



4-Areas of Life: Spiritual - Physical - Family - Ministry

4 Month Focus: _____ to _____ Year: _____

SPIRITUAL FOCUS:

1.

Spiritual Life - Daily "Walk" with the LORD (Loving God):

Bible Reading & Study: _____

Prayer: _____

Quiet Time - Reflection - Worship: _____

Focus for Spiritual Life & Learning: _____

Soul (mind - will - emotions) under God's Control: _____

PHYSICAL FOCUS:

2.

Physical Life - Daily Fitness/Rest/Nutrition/Exercise:

My "ZONE": (Ideal Healthy Weight ZONE : _____ to _____) 4 month GOAL ZONE: _____ to _____

Exercise Focus - Daily or Weekly Goals: _____

Nutrition - Fresh Air - Water: _____

Rest - Sleep: _____

FAMILY FOCUS:

3.

Marriage & Family Life:

Parenting - Child Training: _____

MINISTRY FOCUS:

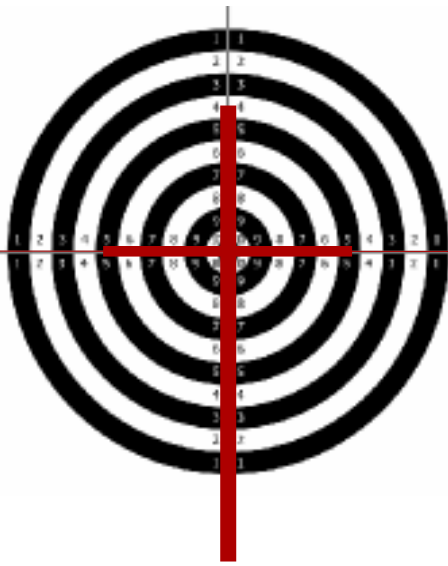
4.

Eternal-Life - Mission-Minded Focus (Loving Others):

What is God's Mission & Vision for my Life? _____

"7 for Heaven!" (Who I'm praying for: _____

1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____



Abiding Mom Verses

Psalm 46:10

10 Be still, and know that I am God:
I will be exalted among the heathen,
I will be exalted in the earth.

Ephesians 5:10

10 Proving what is acceptable
unto the Lord.

Proverbs 29:25-26

25 The fear of man bringeth a snare:
but whoso putteth his trust in the Lord
shall be safe.

26 Many seek the ruler's favour; but
every man's judgment cometh from
the Lord.

Seeking DIRECTION:

Proverbs 16:1-3, 9

1 The preparations of the heart
belong to man, but the answer of
the tongue, is from the Lord.

2 All the ways of a man are clean in
his own eyes; but the Lord weighs
the spirits.

3 Commit your works to the Lord, and
your thoughts will be established.

9 A man's heart plans his way: but the
Lord directs his steps.

Gal. 5:22-26

This I say then, Walk in the Spirit, and
ye shall not fulfil the lust of the flesh.
For the flesh lusteth against the Spirit,
and the Spirit against the flesh: and
these are contrary the one to the
other: so that ye cannot do the things
that ye would.

But if ye be led of the Spirit, ye are
not under the law.

22 But the fruit of the Spirit is love,
joy, peace, longsuffering, gentle-
ness, goodness, faith,

23 Meekness, temperance: against
such there is no law.

24 And they that are Christ's have
crucified the flesh with the affections
and lusts.

25 If we live in the Spirit, let us also
walk in the Spirit.

26 Let us not be desirous of vain
glory, provoking one another, envy-
ing one another.

Ephesians 2:8-10

8 For by grace are ye saved through
faith; and that not of yourselves: it is
the gift of God:

9 Not of works, lest any man should
boast.

10 For we are his workmanship,
created in Christ Jesus unto good
works, which God hath before
ordained that we should walk in them.

Isaiah 26:3

3 Thou wilt keep him in perfect
peace, whose mind is stayed on
thee: because he trusteth in thee.

2 Corinthians 12:9-10

9 And he said unto me, My grace is
sufficient for thee: for my strength is
made perfect in weakness. Most
gladly therefore will I rather glory in
my infirmities, that the power of Christ
may rest upon me.

10 Therefore I take pleasure in
infirmities, in reproaches, in necessi-
ties, in persecutions, in distresses for
Christ's sake: for when I am weak,
then am I strong.

Ephesians 4:32 (in context)

29 Let no corrupt communication
proceed out of your mouth, but that
which is good to the use of edifying,
that it may minister grace unto the
hearers.

30 And grieve not the holy Spirit of
God, whereby ye are sealed unto the
day of redemption.

31 Let all bitterness, and wrath,
and anger, and clamour, and evil
speaking, be put away from you,
with all malice:

32 And be ye kind one to another,
tenderhearted, forgiving one another,
even as God for Christ's sake hath
forgiven you.

Proverbs 22:6 (in context)

4 By humility and the fear of the Lord
are riches, and honour, and life. 5
Thorns and snares are in the way of
the froward: he that doth keep his
soul shall be far from them.

6 Train up a child in the way he
should go: and when he is old, he
will not depart from it.

John 15:5 (in context)

4 Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me.
5 **I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.**

6 If a man abide not in me, he is cast forth as a branch, and is withered; and men gather them, and cast them into the fire, and they are burned.

7 If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.

8 Herein is my Father glorified, that ye bear much fruit; so shall ye be my disciples.

9 As the Father hath loved me, so have I loved you: continue ye in my love.

10 If ye keep my commandments, ye shall abide in my love; even as I have kept my Father's commandments, and abide in his love.

11 These things have I spoken unto you, that my joy might remain in you, and that your joy might be full.

12 This is my commandment, That ye love one another, as I have loved you.

13 Greater love hath no man than this, that a man lay down his life for his friends.

14 Ye are my friends, if ye do whatsoever I command you.

15 Henceforth I call you not servants; for the servant knoweth not what his lord doeth: but I have called you friends; for all things that I have heard of my Father I have made known unto you.

16 **Ye have not chosen me, but I have chosen you, and ordained you, that ye should go and bring forth fruit, and that your fruit should remain:** that whatsoever ye shall ask of the Father in my name, he may give it you.

Duet. 6:6-8

5 And thou shalt love the Lord thy God with all thine heart, and with all thy soul, and with all thy might.

6 And these words, which I command thee this day, shall be in thine heart:

7 And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up.

8 And thou shalt bind them for a sign upon thine hand, and they shall be as frontlets between thine eyes.

9 And thou shalt write them upon the posts of thy house, and on thy gates.

Col. 3:2

1 If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God.

2 Set your affection on things above, not on things on the earth.

3 For ye are dead, and your life is hid with Christ in God.

1 Cor. 13

1 Though I speak with the tongues of men and of angels, and have not charity, I am become as sounding brass, or a tinkling cymbal.

2 And though I have the gift of prophecy, and understand all mysteries, and all knowledge; and though I have all faith, so that I could remove mountains, and have not charity, I am nothing. 3 And though I bestow all my goods to feed the poor, and though I give my body to be burned, and have not charity, it profiteth me nothing. 4 Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up,

5 Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil;

6 Rejoiceth not in iniquity, but rejoiceth in the truth;

7 Beareth all things, believeth all things, hopeth all things, endureth all things.

8 Charity never faileth: but whether there be prophecies, they shall fail; whether there be tongues, they shall cease; whether there be knowledge, it shall vanish away.

9 For we know in part, and we prophesy in part.

10 But when that which is perfect is come, then that which is in part shall be done away.

11 When I was a child, I spake as a child, I understood as a child, I thought as a child: but when I became a man, I put away childish things.

12 For now we see through a glass, darkly; but then face to face: now I know in part; but then shall I know even as also I am known.

13 And now abideth faith, hope, charity, these three; but the greatest of these is charity.
