



2021 THRIVE GUIDE

MAKE A PLAN FOR A HEALTHIER, HAPPIER YEAR



PLUS! BASIC (Soul)
TRAINING



This Thriver sermon series will help you trust in the God who gives us everything we need. But guess what? He doesn't just provide what we need to *survive* the difficulties in this life. He also gives us what we need to flourish. Through these tough times we are able to grow the type of spirit-filled strength that even brings hope to the world around us.

Join us on a seven-week journey to literally *plan ahead* for better habits and overall health in 2021, regardless of the circumstances we may find ourselves in.

Through Christ we don't just survive, we THRIVE!

SERIES PREVIEW

Week 1: Healthy Habits

In this overview of the series, we'll explore how healthy habits can greatly improve how we navigate each stage of life, our personalities and our circumstances.

Week 2: The Body

Our ability to thrive starts at the molecular level. When we prioritize sexual purity, what we put in our body and movement, we set ourselves up for success in the other aspects of our being.

Week 3: Our Emotions

How we react to people and circumstances is deeply dependent on our emotional health. There's a treasure trove of helpful stuff to unpack here.

Week 4: Relational Habits

Feeling like a lot of relationships are strained right now? Are you closing yourself off from others? You're not alone. Let's learn how to stay in community while diffusing the pressure points.

Spiritual Health | Basic (Soul) Training

Week 5

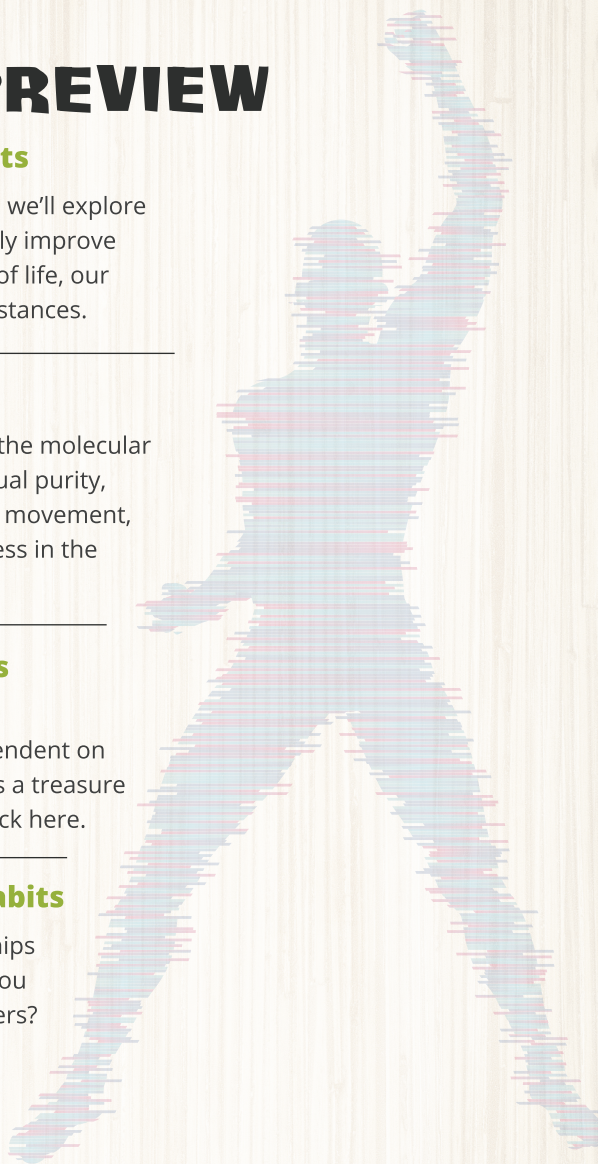
Bible Basics: How to read my Bible

Week 6

Bible Basics: How to pray

Week 7

Bible Basics: How to share my faith



QUIZ YOURSELF

Circle the number that best fits your current state of mind.

1. Overall, I feel like I'm thriving in my life:



2. I feel like I'm living minute-to-minute, just getting by:



3. I frequently think about what it would be like to live to the fullest.



4. My body feels good.



5. I follow a regular plan to take care of my body.



6. I feel mentally and emotionally well.



7. I build time into my schedule to attend to my emotional well-being.



8. I feel connected to other people.



9. I feel stress and anxiety in many of my relationships with others.



10. Scripture plays a role in my thought life. I read my Bible regularly.



11. I have a rich prayer life.



12. I have a sound grasp of the Holy Spirit and can hear God's voice directing my life.



13. I feel spiritually healthy.



Keep your answers to these questions in mind throughout this seven-week series.

**PLACE YOURSELF ON THIS LINE
BASED ON HOW YOU FEEL TODAY**



**PLACE YOURSELF ON THIS LINE
BASED ON HOW YOU FEEL AT THE END OF 2021**





WEEK 1

HEALTHY HABITS

Date _____

Speaker _____

BIG IDEA

A large, empty rectangular box with a hand-drawn, sketchy border, intended for writing the Big Idea.

SERMON NOTES:

ONE THING I WILL
PUT INTO PRACTICE ↴





WEEK 2

THE BODY

Date _____

Speaker _____

BIG IDEA

A large, empty rectangular box with a hand-drawn border, intended for writing the Big Idea.

SERMON NOTES:

ONE THING I WILL
PUT INTO PRACTICE ↴





WEEK 3

OUR EMOTIONS

Date _____

Speaker _____

BIG IDEA

A large, empty rectangular box with a hand-drawn, sketchy border, intended for writing a big idea.

ONE THING I WILL
PUT INTO PRACTICE ↴





WEEK 4

RELATIONAL HABITS

Date _____

Speaker _____

BIG IDEA

A large, empty rectangular box with a hand-drawn, sketchy border, intended for writing the Big Idea.

SERMON NOTES:

ONE THING I WILL
PUT INTO PRACTICE ↴





WEEK 5

SPIRITUAL HEALTH (1)

HOW TO READ MY BIBLE

Date _____ Speaker _____

BIG IDEA

SERMON NOTES:

ONE THING I WILL
PUT INTO PRACTICE ↴





WEEK 6

SPIRITUAL HEALTH (2)

HOW TO PRAY

Date _____ Speaker _____

BIG IDEA

A large, empty rectangular box with a hand-drawn border, intended for writing the Big Idea.

SERMON NOTES:

ONE THING I WILL
PUT INTO PRACTICE ↴





WEEK 7

SPIRITUAL HEALTH (3)

HOW TO SHARE MY FAITH

Date _____ Speaker _____

BIG IDEA

A large, empty rectangular box with a hand-drawn border, intended for writing the Big Idea. The border is composed of multiple parallel lines, giving it a sketchy, hand-drawn appearance.

SERMON NOTES:

ONE THING I WILL
PUT INTO PRACTICE ↴





SPIRITUAL HEALTH CHECKLIST

What practices do you know you need to put into place to thrive rather than survive? Take some time to consider the following lists.

Celebrate the practices you already have built in your routine.

Next, be intentional, and commit improve your spiritual health in the coming year.

SOLITUDE: BEING WITH GOD ALONE

- Reading my Bible
- Being silent before God
- A habit of prayer
- Confessing my sins to God
- Journaling
- Worshiping privately
- Self-examination
- Retreat/extended time with God

IN A COMMUNITY OF FAITH

- Spending time with other Christians
- Meeting regularly in a small group
- Attending weekend services
- Being mentored/shepherded
- Mentoring/shepherding others
- Forgiving others
- Encouraging others

BUILDING THE KINGDOM

- Serving in my church
- Sharing the Gospel when opportunities arise
- Increasing my generosity
- Helping others grow in their faith
- Identifying and using my gifts
- Working with the church to bring peace and blessing to my community
- Spiritually leading and blessing my immediate family

MY THRIVE PLAN

1 FOR MY PHYSICAL HEALTH:

3 FOR MY RELATIONAL HEALTH:

*Write down specific actions and behaviors
you plan to adopt and maintain in 2021.*

2 FOR MY EMOTIONAL HEALTH:

4 FOR MY SPIRITUAL HEALTH:

THRIVE VERSE

2 PETER 1:3-8 (NIV)

³ His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness. ⁴ Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires.

⁵ For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; ⁶ and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; ⁷ and to godliness, mutual affection; and to mutual affection, love.

⁸ For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ.