



ST. PAUL
PEORIA

THE BETTER JOURNAL

13 Weeks of Guided Sermon
Reflections & Questions

- **Practical steps** for applying each week's sermon teachings in your daily life.
- **Guided Note-taking** for each week's sermon
- **Reflective questions** that will challenge you to think and gain personal insights related to sermon topics.
- **Weekly Challenges** to help you apply spiritual lessons to your daily life
- **Personal growth activities** that facilitate self-discovery and spiritual development.

Week 1:
Created for a Reason

Week 2:
Discovering Strengths

Week 3:
Embrace Your Journey

Week 4:
Living Your Purpose

Week 5:
Transforming Words

Week 6:
Combatting Worry

Week 7:
Facing Fears with Faith

Week 8:
Self Esteem in the Savior

Week 9:
Discovering Your Path

Week 10:
The Dive In

Week 11:
Resisting Pressure

Week 12:
Making an Impact

Week 13:
Ultimate Goals

1ST QUARTER

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Table of Contents

1st Quarter Fast: Pg 3

SWOT Analysis Overview: Pg 4-5

UNIQUELY U

Embracing Your God-Given Identity and Purpose

Week 1: Created for a Reason Pg. 7

Week 2: Discovering Strengths Pg. 11

Week 3: Embrace Your Journey Pg. 15

Week 4: Living Your Purpose Pg. 19

POSITIVE SELF-TALK:

How Jesus' Words Can Reshape Our Mindset

Week 5: Transforming Words Pg. 24

Week 6: Combatting Worry Pg. 29

Week 7: Facing Fears with Faith Pg. 33

Week 8: Self Esteem in the Savior Pg. 37

Week 9: Discovering Your Path Pg. 41

Week 10: The Dive In Pg. 45

Week 11: Resisting Pressure Pg. 49

Week 12: Making an Impact Pg. 53

Week 13: Ultimate Goals Pg. 57

1st Quarter Fast

"Identity and Purpose" Fast

- **Duration:** 3 days
- **Date:** January 9th - January 11th
- **Focus:** Engage in a Daniel fast while specifically seeking God's guidance to help prepare their hearts for a deeper relational focus. During this fast, reflect on your unique identity and purpose, inviting God's presence to guide and shape your understanding of meaningful connections within your relationships. **Please consult with your doctor before participating in the Daniel Fast!** *For more info, visit www.ultimatedanielfast.com*

"Courageous Living" Fast

- **Duration:** 7 days
- **Date:** January 21st - January 27th
- **Focus:** Emulate the courage of biblical figures like David, Deborah, and Nehemiah. You can fast from comfort foods or habits and use this time to step out of their comfort zones, embracing challenges with faith and determination.

"Speak Grace" Fast

- **Duration:** 5 days
- **Date:** February 12th - February 16th
- **Focus:** Abstain from negative self-talk and replace it with words of grace and affirmation. Participate in a media fast to avoid negativity in the media and focus on positive, grace-filled thoughts.

"Bold Commitment" Fast

- **Duration:** 14 days
- **Date:** March 17th - March 30th
- **Focus:** Choose one thing to abstain from, sacrificing it to draw closer to Jesus and gain clarity on how God wants them to serve His purpose.

SWOT ANALYSIS

A personal SWOT analysis is essential for self-awareness and strategic planning. It helps identify strengths to leverage, weaknesses to improve, opportunities to pursue, and threats to mitigate, enabling informed decision-making and optimal personal development.

Duration:

This exercise is designed to be carried out over a quarter.

Initial Assessment (Week 1)

- **Take Assessments:**
 - **16Personalities Test** for personality insights --- www.16personalities.com
 - **GiftsTest.com** for spiritual gifts assessment --- www.giftstest.com
 - **Truity Enneagram Test** for deeper personality insights --- www.truity.com
- **Reflection:** After completing each test, write a reflection on the results and how they resonate with your understanding of yourself.

Week 2-3: Identifying Strengths

- **Activity:** Based on your assessments and personal insights, list your personal strengths and spiritual gifts.
- **Exercise:** Daily reflection on moments when these strengths were evident.
- **Group Discussion:** Share how your identified strengths can contribute to your spiritual journey.

Week 4-6: Acknowledging Weaknesses

- **Activity:** Reflect on the assessment results to identify areas for personal and spiritual development.
- **Exercise:** Choose one aspect for improvement and commit to a daily habit fostering growth.
- **Group Discussion:** Collaboratively explore personal and spiritual development strategies, encouraging shared insights and support.

Week 7-9: Exploring Opportunities

- **Activity:** List opportunities for growth, informed by your assessment results.
- **Exercise:** Act on one opportunity, like joining a new spiritual group or practice.
- **Group Discussion:** Discuss the insights gained from exploring these opportunities.

Week 10-12: Identifying Threats

- **Activity:** Identify external factors that might hinder your growth.
- **Exercise:** Develop and implement strategies to mitigate these threats.
- **Group Discussion:** Discuss effective threat management strategies.

End of Quarter: Reflection and Sharing

- **Individual Reflection:** Review your journey and the changes in your understanding of your SWOT analysis.
- **Group Sharing Session:** Discuss the impact of this exercise on your spiritual and personal growth.
- **Future Planning:** Set goals for the next quarter, focusing on areas highlighted by your SWOT analysis and assessment results.

Tips for Success

- Be consistent and honest in your approach.
- Ask the Holy Spirit to guide you as you reflect on the assessment results and consider how they apply to your life.
- Share openly in group discussions to gain a broader perspective.
- Utilize the insights for positive personal and spiritual growth.



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Pt 1.

**Uniquely U: Embracing Your
God-Given Identity and Purpose**

(Weeks 1 - 4)

WEEK 1:

Created for a Reason: Uncovering Your God-Given Identity

Scripture Reading: Psalm 139:13-16

Big Idea: Recognizing and appreciating your individuality as part of God's diverse and purposeful design.

Sermon Quick Notes:

Let's Get Thinking:

1. Reflect on the sermon and scripture: Consider which aspects of your individuality are part of God's diverse and purposeful design.

2. How do the words of Psalm 139:13-16 make you feel about your place in the world?

WEEK 1:

Created for a Reason: Uncovering Your God-Given Identity



Want to go Deeper?

1. Consider how understanding your God-given identity might change your daily actions or decisions.

2. Explore a moment when you felt deeply connected to your God-given identity.

- **Activity:** Ask 3 of your friends to share what they believe are your talents, passions, and strengths.
- **Lessons Learned:** Share insights you gained from your friends.
- **Challenge:** What is God challenging you to do based on what you've learned?
- **Obedience Observation:** What did you learn from obeying God's challenge?

WEEK 1:

Created for a Reason: Uncovering Your God-Given Identity



Prayer

Heavenly Father,

In the stillness of this moment, I seek Your presence, reflecting on the profound truth of Psalm 139:13-16. You created my inmost being, fearfully and wonderfully made. Every part of me was intricately crafted by Your hands. Guide me as I explore my God-given identity and its influence on my actions and decisions. Help me understand my role in Your grand design and cherish the moments when I feel deeply connected to the identity You have given me. Empower me to use my talents, passions, and qualities to serve You and others, living out the calling You have placed upon my life.

In Jesus' name,

Amen

PUTTING IT ALL TOGETHER

SWOT ANALYSIS

Initial Assessment (Week 1)

- **Take Assessments:**
 - 16Personalities Test for personality insights --- www.16personalities.com
 - GiftsTest.com for spiritual gifts assessment --- www.giftstest.com
 - Truity Enneagram Test for deeper personality insights --- www.truity.com
- **Reflection:** After completing each test, write a reflection on the results and how they resonate with your understanding of yourself.

WEEK 2:

Discovering Strengths: David's Heart and Courage

Scripture Reading: 1 Samuel 16 (David's anointing as king)

Big Idea: Exploring David's anointing, emphasizing how his humble beginnings as a shepherd and his character were instrumental in God's plan, illustrating the importance of embracing and utilizing our own unique abilities

Sermon Quick Notes:

Let's Get Thinking:

1. Identify and write about strengths you share with David. How do these strengths manifest in your life?

2. Reflect on a time when you utilized your strengths in a challenging situation.

WEEK 2:

Discovering Strengths: David's Heart and Courage



Want to go Deeper?

1. How can embracing and developing your strengths further align you with your purpose?

2. Imagine a scenario where your strengths could significantly impact your community or those around you.

- **Activity:** Apply your strengths in a service-oriented situation, similar to David.
- **Lessons Learned:** Discuss how using unique abilities fulfills one's purpose
- **Challenge:** What is God challenging you to do based on what you've learned?
- **Obedience Observation:** What did you learn from obeying God's challenge?

WEEK 2:

Discovering Strengths: David's Heart and Courage



Prayer

Heavenly Father,

As I enter the second week of discovery, I turn to the story of David in 1 Samuel 16. Guide me to identify and embrace the strengths You have blessed me with, reflecting David's heart and courage. Help me understand how my strengths align with the purpose You have set for me. Inspire me to utilize my abilities to serve others, just as David did. May my journey of using my unique strengths fulfill Your designed purpose for me.

In Jesus' name,
Amen

Notes

WEEK 3:

Embrace Your Journey: Courage of Deborah

Scripture Reading: Judges 4-5 (Deborah's leadership)

Big Idea: Learning from Deborah's role as a leader and prophetess showing how embracing your unique role can bring about significant change

Sermon Quick Notes:

Let's Get Thinking:

1. How does Deborah's story inspire you to embrace your unique role, especially in challenging times?

2. Identify a personal challenge where you can demonstrate leadership or courage.

WEEK 3:

Embrace Your Journey: Courage of Deborah



Want to go Deeper?

1. Reflect on the spiritual dimensions of Deborah's leadership. How can this perspective influence your approach to challenges?

2. Imagine a future where you have fully embraced your leadership qualities. What does this look like?

- **Activity:** Plan steps to tackle a personal challenge with faith, inspired by Deborah.
- **Lessons Learned:** Share experiences or insights on facing challenges with faith and their impact on fulfilling one's purpose.
- **Challenge:** What is God challenging you to do based on what you've learned?
- **Obedience Observation:** What did you learn from obeying God's challenge?

WEEK 3:

Embrace Your Journey: Courage of Deborah



Prayer

Heavenly Father,

As I enter the third week of this spiritual journey, I reflect on the story of Deborah, a leader of Israel in Judges 4-5. Her courage and faithfulness inspire me to embrace my unique role, especially in challenging times. Guide me to recognize and embrace the leadership qualities You have given me. Grant me insight into the spiritual dimensions of leadership and courage. Help me envision a future where I fully embrace these qualities and let this vision guide my steps. Strengthen my resolve and clarity as I face personal challenges with faith, inspired by Deborah's example. May the lessons I learn and the experiences I share about facing challenges with faith profoundly impact my journey in fulfilling the purpose You have set before me.

In Jesus' name,
Amen

PUTTING IT ALL TOGETHER

SWOT ANALYSIS

Week 2-3: Identifying Strengths

- **Activity:** Based on your assessments and personal insights, list your personal strengths and spiritual gifts.
- **Exercise:** Daily reflection on moments when these strengths were evident.
- **Group Discussion:** Share how your identified strengths can contribute to your spiritual journey.

WEEK 4:

Living Your Purpose: The Determination of Nehemiah

Scripture Reading: Nehemiah 2:17-20 (Nehemiah rebuilds Jerusalem's walls)

Big Idea: Nehemiah's dedication to rebuilding the walls of Jerusalem serves as a metaphor for building one's life according to God's plan. Note: the purpose is broader than my position.

Sermon Quick Notes:

Let's Get Thinking:

1. Reflect on Nehemiah's dedication to building your life according to God's plan.

2. Identify a personal goal that aligns with your purpose. What are the first steps to achieving it?

WEEK 4:

Living Your Purpose: The Determination of Nehemiah

Want to go Deeper?

1. Consider the obstacles Nehemiah faced. How do similar challenges appear in your journey, and how can you overcome them?

2. Envision how achieving your purpose-aligned goal will impact your spiritual life and relationship with God.
 - **Activity:** Set a specific, purpose-aligned goal and outline steps to achieve it, drawing inspiration from Nehemiah.

 - **Lessons Learned:** Encourage sharing of personal goals and planned steps, emphasizing determination and faith in living one's purpose.

 - **Challenge:** What is God challenging you to do based on what you've learned?

 - **Obedience Observation:** What did you learn from obeying God's challenge?

WEEK 4:

Living Your Purpose: The Determination of Nehemiah



Prayer

Heavenly Father,

As I reflect on Nehemiah's determination to rebuild the walls of Jerusalem in Nehemiah 2:17-20, I am inspired to pursue my divine purpose. Please guide me in identifying personal goals aligned with this purpose and show me the first steps to achieve them. In the face of challenges and obstacles, please give me strength and perseverance. Help me overcome these challenges with unwavering faith and determination, just as Nehemiah did.

Let me envision the positive impact that achieving these goals will have on my spiritual life and my relationship with You. May this vision guide and motivate me as I pursue my purpose. As I set specific goals that align with my purpose, based on Nehemiah's example, please guide me in outlining the steps to achieve them. May my efforts bring me closer to fulfilling my purpose and serve as a testament to Your faithfulness and guidance.

Empower me to share my personal goals and planned steps with others, fostering a community of determination and faith as we strive to live out the purpose You have given us.

In the name of Jesus Christ,
Amen

Notes



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Pt 2.

**Positive Self-Talk:
How Jesus' Words Can Reshape
Our Mindset**

(Weeks 5-13)

WEEK 5:

Transforming Words: From Guilt to Grace

Scripture Reading: John 8:1-11 (The woman caught in adultery)

Big Idea: Replacing self-condemning thoughts with the understanding of grace

Sermon Quick Notes:

Let's Get Thinking:

1. Reflect on how Jesus' response to the woman caught in adultery can help you replace self-condemning thoughts with grace.

2. Identify a recent moment when you felt guilty. How can Christ's message of grace change your perspective?

WEEK 5:

Transforming Words: From Guilt to Grace



Want to go Deeper?

1. How can understanding grace help you in your relationships with others?

2. Explore how grace can transform not just self-perception but also your daily actions.
 - **Activity:** Write a letter to yourself from the perspective of grace, addressing and forgiving past guilt.

WEEK 5:

Transforming Words: From Guilt to Grace



- **Lessons Learned:** Share insights on the shift from guilt to grace in your thoughts and life.

- **Challenge:** What is God challenging you to do based on what you've learned?

- **Obedience Observation:** What did you learn from obeying God's challenge?

Prayer

Heavenly Father,

In this fifth week of introspection, I reflect on the story of the woman caught in adultery in John 8:1-11. Jesus responded with grace, saying, "Let any one of you who is without sin be the first to throw a stone at her... Neither do I condemn you. Go now and leave your life of sin." Lord, in moments of guilt, remind me of Jesus' message of grace. Help me replace self-condemnation with the forgiveness that Jesus offers. Teach me to view my mistakes through Your love and mercy. Guide me as I write a letter to myself from the perspective of grace, releasing past guilt. May this remind me of Your unconditional love and the transformative power of grace. May the shift from guilt to grace profoundly impact my thoughts and actions, deepening my understanding of Your grace and guiding my daily interactions and choices.

In Jesus' name,
Amen

WEEK 6:

Combatting Worry: Trust in His Promises

Scripture Reading: Matthew 6:25-34 (Do not worry)

Big Idea: Encouraging reliance on God's promises for peace and security

Sermon Quick Notes:

Let's Get Thinking:

1. How can Jesus' teaching in Matthew 6 help you replace worry with trust?

2. Think of a current worry. How can the principles of this scripture guide you in addressing it?

WEEK 6:

Combatting Worry: Trust in His Promises



Want to go Deeper?

1. Reflect on how cultivating trust in God's promises might change your approach to future challenges.

2. Consider a time when trusting in God's promises brought peace or resolution.

- **Activity:** Identify a current worry and write down specific promises from God to help combat it.

- **Lessons Learned:** Discuss the impact of relying on God's promises for peace and security.

- **Challenge:** What is God challenging you to do based on what you've learned?

- **Obedience Observation:** What did you learn from obeying God's challenge?

WEEK 6:

Combatting Worry: Trust in His Promises



Prayer

Heavenly Father,

In this sixth week, I reflect on the teachings of Jesus in Matthew 6:25-34 about worry. Help me embrace Your wisdom and replace worry with trust in Your providence and promises. Remind me of Your constant care for all creation and guide me to shift my focus from concerns to Your sovereignty and love.

Teach me to trust You instead of worrying in moments of anxiety and uncertainty. Show me how to find peace and security by relying on Your promises.

Help me reflect on times when trusting in Your promises brought resolution and peace. May these memories strengthen my faith and confidence in You.

Guide me to find specific promises in Your Word that address my current worries. Let these promises be a source of comfort, reminding me of Your faithfulness and the peace that comes from trusting in You.

May the lessons I learn about relying on Your promises deeply impact my heart and mind. Empower me to share these experiences with others, demonstrating how trust in You can transform our perspective and bring tranquility in life's challenges.

In Jesus' name,

Amen

PUTTING IT ALL TOGETHER

SWOT ANALYSIS

Week 4-6: Acknowledging Weaknesses

- **Activity:** Reflect on the assessment results to identify areas for personal and spiritual development.
- **Exercise:** Choose one aspect for improvement and commit to a daily habit fostering growth.
- **Group Discussion:** Collaboratively explore personal and spiritual development strategies, encouraging shared insights and support.

Notes

WEEK 7:

Facing Fears with Faith

Scripture Reading: Mark 4:35-41 (Jesus calms the storm)

Big Idea: Learning to trust Jesus amid life's storms

Sermon Quick Notes:

Let's Get Thinking:

1. Reflect on how Jesus calming the storm can inspire you to trust Him in your personal 'storms.'

2. Identify a fear you're currently facing. How can faith in Christ help you address it?

WEEK 7:

Facing Fears with Faith



Want to go Deeper?

1. Explore how your faith can be a source of strength in times of uncertainty.

2. Consider how you can support others in their fears using your faith as a foundation

- **Activity:** List your fears and write a Biblical promise or truth that counters that fear next to each.
- **Lessons Learned:** Share how applying faith in Christ impacts facing and overcoming fears.
- **Challenge:** What is God challenging you to do based on what you've learned?
- **Obedience Observation:** What did you learn from obeying God's challenge?

WEEK 8:

Self-Esteem in the Savior

Scripture Reading: Luke 12:6-7 (Value of sparrows)

Big Idea: Encouraging positive self-view based on how Jesus values us

Sermon Quick Notes:

Let's Get Thinking:

1. Reflect on how Jesus' words about the sparrows relate to your self-worth.

2. Identify qualities you possess that are valuable to God based on the teachings of Jesus.

WEEK 8:

Self-Esteem in the Savior



Want to go Deeper?

1. How does understanding your value in God's eyes change how you view challenges or failures?

2. Explore the impact of a God-centered self-view on your relationships and interactions with others.

- **Activity:** Write a list of qualities you possess that are valuable to God.

- **Lessons Learned:** Encourage sharing of how recognizing our value in Jesus' eyes can enhance self-esteem and positive self-view.

- **Challenge:** What is God challenging you to do based on what you've learned?

- **Obedience Observation:** What did you learn from obeying God's challenge?

WEEK 8:

Self-Esteem in the Savior



Prayer

Heavenly Father,

In this eighth week, I reflect on the words of Jesus in Luke 12:6-7. Let these words resonate within me, reminding me of my inherent value in Your eyes. Help me understand that I am fearfully and wonderfully made in Your image. Guide me to recognize the unique qualities You have bestowed upon me.

Teach me to see my self-worth through Your love and care. Remind me that my worth is not determined by earthly standards but by Your unchanging love. Inspire me to foster kindness, compassion, and empathy in all my relationships and interactions.

As I write down the qualities I possess that are valuable to You, strengthen my self-esteem and affirm my identity as Your beloved child.

May the lessons learned about recognizing our value in Jesus' eyes enhance my self-esteem and inspire others to see themselves through the same lens of divine love and worth.

In Jesus' name,
Amen

Notes

WEEK 9:

Discovering Your Path: Young Jesus Finding His Way

Scripture Reading: Luke 2:49

Big Idea: Exploration of identity and purpose at a young age, reflecting the journey of self-discovery common in young adulthood

Sermon Quick Notes:

Let's Get Thinking:

1. Reflect on your own journey of self-discovery. How does Jesus' exploration of His identity at a young age inspire you?

2. In what ways can the challenges and uncertainties Jesus faced in discovering His path resonate with the obstacles you've encountered on your own journey of self-discovery?

WEEK 9:

Discovering Your Path: Young Jesus Finding His Way



Want to go Deeper?

1. How does your understanding of your purpose influence your daily life and choices?

2. Imagine a conversation with young Jesus about finding purpose. What would you ask or share?

- **Activity:** Write down your thoughts and questions about your identity and purpose, drawing parallels to Jesus' journey.
- **Lessons Learned:** Share insights on exploring identity and purpose.
- **Challenge:** What is God challenging you to do based on what you've learned?
- **Obedience Observation:** What did you learn from obeying God's challenge?

WEEK 9:

Discovering Your Path: Young Jesus Finding His Way



Prayer

Heavenly Father,

As I reflect on the story of young Jesus in the temple, found in Luke 2:49, I am inspired by His early awareness and questioning of His purpose. Guide me in my own journey of self-discovery, understanding how Jesus' exploration of His identity can illuminate my path and answer my questions about purpose.

Help me recognize how my awareness of purpose influences my daily choices and actions. Lead me to places and activities where I can serve You and fulfill the calling You have placed on my life.

In my imagination, I engage in a conversation with young Jesus about finding purpose. Open my heart to the questions and insights that arise, deepening my understanding of my own path and the steps I need to take.

As I write down my thoughts and questions, drawing parallels to Jesus' journey, grant me clarity and insight. Let this activity be a time of meaningful reflection, revealing the connections between His life and mine.

May the insights gained from exploring identity and purpose in young adulthood guide me and provide wisdom and encouragement to others on similar journeys.

In Jesus' name, Amen.

PUTTING IT ALL TOGETHER

SWOT ANALYSIS

Week 7-9: Exploring Opportunities

- **Activity:** List opportunities for growth, informed by your assessment results.

- **Exercise:** Act on one opportunity, like joining a new spiritual group or practice.

- **Group Discussion:** Discuss the insights gained from exploring these opportunities.

Notes

WEEK 10:

The Dive In: Jesus' Bold Start

Scripture Reading: Matthew 3:13-17

Big Idea: Emphasizing the importance of embracing one's calling with courage and commitment

Sermon Quick Notes:

Let's Get Thinking:

1. How does Jesus' baptism inspire you to embrace your calling with courage and commitment?

2. Identify a personal calling or passion. What step can you take to embrace it more fully?

WEEK 10:

The Dive In: Jesus' Bold Start



Want to go Deeper?

1. Contemplate the role of faith in making significant life decisions and commitments.

2. How can embracing your calling impact your life and those around you?

- **Activity:** Identify a step to fully embrace your calling, inspired by Jesus' example.
- **Lessons Learned:** Discuss the importance of committing to one's calling with courage and faith.
- **Challenge:** What is God challenging you to do based on what you've learned?
- **Obedience Observation:** What did you learn from obeying God's challenge?

WEEK 10:

The Dive In: Jesus' Bold Start



Prayer

Heavenly Father,

As I reflect on the baptism of Jesus in Matthew 3:13-17, I am inspired to embrace my calling with courage and commitment, just as Jesus did. Please guide me in identifying practical steps to engage with my personal calling or passion fully. Please help me understand the role of faith in making significant life decisions and commitments. Let me contemplate how embracing my calling can positively impact my life and those around me. Bless my decision to embrace my calling more fully with clarity and purpose. May the lessons I learn about committing to my calling with courage and faith serve as a source of encouragement and wisdom for myself and others.

In Jesus' name,
Amen

Notes

WEEK 11:

Resisting Pressure: Jesus Standing Firm

Scripture Reading: Matthew 4:1-11

Big Idea: Maintaining integrity and purpose amidst external pressures and temptations

Sermon Quick Notes:

Let's Get Thinking:

1. Reflect on how Jesus' resistance to temptation can guide you in maintaining integrity and purpose in your life.

2. Think of a recent challenge or temptation. How can you apply Jesus' example to overcome it?

WEEK 11:

Resisting Pressure: Jesus Standing Firm



Want to go Deeper?

1. Explore the importance of maintaining spiritual integrity in the face of worldly pressures.

2. Consider how overcoming temptations can strengthen your faith and purpose.

- **Activity:** Write about a recent challenge or temptation and how to apply Jesus' example to overcome it.
- **Lessons Learned:** Share experiences or insights on maintaining purpose and integrity amidst external pressures.
- **Challenge:** What is God challenging you to do based on what you've learned?
- **Obedience Observation:** What did you learn from obeying God's challenge?

WEEK 11:

Resisting Pressure: Jesus Standing Firm



Prayer

Heavenly Father,

As I enter the eleventh week of spiritual growth, I focus on Jesus facing and overcoming temptations in the wilderness, as recorded in Matthew 4:1-11. Guide me in maintaining integrity and purpose in my life, drawing strength from Jesus' example. Help me counter challenges and temptations with unwavering faith and the truth of Your Word.

In Jesus' name,

Amen

Notes

WEEK 12:

Making an Impact: Jesus' Mission in Action

Scripture Reading: Luke 19:1-10 (The story of Zacchaeus)

Big Idea: Acts of acceptance and grace can lead to profound changes in individuals and communities

Sermon Quick Notes:

Let's Get Thinking:

1. Reflect on the story of Zacchaeus. How does Jesus' acceptance of a marginalized individual inspire you to create positive change?

2. Identify a way you can make a positive impact in your community, inspired by Jesus' example.

WEEK 12:

Making an Impact: Jesus' Mission in Action



Want to go Deeper?

1. Explore the impact of acceptance and grace on personal and community transformation.

2. Consider the role of social justice and inclusion in your spiritual journey.

- **Activity:** Identify a way to positively impact your community, inspired by Jesus' example with Zacchaeus.
- **Lessons Learned:** Discuss the powerful effect of acceptance and grace in personal and community transformation.
- **Challenge:** What is God challenging you to do based on what you've learned?
- **Obedience Observation:** What did you learn from obeying God's challenge?

WEEK 12:

Making an Impact: Jesus' Mission in Action



Prayer

Heavenly Father,

Reflecting on the story of Zacchaeus in Luke 19:1-10, I am inspired by Jesus' acceptance and transformation of a marginalized individual. Guide me to see beyond labels and judgments, recognizing the worth in every person. Empower me to create positive change in my community by reaching out with acceptance and grace.

Help me find meaningful ways to impact my community, drawing inspiration from Jesus' transformative interactions. Show me how even small acts of kindness and inclusion can profoundly affect others' lives.

Teach me to understand the broader impact of acceptance and grace, not only on individuals but also on the wider community. Help me see how these values can bring about transformation and healing. Grant me the strength to advocate for social justice and inclusion, to be a voice for the voiceless, and to bring about positive change in the world.

Give me creativity and courage as I identify specific actions to positively impact my community, following Jesus' example with Zacchaeus. May my efforts reflect Your love and contribute to the transformation of those around me. May the lessons learned and discussions about the powerful effect of acceptance and grace serve as a reminder of the transformative impact we can have. Help us follow in Jesus' footsteps, making a lasting and loving difference in our world.

In Jesus' name, Amen.

PUTTING IT ALL TOGETHER

SWOT ANALYSIS

Week 10-12: Identifying Threats

- **Activity:** Identify external factors that might hinder your growth.

- **Exercise:** Develop and implement strategies to mitigate these threats.

- **Group Discussion:** Discuss effective threat management strategies.

Notes

WEEK 13:

Ultimate Goals: Jesus' Sacrifice for a Greater Good

Scripture Reading: Mark 10:45

Big Idea: The culmination of purpose in the act of selfless sacrifice, resonating with the aspiration to contribute to the greater good

Sermon Quick Notes:

Let's Get Thinking:

1. Reflect on the concept of selfless sacrifice. How does Jesus' act of sacrifice inspire you in your aspirations to contribute to the greater good?

2. Consider an area in your life where you can make a sacrifice for the benefit of others.

WEEK 13:

Ultimate Goals: Jesus' Sacrifice for a Greater Good



Want to go Deeper?

1. Contemplate how sacrificing for a greater good aligns with your personal and spiritual values.

2. Imagine how acts of selflessness can influence your community and the broader world.

- **Activity:** Consider an area in your life where you can make a sacrifice for the benefit of others, drawing inspiration from Jesus' example.
- **Lessons Learned:** Share insights on the culmination of purpose through selflessness and contributing to the greater good.
- **Challenge:** What is God challenging you to do based on what you've learned?
- **Obedience Observation:** What did you learn from obeying God's challenge?

WEEK 13:

Ultimate Goals: Jesus' Sacrifice for a Greater Good



Prayer

Heavenly Father,

Reflecting on the story of Zacchaeus in Luke 19:1-10, I am inspired by Jesus' acceptance and transformation of a marginalized individual. Guide me to see beyond labels and judgments, recognizing the worth in every person. Empower me to create positive change in my community by reaching out with acceptance and grace.

Help me find meaningful ways to impact my community, drawing inspiration from Jesus' transformative interactions. Show me how even small acts of kindness and inclusion can profoundly affect others' lives.

Teach me to understand the broader impact of acceptance and grace, not only on individuals but also on the wider community. Help me see how these values can bring about transformation and healing. Grant me the strength to advocate for social justice and inclusion, to be a voice for the voiceless, and to bring about positive change in the world.

Give me creativity and courage as I identify specific actions to positively impact my community, following Jesus' example with Zacchaeus. May my efforts reflect Your love and contribute to the transformation of those around me. May the lessons learned and discussions about the powerful effect of acceptance and grace serve as a reminder of the transformative impact we can have. Help us follow in Jesus' footsteps, making a lasting and loving difference in our world.

In Jesus' name,
Amen

PUTTING IT ALL TOGETHER

SWOT ANALYSIS

End of Quarter: Reflection and Sharing

- **Individual Reflection:** Review your journey and the changes in your understanding of your SWOT analysis.
- **Group Sharing Session:** Discuss the impact of this exercise on your spiritual and personal growth.
- **Future Planning:** Set goals for the next quarter, focusing on areas highlighted by your SWOT analysis and assessment results.

Tips for Success

- Be consistent and honest in your approach.
- Ask the Holy Spirit to guide you as you reflect on the assessment results and consider how they apply to your life.
- Share openly in group discussions to gain a broader perspective.
- Utilize the insights for positive personal and spiritual growth.

Notes



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Sunday Worship

Sundays at 10 AM (cst)

Livestream: www.youtube.com/stpaulpeoria

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