

# HOW TO CREATE

A Spiritual Growth Plan **Session 2**

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AN  
INTERACTIVE  
WORKBOOK



# EXPERIENCES

John Barrett

“Life is too short to live with could have, should have, would have regrets.”

Life is a \_\_\_\_\_.

Everything that happens \_\_\_\_\_ you can be used \_\_\_\_\_ you.

Genesis 50:20 (NIV)

You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.

Top 5 Regrets:

#5 - “I wish that I had let myself be happier.”

#4 - “I wish I had stayed in touch with my friends.”

#3 - “I wish I’d had the courage to express my feelings.”

#2 - “I wish I hadn’t worked so hard.”

#1 - “I wish I’d had the courage to live a life true to myself, not the life others expected of me.”

3 things you need to do with experiences:

1) \_\_\_\_\_ them.

2) \_\_\_\_\_ them.

3) \_\_\_\_\_ them.

# CREATE THEM

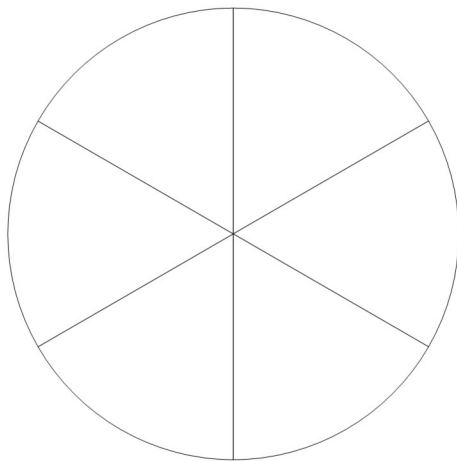
Schedule for \_\_\_\_\_.

Don't \_\_\_\_\_ your schedule, schedule your \_\_\_\_\_.

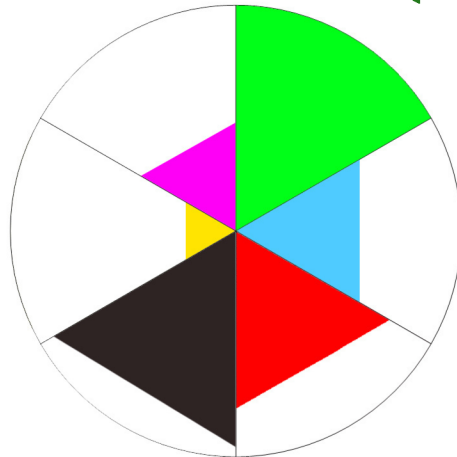
Believe that when you \_\_\_\_\_ up, it's a \_\_\_\_\_ up.

To unlock new possibilities you need the key of \_\_\_\_\_.

## The Wheel Of Life



Example



Paul J. Meyer



# CONNECT THEM



Every experience contains something you \_\_\_\_\_.

Proverbs 24:32 (NIV)

I applied my heart to what I observed and learned a lesson from what I saw:

Be a \_\_\_\_\_, not a \_\_\_\_\_.

Vernon Howard

“Always walk through life as if you have something new to learn and you will.”

Romans 8:28 (NIV)

And we know that in all things God works for the good of those who love Him, who have been called according to His purpose.

**CORRIE** Life Is But A Weaving

**TEN** My life is but a weaving  
Between my God and me.  
**BOOM** I cannot choose the colors  
He weaveth steadily.



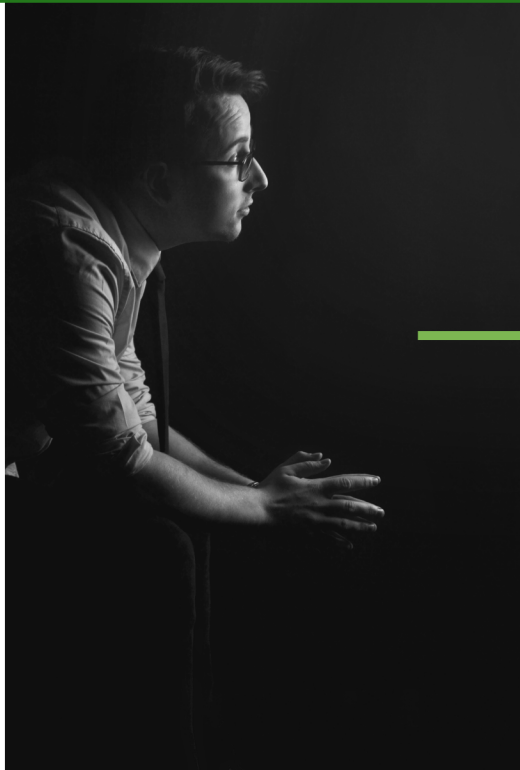
Oft' times He weaveth sorrow;  
And I in foolish pride  
Forget He sees the upper  
And I the underside.

Not 'til the loom is silent  
And the shuttles cease to fly  
Will God unroll the canvas  
And reveal the reason why.

The dark threads are as needful  
In the weaver's skillful hand  
As the threads of gold and silver  
In the pattern He has planned

He knows, He loves, He cares;  
Nothing this truth can dim.  
He gives the very best to those  
Who leave the choice to Him.





# CONVERT THEM

Experience is NOT the best teacher;  
\_\_\_\_\_ experience is.

It's not what we've \_\_\_\_\_ that shapes us; it's what we've \_\_\_\_\_ from our experiences that truly shape us.

\_\_\_\_\_ John Barrett \_\_\_\_\_

"It is not enough to simply go through situations; you have to grow through situations."

Convert \_\_\_\_\_ into \_\_\_\_\_.

“

I asked for strength and God gave me difficulties to make me strong.  
I asked for wisdom and God gave me problems to solve.  
I asked for prosperity and God gave me brawn and brains to work.  
I asked for courage and God gave me dangers to overcome.  
I asked for patience and God placed me in situations where I was forced to wait.  
I asked for love and God gave me troubled people to help.  
I asked for favors and God gave me opportunities.  
I asked for everything so I could enjoy life.  
Instead, He gave me life so I could enjoy everything.  
I received nothing I wanted, I received everything I needed.

~ Anonymous

# The Triple R Plan

R = \_\_\_\_\_

End your day with a game of \_\_\_\_\_ the \_\_\_\_\_

R = \_\_\_\_\_

Never walk away from an experience without \_\_\_\_\_.

R = \_\_\_\_\_.

Give yourself new \_\_\_\_\_.

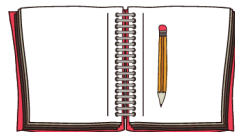
## WHAT YOU NEED



**Time**



**Thought**



**Journal**



**Challenge**

# PEOPLE

John Barrett

"We cannot reach our potential alone; we need others to help draw the best out of us."

Proverbs 27:17 (NIV)

As iron sharpens iron, so one person sharpens another.

We are created for \_\_\_\_\_.

"The more we study engagement, we see time and again that just being next to certain people actually aligns your brain with them. This means the people you hang out with actually have an impact on your engagement with reality beyond what you can explain.

And one of the effects is you become alike."

~ Moran Cerf Neuroscientist at Northwestern University

The 3 People You Need In Your Life:

1) \_\_\_\_\_.

They \_\_\_\_\_ to us where we should be going.

2) \_\_\_\_\_.

They \_\_\_\_\_ to us where we are.

3) \_\_\_\_\_.

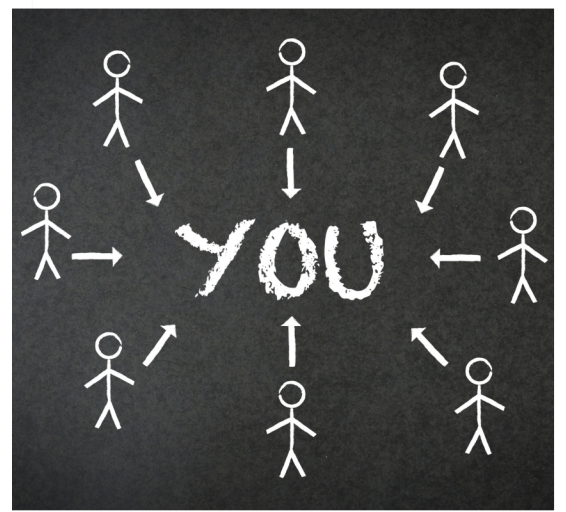
They \_\_\_\_\_ us of where we've been.

Proverbs 13:20 (NIV)

Walk with the wise and become wise, for a companion of fools suffers harm.



# PURSUE



Pursue the right \_\_\_\_\_.

Proverbs 12:26 (NIV)

The righteous choose their friends carefully, but the way of the wicked leads them astray.

## MENTORS

You need mentors who have \_\_\_\_\_ where you want to be and have \_\_\_\_\_ what you want to do.

## MATES

You need mates who are are \_\_\_\_\_ you're at and \_\_\_\_\_ to go further.

## MENTEES

You need mentees who are where you've \_\_\_\_\_ and doing what you've \_\_\_\_\_.

# PREPARE



When you get together be \_\_\_\_\_.

3 Traits Of Being Prepared:

1) Get \_\_\_\_\_.

The quality of your \_\_\_\_\_ will determine the depth  
of your \_\_\_\_\_.

2) Get \_\_\_\_\_.

John Wooden

"It's what you learn after you know it all that counts."

Take the phrase " \_\_\_\_\_ " out of your vocabulary.

3) Get \_\_\_\_\_.

\_\_\_\_\_ down what you're learning and \_\_\_\_\_ on it.



# Persist



The more you think you \_\_\_\_\_ the less you try to \_\_\_\_\_.

Stay in a \_\_\_\_\_.

Phillippians 3:12-14 (NIV)

12 Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. 13 Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, 14 I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

Your \_\_\_\_\_ determine your growth \_\_\_\_\_.



Hatchery



Wineskin

# People Plan

- 1) Determine the \_\_\_\_\_ and the \_\_\_\_\_.
- 2) \_\_\_\_\_ them.
- 3) Schedule a \_\_\_\_\_.
- 4) Prepare your \_\_\_\_\_.
- 5) Follow \_\_\_\_\_.
- 6) Keep \_\_\_\_\_.

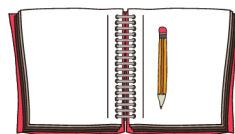
## WHAT YOU NEED



**People**



**Questions**



**Notebook**



**Action Steps**

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