

PERSONAL PLAN FOR GROWTH

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The Put Off/Put On Plan is a biblical tool that is useful to people of all ages. It is primarily designed for your own individual growth, but it can be simplified or modified for use in a discipleship group, within families or by parents walking alongside teens or younger children. Most of all, this is God's plan for your growth. The follower of Christ will never grow out of the need to apply these principles to daily living.

Start your growth journey by downloading and printing out a copy for yourself today!

"...seeing that you have put off the old self with its practices and have put on the new self, which is being renewed in knowledge after the image of its creator."

- Colossians 3:9-10

#1: CONSIDER YOUR LIFE

Put Off (-) These are thoughts, desires, and behaviors that you must stop in order to honor and obey the Lord. The presence of these habits prevents growth in your life. Putting Off includes evident sins like a habitual lying but also unproductive habits that can waste valuable time (always sleeping in, excessive tv or social media use, etc).

Put On (+) These are thoughts, desires, and behaviors that you will begin to implement in your life. This may include developing new skills like learning a method to read God's word more effectively, working on a particular area of personal weakness like listening well, or becoming more intentional to pray for friends who are far from Jesus.

RELATIONSHIP	PUT OFF (-)	PUT ON (+)
WITH GOD		
WITH FAMILY (FATHER, MOTHER, STEP-PARENT, SIBLINGS, SPOUSE, CHILDREN)		
WITH CHURCH FAMILY		
WITH OTHERS/ NEIGHBOR		

#2: DIG DEEPER

Choose one of the four relationships from your table to analyze further.

Relationship: _____

Only focus on one relationship area at this point. Learn the skill and discipline of Putting Off and Putting On and then apply it to the other areas in your life. Even better, share it with someone else!

PUT OFF (-)

Write down:

Describe current thoughts, desires or behaviors that do not honor God.

What do the Scriptures say about this behavior? Identify the pattern of unbiblical thinking. What is at the root of this behavior?

PUT ON (+)

Write down:

Describe new thoughts, desires or behaviors God wants you to pursue. What habits need to be developed to grow toward maturity?

What Scriptures provide a foundation for godly thinking on which you can begin to build?

#3: PLAN, GET PRACTICAL & GO!

PLANNING YOUR FIRST STEPS

What exactly are you going to do? Get specific.

When are you going to do it? When will you regularly set aside time to take pro-active steps?

Who is your Team? Don't attempt life change on your own! The Christian is meant to live all of life in the context of community. You need to specifically invite one or more people into your growth journey (invite them to make their own Put Off/Put On Plan). This could be a friend, a spouse (depending on the goal), a family project, a discipleship group or a mentor. Share your Put Off/Put On Plan with them and invite them to pray for you regularly.

Who is on Your Team? _____

How will you update your team? _____

Time frame. Failing to set a definite time frame usually results in fading commitments and results. A new habit usually takes about three weeks to establish so think of inviting someone get the journey moving for 3-4 weeks to help you jumpstart this new journey.

Beginning together on _____

and ending on _____