



SPIRITUAL ACTION PLAN



Connect-Follow-Restore is an illustration of our spiritual journey.

First, we form relationships as we *connect* with Jesus followers and, ultimately, with Jesus. We come to believe in the gospel enough to benefit from it.



Next, we deepen our relationship with Jesus as we *follow* Him; this relationship results in our transformation as God restores us to the people He created us to be. We come to believe in the gospel enough to contribute comfortably with our time, talent, and resources.



Ultimately, we realize that loving God means loving people, and we partner with Him and His followers to *restore* the world. We come to believe in the gospel enough to live dangerously for Him, taking risks and doing whatever it takes to bless and rescue people who are far from God.

While Connect-Follow-Restore is a church-wide endeavor and we support each other, each spiritual journey is personal. Consider it this way: The purpose of the Connect-Follow-Restore process is to help *you* grow into the person God created *you* to be. This is done when you:

- connect in relationship with Jesus followers and ultimately with Jesus
- follow Jesus individually and in community so that He can restore you to the person you were created to be
- leverage every opportunity to partner with Jesus and His followers in restoring the world

How is this done, practically? If you have decided to follow Jesus, we urge you to implement a Spiritual Action Plan (SAP). The SAP is personalized, self-created, and practical. Keep in mind that, because Connect-Follow-Restore is a life-long process, progress is gradual. Start where you are, but always challenge yourself to keep moving forward as you grow in your faith and deepen your relationship with Jesus.

STEP 1

Commit to the basics. Some basics are done individually; others happen within the context of a church community. Some primarily feed one’s relationship with God; others reach out to impact others. If you’re ready to commit to all of the basics, that’s ideal. Depending on where you are on your journey, however, don’t feel bad if you’re able to make just one or two of these commitments now and grow into the rest later.

	Individual	Church Community
Vertical	<ul style="list-style-type: none"> ❖ Implement a system of daily Bible reading. ❖ Pray: <ul style="list-style-type: none"> • system of daily dedicated prayer time • ongoing awareness and acknowledgement of God 	<ul style="list-style-type: none"> ❖ Consistently attend corporate worship. ❖ Participate in growth groups or classes.
Horizontal	<ul style="list-style-type: none"> ❖ Pray with your eyes open. See people as God sees them. ❖ Make time for people. Foster healthy friendships. Constantly look for opportunities to be a blessing to others and, when appropriate, introduce them to God. 	<ul style="list-style-type: none"> ❖ Lead or participate in a group that purposefully reaches out to others to serve them and/or connect them with God. ❖ Live generously: <ul style="list-style-type: none"> • Serve on a ministry team. • Return to God a percentage of my income to bless others.

STEP 2

Build on the basics. Personalize your SAP according to:

- where you are on your spiritual journey
- your personality
- your life situation

See the sample SAPs on pages 3-5 to get some ideas. Write a first draft of your plan. Let it sit for a day or two. Consider asking someone to help you refine it, and then write your “final” version. Realize that you can always edit it and make it better.

STEP 3

Create a triad. Form a three-person accountability group to increase the odds that you will stay with your plan over the long haul. Pray for each other, check in with each other, and encourage and challenge each other to stay on track (or get back on track) and to continually grow. Ask:

- What's going well with your SAP?
- What's been your greatest challenge?
- What will you do this week?
- How can I pray for you?

STEP 4

Become a spiritual mentor when you are ready. Help someone else develop an SAP. Live a life that honors God and serves as an example and inspiration to others.

SAMPLE SAP #1 (Married man/executive with children at home)

1. I will make my marriage an example of that laid out in the Scriptures. I will be a one-woman man seeking the growth of my wife. I will assist her in the duties of our household, date her regularly, and cherish her always.
2. I will play an active role in leading my children into Christian maturity.
3. I will assist in bringing to Jesus over 100 people.
4. I will give an increasing portion of all I earn to charity: church, missions, and other Christian organizations.
5. Spend quality and quantity time with my children while they are young. On average, I will dedicate ten hours per week to personal time with them.
6. Lead weekly Bible Study.
7. I will be in the Word on a daily basis. I will read the Bible through at least twice each year.
8. I will memorize at least ten new Bible verses each year.
9. I will fast one day per week for the spiritual health and protection of my children.

SAMPLE SAP #2 (Married woman with no children)

1. I will be immersed in the Word and study the Bible daily.
2. I will memorize two Bible passages every year.
3. I will pray with and for my husband daily.
4. I will document prayer requests and praises in a prayer book and pray for those requests daily.
5. I will journal my frustrations and struggles to get rid of stress as well as my thoughts and key verses from personal Bible study.
6. I will pray for my non-Christian friends and continue to be a witness to them.
7. I will actively walk with and lead those in spiritual warfare.
8. I will participate in a growth group each semester.
9. I will lead one life group each semester.
10. I will serve in the children's ministry at least twice each month.

SAMPLE SAP #3 (Married man with grown children)

1. I will live my life according to God's plan and purpose: scripture-based and Holy Spirit-inspired and guided.
2. I will pray with my eyes open.
3. I will support and encourage my family to live out the calling and purpose that God has impressed on them, without judgement or condemnation, but with grace and love.
4. I will serve my spiritual communities by recruiting, training, and developing men and women for the cause of Christ. I will mentor, teach, release, and send others out into community. I will teach music lessons and facilitate Intentional Leadership Development meetings and other mentoring opportunities.
5. I will journal with God daily (Bible study, prayer requests, prayer intercession) and celebrate victories in Christ.
6. I will be in the Bible daily.
7. I will eat well, manage stress, sleep well, and take days off that will keep me alert and healthy.
8. I will be intentional in meeting new people and inviting them to join me in spiritual community.
9. I will work to improve my musical skills.
10. I will develop and nurture a heart for the de-churched and unchurched. I will place myself in environments where I can meet them.

SAMPLE SAP #4 (Married man with grown children)

1. I will commit to the basics of connecting with God (vertical/individual), praying with my eyes open and making time for people (horizontal/individual), connecting with God and interacting with God's word (vertical/community), and creating a circle or triad and living generously (horizontal/community).
2. I will do my best to make my marriage all that God desires. I will be faithful to my wife and do my best to help her enjoy life and reach her potential as a person in Christ.
3. I will pray for and unconditionally love my children and will speak to them often about God's faithfulness and do my best to model a life of faith.
4. I will pray for my grandkids every day and actively teach them the story of God.
5. I will pray every day that my non-Christian neighbors will come to know Christ. I will watch for – and try to create – attractive opportunities for them to know Christ.
6. I will do my best to see people and circumstances through God's eyes. I will speak of God's faithfulness and power and attempt to act with courage and faith.
7. I will be aware of the power of words to build up or tear down and will do my best to encourage people with whom I work and interact.
8. I will do my best to live unselfishly by helping the under-resourced financially. I will always support a specific person or family the best I can.
9. I will be open to God's leading and correction through His Word, times of prayer, friends and family, and other circumstances.

SAMPLE SAP #5 (Married man with children at home)

INDIVIDUAL / VERTICAL

1. I will pray for everyone who comes to mind when I first wake up while I'm still in bed.
2. I will read Scriptures everyday relating to what we're studying in church or to what God impresses me to read.
3. I will journal the Scripture, my thoughts, my praises, my struggles and my requests to God.
4. I will pray over my attitude and application of Scripture in the shower.
5. I will set a half-time alarm on my phone with a reminder to be prayerful and active in living out God's message from the morning.

CHURCH COMMUNITY / VERTICAL

1. I will lead a growth group or attend a growth group every semester.
2. I will intentionally mentor other leaders who can lead more groups/people.

INDIVIDUAL / HORIZONTAL

1. I will intentionally pray with my kids everyday and look for God moments to serve together and learn together in real time.
2. I will actively invite one new person or family to church or some Epikos activity each week.

CHURCH COMMUNITY

1. I will pray over starting a missional group in our neighborhood.
2. I will get the few Christians we have together in the football group and talk about and pray about being more intentional in leading our teammates to faith.

SAMPLE SAP #6 (Unmarried woman with no children)

1. I will read a Bible passage every day. I will read through the Bible every year.
2. I will implement a daily prayer system.
3. I will memorize four Bible passages every year.
4. I will consistently attend the weekend experience at Epikos.
5. I will participate in a growth group each semester.
6. I will create and teach a new Bible class every year.
7. I will find an opportunity to connect with non-church people every month.
8. I will invest in (pray-relate-invite) at least three far-from-God people every year.
9. I will return a faithful tithe.
10. I will serve on the worship team.
11. I will participate in an affinity group every year.

SAMPLE SAP #7 (Married woman with a school-aged child)

1. I will complete reading the whole Bible in a year by using a plan from YouVersion.
2. I will dedicate my work to God everyday and pray for:
 - my heart to be open to the Holy Spirit and my eyes to be fixed on Jesus.
 - protection and spiritual and physical health for my family.
 - wisdom and humility to guide my family according to God's will.
 - my child's classmates and teachers.
3. I will check in with my husband at least once a day with grace and without condemnation. I will compliment him, be thankful, hold him accountable for his responsibilities, and be humble about my role as his partner and helper.
4. I will say a prayer with one member of my family once a day.
5. I will make a schedule and hold myself accountable to rehab my body from stress by exercising and maintaining a healthy bedtime routine. I will also take the time to nourish and groom my body as it is the temple of God. I will seek professional help as needed.
6. I will connect with one mom in my ministry group once a month to offer support and encouragement without judgment.
7. I will serve on one ministry team and improve my skills of service.
8. I will set aside my chores and lists, sit down, eat one meal and be involved with one activity with my child everyday.
9. I will volunteer at my child's school one hour a week.
10. I will attend one growth group every semester.

SAMPLE SAP #8 (Married woman with children and a full-time job outside the home)

1. I will do my best to live unselfishly and give of my time and resources whenever possible.
2. I will pray with my family daily.
3. I will do my best to support my husband within our marriage and in daily life to grow together as a couple and in God.
4. I will listen to God's direction and work to do His will in my life.
5. I will encourage my family to listen to God's direction in their lives.
6. I will actively lead my children to learn about God and will encourage questions and conversation.
7. I will do my best to see others through God's eyes and stand with them without judgment, but with compassion, understanding, and encouragement.
8. I will consistently and actively attend weekly church service.
9. I will continue to work with my ministry team to grow and improve the team both in numbers and in spiritual service.
10. I will continue to serve as part of the kids' ministry to teach and learn with them.
11. I will readily encourage and share with those who are facing tough times.
12. I will continue to co-lead Bible study groups.
13. I will continue to pray for all those who need prayer.