

252 Total-Life Fitness!
Luke 2:41-52
27 December 2009

1. THE THREE “M” TEST OF GOAL SETTING:

- A. MEANINGFUL
- B. MEASURABLE
- C. MANAGABLE!

2. MY 2010 ACTION PLAN FOR TOTAL—LIFE FITNESS

A. Growth in WISDOM Plan

- 1) FINANCIAL Fitness
- 2) PROFESSIONAL Growth
- 3) EDUCATIONAL/INTELLECTUAL Growth
- 4) Other: _____

B. PHYSICAL Fitness Plan

- 1) Physical Check-up and Release from Physician
- 2) Fitness Assessment: BMI, Body Fat %
- 3) Nutrition Assessment: Berkley Institute Nutrition Plan
- 4) Fitness Plan ...

C. SPIRITUAL Fitness Plan

-- A vibrant, growing, personal RELATIONSHIP with Jesus

- 1) Personal DEVOTIONAL Time (Spiritual Disciplines)
Word, Prayer (listening and talking), Journaling, Devotional Reading, Fasting, Worship
- 2) SMALL Group Discipleship (S.S., Life Group, Alpha, CR)
- 3) Corporate WORSHIP
- 4) Service: a MINISTRY in the church and
a MISSION in the World!

D. RELATIONAL Fitness Plan

3. SUCCESS COMES THROUGH ACCOUNTABILITY
Who will do this for me?

ACTION

- 1) Make a Total-Life Fitness Action Plan, and
- 2) Get Someone to Hold You Accountable to follow it!