

God's Pathways in the Spirit (GPS)

Roadmap to Spiritual Growth

Set Your Course!

Use your results from the Spiritual Self-Assessment to chart a personal pathway for faith development.

For each of the 15 statements listed in the Self-Assessment, you will find in this roadmap suggested activities to help you establish, grow and deepen your faith.

Whether you want to build a foundation of knowledge, grow closer in relationship to God or find ways to serve others, this roadmap will provide useful steps for your journey of Intentional Spiritual Growth.



Search

Directions:

1. Choose a statement
2. Find your mile marker of faith development.
3. Do the activity.
4. Grow!

Mile Marker 1:	Emerging Faith
Mile Marker 2:	Developing & Growing Faith
Mile Marker 3:	Mature & Deepening Faith

Notes: *Where I would like to grow in my faith this year.*



Developing the HEAD:

Increasing my knowledge and understanding of God.



Developing the HEART:

Improving my spiritual connection and relationship with God.



Developing the HANDS:

Serving God daily in our world by putting my hands into action.



Developing the HEAD

Mile Marker 1: Emerging Faith

Attend a class at 10:45 am each Sunday. Participate in special studies as a student or a teacher.

Attend an introductory Bible class. Learn the overarching story line connecting the Old and New Testaments.

Each day when you are faced with a decision, ask yourself & pray for the answer to, "Which choice best expresses my love for God and others?"

Memorize the TFUMC Vision statement. Join a class to explore your passions and how they intersect with God's.

Choose a decision you are currently facing. Pray each day at the same time, asking for God's will to be done rather than your own agenda.

Mile Marker 2: Developing & Growing Faith

Take "ALPHA", a class on basic Christian beliefs. Learn the fundamentals of faith and decide what is foundational for you personally.

***Purchase** a good study Bible. Learn the names of the main characters in the overarching story line connecting the Old and New Testaments.

When you read the Bible, ask yourself, "How is God speaking to me personally through this passage?"

Sign up and participate in the class "About Methodism" that is offered throughout the year.

Read the book, "The Secret Message of Jesus" by Brian McClaren. Try to put your beliefs in your own words.

Mile Marker 3: Mature & Deepening Faith

Lead a group. Develop or teach a class. Work with others on leadership & new member training.

Take one of the "Disciple Bible" study courses offered at TFUMC each year.

Go deeper into your small group study. Discuss with your group how a particular passage is speaking directly to you in your life right now.

***Buy** a Methodist hymnal and read the words of one song daily as devotional poetry. Memorize the creeds & prayers.

Study Romans 8 & 12 then answer the question, "Who am I and who does God want me to be?"

**If needed, funds are available to help with these purchases. Please contact the church office.*

1. I understand the basic beliefs of the Christian faith and could explain them to someone who isn't familiar with them.

2. I have a good understanding of the Bible, its main characters and stories. I know how to read and apply its teachings to my life.

3. I am familiar with basic Christian ethics and morals and regularly use them to guide me in various life situations.

4. I can explain what it means to be a "United Methodist".

5. I have a good understanding of God's will for the world and can discern God's will for me personally.



Developing the HEART

1. I know God can transform lives. I am receptive to the ways my own life can be transformed by God.

2. I am able to put God's will before my own desires.

3. I engage in a variety of spiritual practices, such as prayer and regular scripture reading, in order to grow in Christ.

4. I am increasingly aware of "the fruits of the Spirit" in my life: love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. (*Galatians 5:22*)

5. I have a group of people I connect with regularly who support and challenge each other in order to grow deeper in faith.

Mile Marker 1: Emerging Faith

***Purchase** a daily devotional book and read an entry every day.

Think of the ways you strive to look good to others. When you recognize yourself doing this, say a silent prayer, asking God to help you follow God's will.

Practice praying mini-prayers for people or circumstances around you today, "God, watch over them, protect them and guide them today."

Read Galatians 5:22 on the fruits of the spirit. Which fruit is missing from your life? Ask God to help you grow and straighten this fruit and show it to others.

Join a small group at church and make a commitment to attend regularly and faithfully. Review the "Guide to Classes, Groups, & Activities" for ideas or ask a church staff member to help you select one.

Mile Marker 2: Developing & Growing Faith

Look for everyday ways to slow down and pay attention to your life. Wait in the longest line of the grocery store. Make eye contact with strangers, smile, and try to learn something about their life.

Choose a time consuming activity you do regularly (e.g. watch evening TV) and give it up this week. Devote the extra time to talking with your family or neighbors.

Arrive 10 minutes early to worship this week. Use this time to pray for the worship leaders, for those who sit near you, for God's spirit to enter your heart and speak to you throughout the service.

Start a gratitude journal. Each day review the fruits and list ways these have emerged in your life. Thank God for these gifts.

Participate in "Companions in Christ" class to grow in your experience of prayer, faith and discernment. Take our "Spiritual Gifts" class and identify your passions, interests, and God-given gifts.

Mile Marker 3: Mature & Deepening Faith

Memorize the 10 Commandments. (*Exodus 20: 1-20*) For each one, reflect on ways you can be truer to its direction. Look for situations daily when you can use a Commandment to guide your actions.

Pray the Wesley Covenant Prayer each day. (*Methodist Hymnal #607*) Take one line and meditate on what it means for you and your life.

Set aside 15 minutes each day to spend time in solitude. Think of this as close personal time with God and journal, pray, or meditate on the scriptures.

Ask three trusted people in your life how they see you living the fruits of the Spirit. Ask them to help you target one area for growth.

Help your group become one where members challenge each other to grow deeper in faith. Share areas you are struggling with, ask for prayers from group members.



Developing the HANDS

1. Developing my relationship with God and others is important to me.

2. I recognize my own Spiritual gifts and use them to serve God in a variety of ways.

3. I give financial support to the church in proportion to my income, with 10% percent as my goal.

4. I spend time serving God by helping others inside and outside of the church.

5. I am actively nurturing the spiritual lives of others by sharing my faith story, encouraging their spiritual growth, and introducing others to a life with Christ.

Mile Marker 1: Emerging Faith

Devote at least 2 hours every month to serving God and others.

Think about the things, paid and unpaid, you love doing and find ways you can do these for God.

Begin to make giving a regular activity rather than an impulse. Make your payment along with your monthly bills.

Read the Church and Society brochure and select one service activity that appeals to you. Call the contact person to find out more about it.

Invite a friend, neighbor or family member to attend an activity at church with you.

Mile Marker 2: Developing & Growing Faith

During a conversation with someone, concentrate on learning everything you can about them without describing yourself.

Identify your God-given spiritual gifts. Connect with a ministry at church that will benefit from your gifts.

Increase your giving by one or two percent of your income, as a move toward the goal of tithing (giving 10 percent).

Schedule to give volunteer service consistently once each week, such as being a greeter or usher during worship service.

Look for opportunities to say aloud, "I'm part of the First United Methodist Church and my faith is important to me because...." instead of keeping silent when the talk turns to faith.

Mile Marker 3: Mature & Deepening Faith

Review your calendar and ask yourself, "If someone found this, would they know how important God is in my life?"

Reflect on how God intends to use your gifts to shape your life and the world. Find a mentor and discuss how you might use your gifts.

Commit to sharing with others why you give to the church. Share your story of how giving has impacted your life and brought you closer to God.

Become more active in one of the Spiritual Formation ministries at TFUMC. Contact a lay leader to ask how you might use your gifts to serve others.

Practice turning everyday conversations toward a spiritual focus, creating opportunities to share your faith story.