

## A Plan for Spiritual Growth

- Repent** from judging others; **Grow** in generosity of spirit.
- Repent** from emphasizing differences; **Grow** in seeing similarities.
- Repent** from thoughts of illness; **Grow** in faith in the healing power of God.
- Repent** from words that pollute; **Grow** in speaking words that encourage
- Repent** from anger; **Grow** in patience.
- Repent** from complaining and discontent; **Grow** in expressions of gratitude.
- Repent** from negative comments; **Grow** in affirmations.
- Repent** from unrelenting pressures; **Grow** in restorative leisure
- Repent** from hostility; **Grow** in non-nonviolence.
- Repent** from bitterness and resentment; **Grow** in forgiving and letting go
- Repent** from self-concern; **Grow** in compassion for others.
- Repent** from personal worry and anxiety; **Grow** in trusting in God's promises
- Repent** from discouragement and despair; **Grow** in hope.
- Repent** from spiritual lethargy; **Grow** in efforts to change and serve.
- Repent** from suspicion; **Grow** in looking for the best in people and situations.
- Repent** from idle gossip; **Grow** in holy silence.
- Repent** from doubting God's love; **Grow** in believing in God's unconditional love!



*"Of course I hope to find gold. But my real goal is spiritual growth and inner peace."*