



4-Areas of Life: Spiritual - Physical - Family - Ministry

4 Month Focus: _____ to _____ Year: _____

SPIRITUAL FOCUS:

1.

Spiritual Life - Daily "Walk" with the LORD (Loving God):

Bible Reading & Study: _____

Prayer: _____

Quiet Time - Reflection - Worship: _____

Focus for Spiritual Life & Learning: _____

Soul (mind - will - emotions) under God's Control: _____

PHYSICAL FOCUS:

2.

Physical Life - Daily Fitness/Rest/Nutrition/Exercise:

My "ZONE": (Ideal Healthy Weight ZONE : _____ to _____) 4 month GOAL ZONE: _____ to _____

Exercise Focus - Daily or Weekly Goals: _____

Nutrition - Fresh Air - Water: _____

Rest - Sleep: _____

FAMILY FOCUS:

3.

Marriage & Family Life:

Parenting - Child Training: _____

MINISTRY FOCUS:

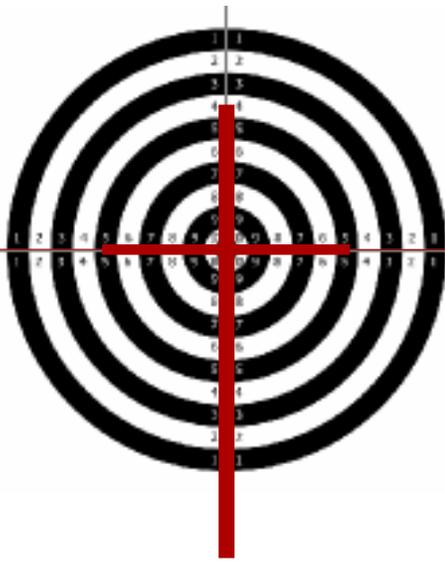
4.

Eternal-Life - Mission-Minded Focus (Loving Others):

What is God's Mission & Vision for my Life? _____

"7 for Heaven!" (Who I'm praying for: _____

1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____



Abiding Mom Verses

Psalm 46:10

10 Be still, and know that I am God:
I will be exalted among the heathen,
I will be exalted in the earth.

Ephesians 5:10

10 Proving what is acceptable
unto the Lord.

Proverbs 29:25-26

25 The fear of man bringeth a snare:
but whoso putteth his trust in the Lord
shall be safe.
26 Many seek the ruler's favour; but
every man's judgment cometh from
the Lord.

Seeking DIRECTION:

Proverbs 16:1-3, 9

1 The preparations of the heart
belong to man, but the answer of
the tongue, is from the Lord.
2 All the ways of a man are clean in
his own eyes; but the Lord weighs
the spirits.
3 Commit your works to the Lord, and
your thoughts will be established.

9 A man's heart plans his way: but the
Lord directs his steps.

Gal. 5:22-26

This I say then, Walk in the Spirit, and
ye shall not fulfil the lust of the flesh.
For the flesh lusteth against the Spirit,
and the Spirit against the flesh: and
these are contrary the one to the
other: so that ye cannot do the things
that ye would.

But if ye be led of the Spirit, ye are
not under the law.

22 But the fruit of the Spirit is love,
joy, peace, longsuffering, gentle-
ness, goodness, faith,

23 Meekness, temperance: against
such there is no law.

24 And they that are Christ's have
crucified the flesh with the affections
and lusts.

25 If we live in the Spirit, let us also
walk in the Spirit.

26 Let us not be desirous of vain
glory, provoking one another, envy-
ing one another.

Ephesians 2:8-10

8 For by grace are ye saved through
faith; and that not of yourselves: it is
the gift of God:

9 Not of works, lest any man should
boast.

10 For we are his workmanship,
created in Christ Jesus unto good
works, which God hath before
ordained that we should walk in them.

Isaiah 26:3

3 Thou wilt keep him in perfect
peace, whose mind is stayed on
thee: because he trusteth in thee.

2 Corinthians 12:9-10

9 And he said unto me, My grace is
sufficient for thee: for my strength is
made perfect in weakness. Most
gladly therefore will I rather glory in
my infirmities, that the power of Christ
may rest upon me.

10 Therefore I take pleasure in
infirmities, in reproaches, in necessi-
ties, in persecutions, in distresses for
Christ's sake: for when I am weak,
then am I strong.

Ephesians 4:32 (in context)

29 Let no corrupt communication
proceed out of your mouth, but that
which is good to the use of edifying,
that it may minister grace unto the
hearers.

30 And grieve not the holy Spirit of
God, whereby ye are sealed unto the
day of redemption.

31 Let all bitterness, and wrath,
and anger, and clamour, and evil
speaking, be put away from you,
with all malice:

32 And be ye kind one to another,
tenderhearted, forgiving one another,
even as God for Christ's sake hath
forgiven you.

Proverbs 22:6 (in context)

4 By humility and the fear of the Lord
are riches, and honour, and life. 5
Thorns and snares are in the way of
the froward: he that doth keep his
soul shall be far from them.

6 Train up a child in the way he
should go: and when he is old, he
will not depart from it.

