

My Soul Care Plan

Date _____

Do you want to be more intentional about nurturing your soul? We invite you to take some time to prayerfully prepare your own customized Soul Care Plan, using the following steps:

Step 1: Read through both sides of this document before marking any responses.

Step 2: Answer the three questions below, referencing the building block descriptions on the back of this page as needed.

Step 3: Fill in the details on the back of this sheet for the blocks you've decided to add to your Plan.

Step 4: Complete the covenant form as a promise to yourself. We invite you to return a copy of this document in the basket at the info kiosk or in the offering next Sunday.

Where am I now?

In this space mark the letters of the building blocks that you are now practicing as a part of your life. Only reflect here what you are *already doing regularly*.

| | | | | | |
|--|--|--|--|--|--|
| | | | | | |
|--|--|--|--|--|--|

What am I ready to add (or upgrade) now?

In this space, mark the letters of any building blocks that you feel ready to add to your life rhythm right now, or any blocks you are already practicing but feel ready to "upgrade". Please don't over-commit! Be realistic. It's much better to add or upgrade one block, and do it intentionally and well, than to add or upgrade many blocks and burn out attempting to keep up.

| | | | | | |
|--|--|--|--|--|--|
| | | | | | |
|--|--|--|--|--|--|

What might I want to add in the future?

In this space, mark the letters of any building blocks that you hope to add or upgrade at some point *in the future*. This does not affect your current Soul Care Plan. It's just a chance to do some forward thinking.

| | | | | | |
|--|--|--|--|--|--|
| | | | | | |
|--|--|--|--|--|--|

My Covenant

With God's help, I promise myself that I will faithfully implement this Plan throughout the year, knowing that because of it, I will grow stronger, my life will be better, and others will be blessed because of me!

Signature _____

Print Name _____

Address _____

City, State, Zip _____

Email _____

Please include both mailing address *and* email if possible.

We invite you to bring a copy of your Plan to church next Sunday. You can place it in the basket at the info kiosk or in the offering plate. If you do so, here is what will happen:

- Pastoral staff will regularly pray for you by name, that God will help you succeed in your Soul Care Plan.
- Twice this year, you'll receive a letter with a message of encouragement and a copy of your Plan as a reminder.
- We will *not* keep track of whether you are following through with your Plan or badger you in any way. It's up to you to monitor your progress.
- We will *not* share your Plan; confidentiality will be respected.

If you have questions, please feel free to discuss this with the pastoral staff or any of the SoulShift teachers.



Building Blocks for Practicing the Presence of Christ

Jesus said, “I am the way, the truth, and the life.” He came to show us how to make our lives all they’re supposed to be. At LifeJourney Church, our highest goal is to learn to follow Jesus in this way—to become his disciples, to be like him.

How did the earliest disciples learn to become like Jesus? By **spending time with him**—listening, observing, imitating. And we can become like Jesus in that same way.

This intentional Soul Care Plan is all about “**practicing the presence of Christ**”—weaving quality time with Jesus into the fabric of our lives, so that we start to become more and more like him.

We offer a “building blocks” approach to spending time with Jesus. We encourage each person to design his or her own **custom Plan**—*at your own pace, step-by-step, one block at a time.*

But the building blocks are only a means to an end—not an end by themselves. We will not have “arrived spiritually” once we have our building blocks in place. We will probably have *only just begun* to welcome enough of the presence of Christ to experience growth and transformation.

So, what is your own personal Soul Care Plan going to look like?

W is for Worship: A commitment to regular Sunday Worship

Do I feel led to make a commitment to regular worship?

Yes No Maybe next year

Q is for Quiet Time: Regular two-way conversation with God

Do I feel led to practice a regular quiet time (daily or at least most days)?

Yes No Maybe next year

If yes, what form will my quiet time take:

*Check out Be Still and Know:
LifeJourneyChurch.cc/bestill.*

C is for Connection: Participation in spiritual small groups

Do I feel led to connect to a small group?

Yes No Maybe next year

If yes, what form will my participation take?

- I will participate in an Oasis:
name of group _____
- I will take quarterly SoulShift Classes
- I will do a combination of Oasis and SoulShift
- I will participate in another kind of spiritual small group: _____

S is for Service: Use my gifts to serve the church and the world

Do I feel led to invest regular time serving God?

Yes No Maybe next year

If yes, what form will my service take?

I will participate on a church Ministry Team:

A list of ministry teams is available in the Social Hall.

I will serve God by donating time to:

G is for Generosity: Giving to God’s work on earth

Do I feel led to practice regular giving?

Yes No Maybe next year

If yes, what form will my giving take?

- I am going to tithe on my income.
- I am going to go beyond tithing by giving ____% of my income
- I am not in a position to tithe now, but I’m going to get serious about getting there. I’m going to give:
 - 2.5% of income
 - 5.0% of income
 - 7.5% of income
- I don’t feel led to tithe. For me, at this time, generosity means giving:
\$ _____ per week or \$ _____ per month.

*For your convenience, you can enroll in electronic giving at
LifeJourneyChurch.cc/donate.*

D is for Discipleship Decision: intentional commitment to follow in the way of Christ

Are you committed to following Jesus as a disciple? Do you want to become like him?

Yes No I need more time to consider.

? is for You to Ponder: We call it “The Mystery Block.”

Beyond the “basics” listed above, maybe you feel led to incorporate other sacred commitments into your Soul Care Plan. Examples might include: eating healthier, spending more time with family, going back to school, praying with my spouse or a friend, eliminating some commitments so I can better focus, going on a retreat or a missions trip, painting or playing music, etc.

As you consider how to best nurture your soul, what “mystery block” commitments, if any, are you called to make?
