

Reclaiming Our Christ-Centered Lutheran Devotional Heritage
Worksheets¹



December 2012

¹ These worksheets are intended to be used together with a four part essay and an accompanying resource packet designed to assist pastors in strengthening their Christ-centered devotional life of Word and prayer.

MY PERSONAL DEVOTIONAL PLAN FOR WORD AND PRAYER

+ IN NOMINE JESU +

I MAKE THESE PLANS IN THE ASSURANCE THAT IN JESUS' LIFE AND DEATH I AM A CHILD OF GOD AND HEIR OF HEAVEN IN WHOM MY FATHER IS PERFECTLY WELL PLEASED.

Whom might I ask to be my personal Barnabas to be God's gift to help me put this plan into action and begin again (and improve the plan!) when I struggle?

What will help me make sure I am pursuing time in Word and prayer not as a "to do" done for God's benefit, but as the gift it is from my gracious God?

As you consider plans for time in Word and prayer, be sure to consider these specific questions:

- What is the best time of the day for me to make this a regular part of my day?
- How much time will I set aside?
- What will come out of my schedule to make room for this?
- Where will I spend this time so as to avoid as many distractions as possible?
- How can I reduce distractions from other duties and tasks in my many callings in life?

What way will I seek to slow down and meditate on what I am reading?

What books or other materials do I want to use during my devotional time?

If I plan to study Scripture "directly," how will I determine what to read and how much to read?

How can I make prayer a more vital part of my devotional time?

If I intend to develop a plan for expanding intercessory prayer, how will I structure that?

What else could be a blessing to my time in Word and prayer? (Use of hymns...etc.)

(Use the next page to turn these ideas into specific goals and action steps.)

SPECIFIC GOALS TO PUT INTO PLACE

Goals for Strengthening My Personal Devotional Time in Word and Prayer

Under God's blessing (without which nothing good happens!) prayerfully work to make your goals and the supporting action steps **SMART**: **Specific** (gives concrete direction for action), **Measurable** (able to know when goal has been reached), **Attainable** (avoids OOPS: overly optimistic planning syndrome – goal is realistic about available time/resources), **Relevant** (goal/action steps clearly relate to what you are trying to achieve), **Timed** (goal has a specific time limit).

Goal #1:

Anticipated action steps (what and when) needed to complete this goal:

- 1) What I will do and by when:
- 2) What I will do and by when:
- 3) What I will do and by when:
- 4) What I will do and by when:

Goal #2:

Anticipated action steps (what and when) needed to complete this goal:

- 1) What I will do and by when:
- 2) What I will do and by when:
- 3) What I will do and by when:
- 4) What I will do and by when:

Goal #3:

Anticipated action steps (what and when) needed to complete this goal:

- 1) What I will do and by when:
- 2) What I will do and by when:
- 3) What I will do and by when:
- 4) What I will do and by when:

I have asked or plan to ask _____ to serve as my Barnabas for these goals.