning, noon, & night. (Daniel 1:8, Psalm 55:17)

What are your plans for this week?_________________________________________

My Church Plan for this week:
Hebrews 10:25 reminds us not to forsake attending God’s house when services are being offered. What are your plans this week? ____________

My Reading Record:
(Check each day you completed)

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>I John 3-5</td>
<td>II &amp; III John</td>
<td>Jude</td>
<td>Rev. 1-2</td>
<td>Rev. 3-4</td>
<td>Rev. 5-6</td>
<td>Rev. 7-8</td>
</tr>
</tbody>
</table>

(Use boxes below if you are following your own reading plan)

Is it easy or hard for you to read your bible consistently? ____________
What changes have you made in the last 17 weeks? ____________

Did you memorize your verse this week? ______________

My Prayer & Fasting Record:
Is it easy or hard for you to stick to your prayer plan? ____________
Did you make any changes to your prayer plan in the last 17 weeks? Yes or no?_________ If so, what changes have you made?_____________

My Church Plan Record:
What do you love about attending church services?____________________
What do you dislike about it?

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________
My Reading Plan for this week:

Start each day’s reading with this prayer “open thou mine eyes, that I may behold wonderous things out of thy law.” (Ps. 119:18)

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rev. 9-10</td>
<td>Rev. 11-12</td>
<td>Rev. 13-14</td>
<td>Rev. 15-16</td>
<td>Rev. 17-18</td>
<td>Rev. 19-20</td>
<td>Rev. 21-22</td>
</tr>
</tbody>
</table>

My Prayer & Fasting Plan for this week:

What are your plans for this week?________________________________________________________

Will you fast this week?__________________________________________________________

My Church Plan for this week:

How many services that are offered do you plan to attend this week?

__________________________________________________________

My Service Plan for this week:

What are you planning to do in the area of Christian service this week?

__________________________________________________________

Memorize a verse of scripture from your reading this week:_____________________

My Friend Record:

What friend helps you the most to grow spiritually? _______________________

What friend hinders your growth the most? _______________________

My Reading Record:

(Check each day you completed)

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
</table>

Did you completely read through the New Testament? ________________

How many verses did you memorize? _______________________________

My Prayer & Fasting Record:

What changes have you made in your prayer life over the last 18 weeks?

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

Do you feel like you have grown closer to God through this plan? ______

What has helped you the most grow in your faith? ______________________

_________________________________________________________________

_________________________________________________________________

Will you stop here or will you keep a spiritual growth plan in your life to follow? ________________________________________________
My Growth

Week 18

After the 18 week plan, re-answer the following:

My Current Bible Reading
I would rate my current Bible reading as: (Check all that apply)

- Daily
- Weekly
- Consistent
- Sporadic

(Answer yes or no)
I have read the Bible completely through.
I have read the New Testament completely through.

My Current Prayer & Fasting
My current prayer life consists of: (Check all that apply)

- A time set aside regularly to pray
- Have times but don’t hold to them consistently
- Sporadic and mainly when I have a need
- Hardly ever

My Church Participation
Are you a member of a local church?
How often do you attend church in a week & in a month?

My Current Service to the Lord
I am currently serving in _______ area of my local church to spread the Gospel to all the world.

What changes and growth have happened in your spiritual life over the past 18 weeks?

My Friend Plan

My Bible Reading

My Prayer & Fasting

My Church Participation

My Service to the Lord
Write a letter to God about how you are feeling right now and your desire to continue to grow in your spiritual life:

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________