

2024

INTENTIONAL GROWTH

TAKING DELIBERATE AND DECISIVE ACTION TOWARDS REACHING A
GOD HONORING RESULT IN A KEY AREA OF MY LIFE



21 Day F.A.S.T.

FIRMLY commit to humble yourself

ABSTAIN from common comforts of the flesh

SEEK God's direction through prayer, worship, and His word

TAKE ON God's assignment with intentional resolve & fervor

THIS IS WHAT GOD IS CALLING ME TO DO IN ORDER TO GROW IN 7 AREAS OF MY LIFE

1. **SPIRITUALLY** (Getting to know God more, praying, journaling, listening and obeying His voice):

2. **EMOTIONALLY** (Getting whole inside, addressing trauma, inner wounds, bitterness, or resentment):

3. **RELATIONALLY** (Working at healing and restoring damaged relationships, restricting toxic ones):

4. **PHYSICALLY** (Eating better, exercising more, resting properly, saying NO to harmful substances):

5. **FINANCIALLY** (Tithing, paying debts, saving, investing, giving, managing assets):

6. **MINISTERIALLY** (How God is calling me to serve in the church in accordance to my gift & design):

7. **VOCATIONALLY** (Training, coaching, reading, preparation I need to get better at what I do):
