

MY SPIRE PLAN



This year, in loving God with all that I am,
I commit to work on, by God's grace ...

SPIRITUAL

PHYSICAL

INTELLECTUAL

RELATIONAL

EMOTIONAL

QUESTIONS TO CONSIDER

SPIRITUAL

- When will you stop each day or week to pray, read the Bible, and experience sabbath rest?

- Are there parts of the Bible you're interested in reading for the first time?

Consider reading through the Bible in a year; or read through all four of the gospels.

- Who are you giving permission to speak into your spiritual life? Who are you helping support and walk with?

PHYSICAL

- How can you eat more healthily, and get enough sleep and exercise?

- What medical appointments or check-ups do you need to schedule?

INTELLECTUAL

- What are you excited to learn about this year outside of your work?

- Consider developing a reading list for the year so that you are reading deep and not just wide.

- What do you need to cut out in order to make space for these things?

RELATIONAL

- Are there particular relationships you want to invest in or be more intentional with?

- Are there particular relationships where repentance, forgiveness, or reconciliation needs to happen?

EMOTIONAL

- Which friend or family member can help you cultivate more self-awareness by providing a space for regularly processing your emotions?

- Are there areas or issues in your life where counseling or therapy might be helpful or appropriate?