



My Spiritual Goals:

(e.g., baptism, growth group, give regularly, attend church, read through the bible, pray daily, etc.)

- 1.
- 2.
- 3.

“You must grow in the grace and knowledge of our Lord and Savior Jesus Christ.”
- 2 Peter 3:18

5. I ADMIT _____ ON _____.

“When you bow down before the Lord and admit your dependence on him, he will lift you up and give you honor.”
- James 4:10

*Join us next Sunday, January 13 as we continue our new teaching series *The New You* with *The New You Physically*.

MY NEXT STEP TODAY IS TO...

- Memorize 2 Corinthians 5:17.
- Set the following spiritual goal for 2019: _____.
- Learn more about the “Word Alive Women's Conference” (Fri, Jan 18 - Sat, Jan 19).
- Learn more about the 2019 Super Summer Student Camp, July 8-12 for Students who have completed 6th-12th grade.

Invite a friend, family member or co-worker to join you next Sunday at The Journey!



Recycled Paper
20190106

All verses are from the New Living Translation unless otherwise noted.

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January 6, 2019

Memory Verse:

“This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!”
- 2 Corinthians 5:17

THE NEW YOU: _____.

TO EXPERIENCE THE NEW YOU SPIRITUALLY:

1. I TAKE _____
FOR MY _____.

“Come close to God, and God will come close to you.”
- James 4:8

“Put me on trial, LORD, and cross-examine me. Test my motives and my heart.”
- Psalm 26:2

10 Pillars of a Healthy Spiritual Life:

- ___ My faith is involved in every aspect of my life.
- ___ Because of my faith, I have meaning and purpose in my life.
- ___ My faith gives me an inner peace.
- ___ I am a person who is spiritually committed.
- ___ I spend time in worship every day.
- ___ Because of my faith, I have forgiven people who have hurt me deeply.
- ___ My faith has called me to develop my given gifts and talents.
- ___ I take unpopular stands to defend my faith.
- ___ I speak words of kindness to those in need of encouragement.
- ___ I talk about my faith with those who are not yet Christians.

(Adapted from www.gallupfaith.com)

_____ **My Total Spiritual Health Score**

2. I CONFESS _____ TO _____.

“But if we confess our sins to him, he is faithful and just to forgive us and to cleanse us from every wrong.”

- 1 John 1:9

3. I _____ WITH _____.

“¹⁸But our bodies have many parts, and God has put each part just where he wants it. ¹⁹How strange a body would be if it had only one part! ²⁰Yes, there are many parts, but only one body. ²¹The eye can never say to the hand, ‘I don’t need you. The head can’t say to the feet, ‘I don’t need you.’ ... ²⁷All of you together are Christ’s body, and each of you is a part of it.”
- 1 Corinthians 12:18-21, 27

4. I SET _____ FOR MY _____.

“Dear brothers and sisters, I am still not all I should be, but I am focusing all my energies on this one thing: Forgetting the past and looking forward to what lies ahead, I strain to reach the end of the race and receive the prize for which God, through Christ Jesus, is calling us up to heaven.”

- Philippians 3:13-14