

RHYTHMS OF GRACE
SPIRITUAL GROWTH PLAN FOR 2025

Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come. (1 Timothy 4:7–8, ESV)

Take a few minutes to develop your Spiritual growth plan for the coming year. Prayerfully consider ways to “train yourself for godliness” and develop your workout plan. This begins by planning for a clear and consistent rhythm to have your time with God in prayer and Scripture.

The best daily time for me to build my relationship with God:

My plan for Bible reading in 2025.

Two or three steps I can take to grow in my prayer life in the coming months (see back for some ideas).

What people do I need to draw nearer to help me grow as a disciple? How will I do that?

What can I do to make sure I worship more and become more intentional about singing to the Lord?

What is my plan for more intentional Bible study?

I should memorize some verses or passages from the Bible. What five verses/passages should I work on first?

What are a couple areas of theology or discipleship I should pursue through reading? What are two or three books I should read in the coming year?

Who is my One? What are some strategic steps I could take with this person and maybe a few others to develop an evangelistic relationship in order to share the Gospel with them?

What are some steps I can take to be more generous in the coming year?

Are there other disciplines and rhythms I should intentionally incorporate in my life right now? How can I do this?

What are some ways I can use my gifts and passions to serve my church and others as we start the New Year?

Some prayer ideas for you:

- *Pray the Psalms
- *Use a journal
- *Pray during your drive to work
- *Pray while you stretch or exercise
- *Use the PRAY acrostic (Praise, Repent, Ask, Yield).
- *Buy a prayer book with prompts
- *Use worship music while praying
- *Create a prayer spot - on your porch, near a window, with a candle
- *Build a daily prayer calendar with different topics for each day
- *Pray and meditate over a memorized

Scripture

- *Put prayer reminders around the house and office
- *Fill a gratitude jar
- *Prayer walk your neighborhood
- *Vary your prayer postures - standing, kneeling, lifting hands
- *Don't just tell people you will pray, stop right then and pray for them
- *Write your prayers
- *Use an empty chair as a reminder that God is with you
- *Use social media as a prayer prompt

