

Chi Alpha Summer Growth Plans

Physical fitness requires focus, consistency and discipline. So too does spiritual fitness. Scripture tells you to “Train yourself for godliness (1 Tim 4:7a). Spiritual growth only happens through intentional hard work and having a Spiritual Growth Plan for yourself and those little brothers and sisters around you will help give you that spiritual health you need.

Step 1: Identify a personal growth point in each of the following three categories of:

1. **Real Devotional Life**—What is an area of spiritual disciplines you can focus on?
2. **Real Responsibility**—What is a character quality you need God to form more in you?
3. **Real Community**—What is a relationship you want to focus on?

Real Devotional Life

What is an area of spiritual disciplines you can focus on?

- Personal Devotional Time-regular time of reading and studying on the Word and prayer, journaling etc..
- Scripture memory- systematically memorizing and reviewing Scripture
- Fasting-abstaining (from food, media, social media, activity) to seek God through dependence on Him

Real Responsibility

What is a character quality you need God to form more in you?

- Boldness-not being afraid to share who Jesus is with confidence; being gentle, kind, and loving
- Compassion-empathy on behalf of another’s circumstance and acting on their behalf
- Contentment-being at peace; not given to anxiety, nor jealousy and envy
- Even Tempered-not given to sinful anger and temper
- Faith-confidence in God and His promises of you regardless of the circumstances
- Forgiveness-releasing someone of a wrong done to you
- Honesty-being truthful and above reproach in all things; not deceptive nor hypocritical
- Kindness-acting in love and grace by helping others
- Patience-a spirit of forbearance
- Peace-sense of fulfillment that comes from being rightly related to God and rightly related to theories
- Purity-thinking and acting in Godly ways; not given to lust and sexual immorality
- Self-controlled-bringing thoughts, emotions, and actions under control of the Holy Spirit
- Selfless- considering the needs of others above yourself
- Truth in Love-willingness to speak truth in a spirit of grace; not passive (love without truth), nor harsh (truth without love)
- Wholesome speech-quick to encourage and build others up; not given to vulgarity, gossip, slander

Real Community

What is a relationship you want to focus on?

- Parents
- Co-Leader
- Life Group Guys/Girls you are wanting to carry over to next year
- Men’s/Women’s Ministry at large
- Your Pastors

Step 2: Develop a summer long action plan with specific goals to grow in each of three areas. Pick 2 things per category to work through for you. Also, for 1 of your guys/girls: develop a plan for them and keep them accountable over the summer.

Example for you:

Real Devotional Life

1) *Scripture Memory*

- *I will memorize Colossians 1.*

2) *Fasting*

- *I will fast lunch every Tuesday and Thursday during the summer.*

Real Responsibility

1) *Purity*

- *I will personally pray and have others pray specifically about this area*
- *I will significantly limit the amount of time I am on the internet.*
- *I will put filters on my phone, laptop, etc.*

2) *Even Tempered*

- *I will include Scripture on gentleness and meekness in my Personal Devotional Times.*
- *I will let my Coach/AP each time I am tempted to act out on my anger.*
- *If I act out on someone, I will ask for forgiveness.*

Real Community

1) *Returning Students*

- *I will have meaningful contact, hangout, conversation at least 1x week*
- *I will invite him/her to a hangout with other women/men's leaders.*

2) *Parents*

- *I will look for ways to honor my parents this summer.*
- *I will somehow verbally express what they mean to me this summer.*

Remember 2 Timothy 2:2 "And what you have heard from me in the presence of many witnesses entrust to faithful men[a] who will be able to teach others also."

The goal for this growth plan is to get you and your guy/girl into the intentional habit of accountable growth. Just as someone will help you in your plan, half of growing as a leader is helping others grow in theirs.

Let's FIND, FEED AND FIGHT for our sheep together this summer!!!