

Some next steps: Here are some things you can do this week to dig deeper:

This morning Mike challenged us all to spend some time prayerfully answering questions about ourselves, and then inviting someone we trust to answer these questions in light of what they see in us. The goal of this exercise is to help us measure our growth — both so we can be encouraged at the progress we see and challenged to “step it up” in areas where we aren’t seeing progress.

As you answer these questions keep in mind that growth is sometimes erratic—we often take two steps forward and one step back—and that our season of life can have a tremendous impact on our growth. The questions below are general, but the overall idea is to try and measure growth over time.

Before you begin, invite God to be part of this process with you by praying the words found in Psalm 139.23-24: “Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.”

- This past week, how did I respond to stress in my life? Did I respond in a healthier way than I would have six months ago?
- How did I deal with worry or anxiety this week? Did I deal with it in a way that was more productive than I used to?
- Do I have a greater sense of peace in my life now than I did five years ago?
- Overall, am I doing a better job of expressing love with my words and actions now than I have done in the past?
- How have I responded to trials or hardship in the last few years? How has that helped me grow?

What do you need to do in light of what you have discovered as you’ve answered these questions? If you need to make some changes or adjustments to your routine in order to get where you feel God is leading you we’d love to help. Take a look at the church’s website, www.rcctulsa.org, and consider which of the programs we offer might help you move towards your goal. Then take the step of contacting someone this week to find out more about how you can get plugged in.

New YEAR —NEW— YOU