

# THREE NEW RHYTHMS IN 2021

What if by the end of 2021, you were spiritually stronger, relationally more connected, and making a greater impact for Christ?

What would you look like? What would our church look like?

## 1 PERSONAL RHYTHM

What is one new personal rhythm (discipline) I want to develop this year to grow my faith? What does it look like?

Examples:

- **Devotional Time:** Spend 15 minutes per day reading the Bible and praying. If you already spend 15 minutes, challenge yourself to 30 minutes per day.
- **Fasting:** Fast from food or give up something else one day a week for a focus on prayer that day.
- **Family Devotional Time:** Spend 10 minutes every day before bed doing a family devotional with my children.
- **Giving:** Develop the rhythm of giving 10% of my income to support a missionary or the church.

## 2 RELATIONAL RHYTHM

What is one new relationship I want to start or one existing relationship I want to strengthen? How am I going to do it?

It could be related to marriage, parenting, accountability, or community.

Examples:

- **Marriage Goal:** Pray with my spouse every night. Do two getaways with my spouse this year. Have a weekly date with my spouse.
- **Stronger Christian Community:** Find a Community Group to join.
- **Accountability:** Develop one accountability relationship to meet twice per month.
- **Strengthen Relationships with Neighbors:** Have one neighbor family over for dinner per month.

## 3 SERVICE RHYTHM

What is something new I want to do to impact the world around me this year? How am I going to do it? It could be related to serving my neighbors, the church, or my family?

Examples:

- **Mentor Someone:** Offer 2-4 hours per month to mentor/disciple a younger Christian.
- **Serve the Church:** Use my gifts to serve the church on a weekly/monthly basis.
- **Give More:** Challenge myself to give 10% more than I did last year to support the Kingdom.
- **Serve as a Family:** Do one family service project per month through local ministries or non-profits.



# THREE NEW RHYTHMS IN 2021 – SMART GOAL CHART

<p>Use this guide to prepare your SMART Goals for 2021.</p>	<p><b>S</b> <b>SPECIFIC:</b> Describe your goal in detail: who, what, when, where.</p>	<p><b>M</b> <b>MEASURABLE:</b> How will you track your progress?</p>	<p><b>A</b> <b>ATTAINABLE:</b> Be sure not to set goals that are too conservative or impossible to reach.</p>	<p><b>R</b> <b>RELEVANT:</b> Why is this goal important to you?</p>	<p><b>T</b> <b>TIME:</b> Assign a time frame in which you will achieve the goal.</p>
<p><b>PERSONAL RHYTHM</b></p>	<p>YOUR PERSONAL RHYTHM GOAL:</p>				
<p>IS IT:</p>	<p><input type="checkbox"/> SPECIFIC</p>	<p><input type="checkbox"/> MEASURABLE</p>	<p><input type="checkbox"/> ATTAINABLE</p>	<p><input type="checkbox"/> RELEVANT</p>	<p><input type="checkbox"/> WELL TIMED</p>
<p><b>RELATIONAL RHYTHM</b></p>	<p>YOUR RELATIONAL RHYTHM GOAL:</p>				
<p>IS IT:</p>	<p><input type="checkbox"/> SPECIFIC</p>	<p><input type="checkbox"/> MEASURABLE</p>	<p><input type="checkbox"/> ATTAINABLE</p>	<p><input type="checkbox"/> RELEVANT</p>	<p><input type="checkbox"/> WELL TIMED</p>
<p><b>SERVICE RHYTHM</b></p>	<p>YOUR SERVICE RHYTHM GOAL:</p>				
<p>IS IT:</p>	<p><input type="checkbox"/> SPECIFIC</p>	<p><input type="checkbox"/> MEASURABLE</p>	<p><input type="checkbox"/> ATTAINABLE</p>	<p><input type="checkbox"/> RELEVANT</p>	<p><input type="checkbox"/> WELL TIMED</p>