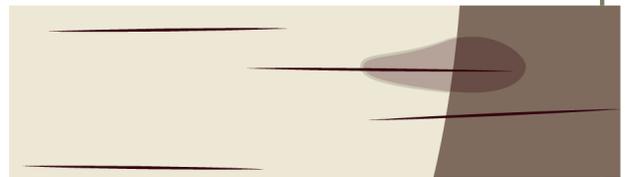
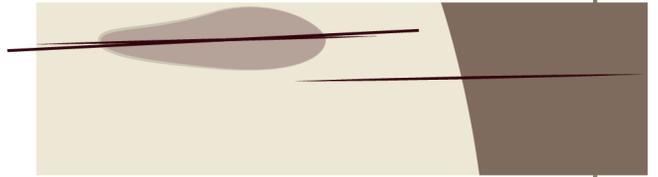
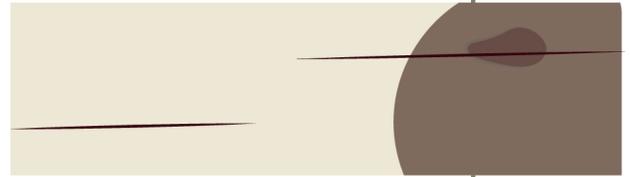


FALL 2021

Renewal Plan

for your
life





Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Romans 12:1-2

Identity

Transformation by the renewing of our minds requires us to first turn from worldly to biblical ways of thinking, so that we might learn to see ourselves as God sees us. We are highly valued, deeply fallen, eternal, and greatly loved.

Week 1 - What does God say is true of me?

Meditate on what God reveals about your identity in His Word. Write down words and phrases below that resonate with you. Begin with the passages in the Resource list on page 12.

Notes:

Identity

Week 2 - How do I see myself?

Write down words that you or others might use to describe yourself, perhaps starting with a list of your *current roles and priorities*. Compare this list to your list from week 1. Pray that God would align your sense of identity with what is really true of you.

Notes:

Identity

Week 3 - How am I currently ordering my life?

Honestly evaluate how you are spending your time. Try tracking your time for a day or a whole week, and record your observations below. Ask God to reveal how your current *rhythms and habits* are shaping you in healthy and unhealthy ways.

Notes:

Identity

Week 4 - How is God renewing my sense of identity?

Revisit your notes from Weeks 1-3. Meditate on Romans 12:1-2 or other biblical passages you've found meaningful. Then write an *Identity Statement* that captures what God says is true of you in Christ and who He is calling you to become.

Notes:

Rule of Life

As we grow in our knowledge of God and ourselves, we choose to order our lives in a healthy, holy way that reflects our love for God and the unique person He has created us to be. We practice our “rule” with freedom and grace, trusting the Spirit to help us become more like Christ.

Week 5 - How is God calling me to live for Him?

Start building your Rule of Life using the worksheet on page 11 or a structure that makes sense to you. Write your *Identity Statement* at the top. Then write a few words in the Vision for Life column about how Jesus might live if He were you for each life category.

Notes:

Rule of Life

Week 6 - How will I order my life?

Continue building your Rule of Life by adding in one or two *rhythms or habits* for each life category that might help you grow into the person God created you to be in Christ. Consider daily, weekly, monthly, quarterly, and/or annual time frames. Consult the Resource List on page 12 for ideas. Think simple and attainable, rather than aspirational. You can always add more later!

Notes:

Rule of Life

Week 7 - What am I learning as I practice new rhythms and habits?

Begin living by your Rule of Life. Have grace with yourself as you try this new way of living, and prayerfully make adjustments, as needed. Share with your Small Group or others close to you about how it's going and seek their input and prayer. Notice what feels life-giving and draws you closer to God and what doesn't.

Notes:

Rule of Life

Week 8 - How will I sustain my Rule of Life?

Continue to practice and adjust your *rhythms and habits*. Find a way to keep it in front of you, maybe by enlisting help from others, posting it on your mirror or desk, or reading your *Identity Statement* daily for a month. Schedule a time to reevaluate it every 3-6 months.

Notes:

Renewal Plan

Identity Statement

Vision for Life

Rhythms & Habits

<i>Life With God</i>		
<i>Mind</i>		
<i>Body</i>		
<i>Relationships</i>		
<i>Rest & Play</i>		
<i>Work</i>		
<i>Finances & Technology</i>		
<i>Service & Sharing Faith</i>		

This Renewal Plan was an adapted amalgamation of resources from several other churches and ministries, including Doxa Church, Bridgetown Church, and New Life Fellowship/Emotionally Healthy Spirituality. These resources are included in the For Further Reading section below.

Renewal

more
Resources

Scripture On Identity

Genesis 1-3

Psalms 8

Psalms 139

Luke 15

Romans 8

Ephesians 2:1-10

1 Peter 1:3-2:10

For Further Reading

Bridgetown Church

Doxa Church

Rule of Life in One Page

Rule of Life Website

Sacred Rhythms - Ruth Haley Barton

Spiritual Disciplines Handbook - Adele

Ahlberg Calhoun

The Common Rule - Justin Whitmel

Earley

Rhythms of Renewal - Rebekah Lyons

Emotionally Healthy Spirituality - Pete

Scazzero

Spiritual Disciplines for the Christian

Life - Donald S. Whitney

Some Suggested Habits

Bible Study

Fasting from Food or Tech

First 15 Podcast

Pastor Mike's Daily Devotional

Tithing

Silence/Solitude

Worship Service

Phone Call or Coffee with a Friend

Celebration

Sharing Your Faith

Running or Walking

Prayer of Examen

Gratitude Journal

Mentoring

Family Time

Gardening or Caring for Creation

Sabbath-Keeping

Sobriety

Vacation or Retreat

Hosting Neighbors

Serving

