



SPIRITUAL GROWTH BLUEPRINT

ATTENDING TO YOUR DESIRE

Begin this process by spending some time in quiet contemplation. Notice what words, phrases, and prayers seem to most consistently capture your sense of longing for God and for spiritual transformation as you are experiencing it in these days.

- How desperate am I for spiritual transformation?
- Am I willing to rearrange my life for the deepest desires of my heart in Christ?
- Spend some time in quiet, expressing your willingness to God directly, acknowledging the mystery of spiritual transformation and your powerlessness to bring it about. It is important to know, that spiritual transformation at this level is a pure gift as we make ourselves available to God. Otherwise our rhythm of spiritual practices can become anything more than a spiritual self-help program that is full of human effort.

LISTENING TO YOUR EXPERIENCES WITH SPIRITUAL PRACTICES

Now, reflect on your experiences with various spiritual disciplines and invite God to show you which have been most life giving and have resulted in true life change. Take note of those times when it seemed as if God met you in the context of your practices and of the transformation that resulted. Observe which disciplines were most stretching for you as well.

- Which spiritual practices and relationships have seemed to be most powerful in meeting the desires of my heart?

DEVELOPING YOUR BLUEPRINT

Start by answering the questions on the *Spiritual Pathway Blueprint*.

JOY PRACTICES

When you get to the *Joy Practices* piece of the blueprint, begin to think on the following:



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Think of a memory in your life for which you are grateful. The memory can be big (the birth of a child) or small (a beautiful sunset). It doesn't matter, as long as you feel gratitude when you think about it.

- Give it a two- to three-word title (for example, "Dan and Dave," "Shining Goldfinch," "Balloon Soccer")
- In a quiet place, go back into this memory and relive it for a minute, like you are back in it
- Ask:
 - What did you feel in your body? Maybe "peace" or "lightness" (it doesn't matter what you feel as long as you feel something in your body)
 - What might God be communicating to you through the memory and the peace you feel? God is with me and likes to share His beauty with me.

DEFINING YOUR RHYTHMS

In thinking through your blueprint take into account your limits on your stage in life, your personality, your current circumstances, asking questions such as the following:

- What practices will I seek to engage in on a daily basis? Weekly? Monthly? Yearly?
- Where will I engage in these disciplines?
- What time of day/week/month/year?
- What have I learned about the significance of community for spiritual transformation? Where might there be an opportunity or an invitation to enter more deeply into community on the basis of shared spiritual disciplines?
- Are there other activities or practices that are particularly suited to my personality type or spiritual type? How will I incorporate these into the rhythm of my spiritual practices?



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- Are certain practices particularly needed based upon sin and negative patterns that I am aware of?

Making practical arrangements is part of crafting the blueprint:

- What schedule changes will I need to make in order to consistently choose these life-giving disciplines?
- What arrangement do I need to make with those I live with in order to make this possible?
- Are there any questions or conversations I need to have with those I work with in order to make this possible?

Commit yourself to it prayerfully out of your desire for God and not a sense of duty or obligation.

(Ruth Haley Barton, *Sacred Rhythms: Arranging Our Lives for Spiritual Transformation*, IVP Books, Downers Grove, IL, 2006, pgs. 150-156)

BLUEPRINT

The questions to ask now are around how you will practically and intentionally put these disciplines into practice over the next year. Begin to think and pray about specific practices, expected outcomes, are these daily, weekly, quarterly, or yearly practices? Are there any roadblocks which you foresee hindering your progress?

1. What are one to three specific practices you need to highlight over the next year? (Write them in the chart below)
2. Why are these practices important for this year?



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3. Who is going to hold you accountable? And how?

4. What expectations do you have about this practice? What does success look like? (You may have no idea what to expect and God will surely do the unexpected, but what is on your heart and mind right now that you want to see happen? What is a tangible reason why you are choosing this practice?) Write your expectation in the chart below.

5. What new habits do you need to implement to be successful? What about any preparations?

Take your thoughts and answer and begin to fill out the chart below.

PRACTICES - Which practice or practices are you going attempt to dig deep into over the next year? Choose two downstream practices which are practices which come more easily from you. Those practices which you do not have to put too much through into. Then choose one upstream practice, which would be a practice that is more challenging for you or confronts your false self or flesh.

EXPECTATIONS – Why did you choose this specific practice? What do you hope to see happen in your own life by you engaging in this specific practice?

CHECK-INS – Who is going to hold you accountable and how often are you going to check in with them? This could be weekly, monthly, or quarterly. But would not recommend spreading it out farther than a quarter.

TOOLS – Do you need any specific tools for this practice. Some examples might be that you might need a bible commentary if you want to study the bible more. Do you need to identify a place to go for some silence/solitude. Or just some moral support for that fast you want to complete.



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DAILY/WEEKLY/MONTHLY/QUARTERLY/YEARLY – First off, all of these boxes do not need to be filled in. This goes with the rhythm of your practice. Maybe you have prayer down as a daily practice and a weekly prayer time with the family. You might have silence and solitude down as an activity to do once a month for a day, but once a year you go away for several days. Think specifically around how this particular practice you chose fits into your calendar and rhythm of life.



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SPIRITUAL BLUEPRINT			
	DOWNSTREAM	DOWNSTREAM	UPSTREAM
PRACTICES			
EXPECTATIONS			
CHECK-IN'S			
TOOLS			
DAILY			
WEEKLY			
MONTHLY			
QUARTERLY			
YEARLY			