

INTENTIONAL ABIDING WORKSHEET

We cannot avoid spiritual formation. All of us are in the process of being formed. The question is, “Are we becoming more like Jesus or less like Him?” We need an intentional plan for resistance and formation into the image of Jesus for every area of your life. This is a plan for resistance against the deforming power of our world and also a plan for the practices and rhythms which can form you more and more into the person God created you to be; more and more like Jesus.

HOW TO USE THIS WORKSHEET

STEP 1: HONEST EVALUATION

Using the evaluation tool on the next page, spend some time in honest evaluation of your current habits and who you are becoming. You may not actually have a written-out plan for abiding, but you do have a set of rhythms and habits that are forming you either to become more like Jesus or less like Him in each area of your life. These may be intentional rhythms or unintentional ones into which you've defaulted. If you feel guilt or shame as you do this, move towards Jesus, who longs to show you mercy and to remind you that you are forgiven and loved.

STEP 2: START YOUR INTENTIONAL ABIDING PLAN WITH IDENTITY & VISION FOR WHO YOU WANT TO BECOME

Start by writing a clear identity statement at the top of the Intentional Abiding plan. Who are you in Christ? Who do you want to become? Then, for each applicable life category, write down Jesus' vision for who you are in that area. See the sample worksheet for ideas.

STEP 3: ADD RHYTHMS AND HABITS TO YOUR INTENTIONAL ABIDING PLAN

Think about some habits or rhythms, whether daily, weekly, etc, that will help you become that kind of person. Here are some helpful tips:

- Start with the “Abiding” life category. This is the most important category.
- Start small, with just one or two rhythms for each life category you want to focus on.
- Make sure to include when (daily, weekly, monthly, etc.) you will do these. Be specific.

STEP 4: TRY AND ADJUST

Try living in this plan. Remember, this is not a way to earn God's favor, so your success or failure doesn't change how God sees you. After a few weeks, make adjustments. If there were habits that were too much, too fast, then adjust and set more attainable goals. Pay attention to what was draining and what was life-giving. Prayerfully adjust and keep going. Abiding evolves as life changes, so come back to this every 3-6 months and reevaluate.

STEP 5: SHARE

Who do you need to share this with? Share with your spouse, a close friend, your House Church, or others who will provide feedback, pray for you, and support you. Note: Married couples or people seeking to align their lives may consider creating their plan together (separate, but complementary).

HONEST EVALUATION

Be honest about your current formation plan. Remember, you have one, whether it's intentional or not. Use the worksheet below to help you. Start by thinking honestly about each area of life and if it looks like Jesus. Then, think about what rhythms (intentional or not) may be connected to this. Add or skip categories as needed.

Life Category	How does this area of my life look like Jesus or not look like him?	Current habits/rhythms in my life that may shape this
Relationship with God	Example: I feel disconnected from God. God feels distant.	It's hard to find time to pray and read Scripture. I wake and leave for work right away.
Singleness or marriage		
Friendships		
Parenting		
Body		
Work		
Rest / Play		
Finances		
Technology		

MY INTENTIONAL ABIDING PLAN

Who Am I? Who Am I Becoming? (Write Your Identity Statement: "In Christ, I am...")		
In Christ, I am...		
Life Category	Jesus' vision for who I become	Habits & Rhythms (Daily/Weekly/Monthly/Quarterly/Annual) What are one or two habits you want to start with?
Relationship with God		
Singleness or marriage		
Friendships		
Parenting		
Body		
Work		
Rest / Play		
Finances		
Technology		

SAMPLE INTENTIONAL ABIDING PLAN

Who Am I? Who Am I Becoming? (Write Your Identity Statement: "In Christ, I am...")		
In Christ, I am... a beloved daughter becoming more like Jesus.		
Life Category	Jesus' vision for who I become	Habits & Rhythms (Daily/Weekly/Monthly/Quarterly/Annual) What are one or two habits you want to start with?
Relationship with God	Abiding in Jesus & aware of God's presence	Daily prayer and scripture and gather weekly w/ church. Starting Out? 10 minutes in a Psalm and prayer daily
Singleness or marriage	Loving & serving my spouse selflessly	Weekly date night, regular and healthy sexual intimacy, regular getaways
Friendships	Truly known and connected to a few close friends & open to others	Weekly phone call or coffee with best friend and regularly having people over for dinner
Parenting	A parent representing the Father's heart to my kids and forming them	Daily prayer for my kids, weekly relational time with each kid, annual family vacation
Body	Physically & mentally healthy	Regular bedtime, going on a walk daily, and regular therapy/counseling
Work	Using my time and skills to help others flourish	A fixed hour schedule, dedicated time to an entrepreneurial project
Rest / Play	Able to stop working and truly rest and enjoy God's creation	Commit to a daily quiet time and a weekly sabbath
Finances	A wise steward freed from the love of money and generous like God	Sponsoring a child through Compassion and giving away 10 percent of my income to the church
Technology	Using technology like a tool and not being used by technology	No phone before time with God in the morning, turning off phone an hour before bed every night