

JOURNAL PROMPTS

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S.M.A.R.T. Goals:

Specific
Measurable
Attainable
Relevant
Time-based

VISION

Create a detailed vision of your future. This should include your morals and values you will implement in your life and in your character, as well as what you would like to accomplish, lifestyle, mission, career, etc. Be as detailed and thorough as possible.

ALIGNMENT

Proverbs 1:7 – *“The fear of the Lord is the beginning of knowledge; fools despise wisdom and instruction.”*

2 Timothy 3:16-17 – *“All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.”*

Psalms 119:105 – *“Your word is a lamp to my feet and a light to my path.”*

QUESTION: How will I invest in my relationship with Christ, and align my life according to scripture?

EXAMPLE: *I will read the entire Bible this year by reading scripture every morning for 30mins.*

BROTHERHOOD

Proverbs 27:9, 17 – *“Oil and perfume make the heart glad, and the sweetness of a friend comes from his earnest counsel... Iron sharpens iron, and one man sharpens another.”*

1 Samuel 23:16 – *“And Jonathan, Saul's son, rose and went to David at Horesh, & strengthened his hand in God.”*

QUESTION: How will I improve and create deep and meaningful relationships?

DISCIPLINE

1 Corinthians 6:19-20 – “Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.”

1 Corinthians 9:24-27 – “Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.”

QUESTION: How will I care for my physical self and improve my physical condition as a temple of the Holy Spirit?

SERVICE

Acts 20:35 – “In all things I have shown you that by working hard in this way we must help the weak and remember the words of the Lord Jesus, how he himself said, ‘It is more blessed to give than to receive.’”

Galatians 5:13 – “You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love.”

QUESTION: Boys take, consume and destroy; men create, produce and give of themselves. How will I create, produce and give of myself?

“Be watchful, stand firm in the faith, act like men, be strong. Let all that you do be done in love.” – 1 Corinthians 16:13-14

Courage – To do what is right, ever forward, through hardship, fear and danger.

Self-control – To master the mind and body with the help of the Holy Spirit; in control of ones emotions, actions and desires.

Respect – Treat one another with kindness, gentleness, patience, forgiveness, selflessness, humility, graciousness and truth.