

**Rule #1
Do No Harm**

Do No Harm
("By avoiding evil of every kind, especially that which is most generally practiced")

1 = Doing Poorly, 5 = Doing Great

	1. Paying attention to the Holy Spirit's conviction in my conscience (conviction, confession, reconciliation, etc.)
	2. Avoiding idolatry (not putting fame, power, \$, pleasure, people, etc. before God)
	3. Honoring God's name (not taking God's name lightly or in vain)
	4. Taking a day of rest/sabbath (not doing harm to yourself, workaholicism, etc.)
	5. Avoiding addiction (alcohol, drugs, porn, food, etc.)
	6. Reconciling with peaceful language (no gossip, malice, slander, unforgiveness, etc.)
	7. Using good financial stewardship (no debt, credit cards, tax evasion, etc.)
	8. Steering clear of greed (lavish living, accumulation, lack of generosity, etc.)
	9. Abstaining from gratuitous media (excessive or unnecessary violence, sex, etc. in music, video, internet, books, magazines, etc.)
	10. Avoiding unhealthy/unholy leisure activities (gambling, adverse friends, premarital sex, inappropriate boundaries with the opposite sex, excessive drinking, etc.)
	11. Avoiding participation in discriminatory/unjust systems (racism, classism, sexism, etc.)
	12. Remaining humble (pride, contempt, boastful, no accountability...)
	13. Practicing daily self examination (journaling, accountability group, etc.)
	14. Other:
	Total
	Spiritual Growth Plan

**Rule #2
Do Good**

Do Good (*"Do all the good you can. By all the means you can. In all the ways you can. In all the places you can. At all the times you can. To all the people you can. As long as ever you can."*)

1 = Doing Poorly, 5 = Doing Great

	1. Repenting (turning from the bad to the good) when you are convicted by the Holy Spirit
	2. Seeking out opportunities to do good to all (family, friends, strangers, church, etc.), rather than waiting for them to happen
	3. Sharing resources with all in need (food, clothing, money, etc.)
	4. Seeking out spiritual conversations with friends, family, co-workers, non-Christians, etc. (discipleship or evangelism)
	5. Taking care of your body (healthy eating, exercise, rest, etc.)
	6. Supporting those in the family of faith (through prayer, encouragement, care, listening, resources, service, small groups, etc.)
	7. Involvement in a small group (support, Bible study, prayer, accountability, spiritual friendship, etc.)
	8. Generous giving (regular, "first fruits", tithing, sacrificial)
	9. Actively working against discriminatory/unjust systems (racism, classism, sexism, etc.)
	10. Care for creation (simple living, reusing/recycling, local production, etc.)
	11. Serving in the church through regular use of spiritual gifts (www.assessme.org/2364.aspx)
	12. Speaking the love languages of those around you (affirmation, touch, service, gifts, quality time)
	13. Practicing the 5-10-Link rule at worship (5 minutes before and after the service meeting the people you don't know within a ten foot radius of you and linking them to other people you do know)
	14. Other:
	Total
	Spiritual Growth Plan

Rule #3
Stay In Love
With God

Stay in Love with God
("By attending upon all the commands of God")

1 = Doing Poorly, 5 = Doing Great

	1. Being at peace with God through Jesus Christ (faith, confession, forgiveness, love, obedience)
	2. Daily unhurried time with God (prayer, journaling, etc.)
	3. Inviting God into daily life (cooking, cleaning, working, parenting, etc.)
	4. Regularly worship in community
	5. Regularly receiving communion
	6. Regularly read/meditate/memorize scripture
	7. Occasional spiritual retreat (CRASH, Awakening, solitude, etc.)
	8. Regular family prayer/worship/scripture practices
	9. Regular fasting/abstinence (food, luxuries, media, etc.)
	10. Spiritual reading/listening to grow intellectually and in understanding of Christian beliefs/theology (books, audio books, sermons, etc.)
	11. Regular confession/telling the truth about yourself (to God and others)
	12. Relying on the leading of the Holy Spirit
	13. Seeking and/or bearing the fruit of the Spirit (Gal 5:22-23 – love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control)
	14. Other:
	Total
	Spiritual Growth Plan

3 Simple Rules

Set some time aside to prayerfully review and examine your life. Consider taking a day-long (or as much time as you can give) spiritual retreat to do so. Are you doing no harm, doing good, and staying in love with God (John Wesley)? Consider each example listed below and give yourself a score from **1 (doing poorly) to 5 (doing great)** in the left-hand column. Add each of the three areas up for a total and grand total. Which of Three Simple Rules needs the greatest attention? What individual areas need the most attention? Where is low hanging fruit? Who can help coach or mentor you to follow Jesus more fully? What is your plan for growing spiritually in the future? Write it down. Keep it close by (on a bedside table or in your Bible). Share it with someone who will hold you accountable. Bring it to God in prayer.

Matthew 28:19-20 NLT – *Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age.*”

Isaiah 1:16-17 NRSV – *...Cease to do evil, learn to do good; seek justice, rescue the oppressed, defend the orphan, plead for the widow.*

Romans 12:2 NRSV – *Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God – what is good and acceptable and perfect.*

Philippians 2:5 NLT – *...Have the same attitude that Christ Jesus had.*

	Score for Rule #1 – Do No Harm
	Score for Rule #2 – Do Good
	Score for Rule #3 – Stay in Love with God
	Grand Total