

Soul Training Goals

We know that small groups are effective – statistics show that discipleship often happens BEST in small group communities. We want to be intentional about our time by identifying ways that each of us would like to grow. Over the course of the week consider prayerfully how you'd like to grow this small group year. Then write down your choices on the back. As a small group, we want to offer one another accountability and care as we move forward this year together. So be prepared to share your responses with the group or with your group leader. Feel free to make your own goals that may not be on the list below – use this list for inspiration.

*And you shall love the Lord your God with all your **heart**, and with all your **soul**, and with all your **mind**, and with all your **strength**: this is the first commandment. ~Mark 12:30*

- **Heart (Holiness & Love for God)**
 - Overcome a habitual sin
 - Get an Accountability Partner
 - Address a character flaw
 - Forgive a past offense
 - Find healing for a past hurt
 - Selfcare & Sabbath Rest
 - To grow in zeal and desire for God

- **Soul (Worship)**
 - Develop a habit of regular prayer
 - Develop a habit of regular scripture reading
 - Implement regular family devotions
 - Develop a rule of life
 - Plan & Follow through with a spiritual fast
 - Attend Church regularly
 - Get Baptized

- **Mind (Knowledge of God)**
 - Memorize Scripture
 - Read through the Bible
 - Read more Christian books
 - Learn Theology

- **Strength (Evangelism/Outreach/Service)**
 - Share the gospel
 - Share your testimony
 - Bring someone to Christ
 - Bring someone to small group
 - Serve/Outreach regularly
 - Go on a missions trip (local or international)

