



Personal Plan

Instructions & Ideas

All members of CCC commit to the membership covenant. This covenant is our promise to God and one another that we will strive to live out the Christian life within the church family at CCC. It helps define what it means to be a member of our local body.

Members are also encouraged to create a simple plan outlining how they will follow Jesus by living out the membership covenant. Similar to how Jonathan Edwards famously wrote resolutions to live by, your plan should include 1-3 meaningful commitments for each Biblical imperative: eat, pray, praise, serve, grow, go. Faithfulness looks different for different people, so the plans should be personalized for each person. We offer accountability, support, prayer, and encouragement within our Discipleship Groups to help one another uphold our commitments.

As you make your plan, ensure your commitments are (1) *specific* and (2) *doable*. For example, “I plan to read my Bible” or “I plan to go to church on Sunday” is not specific. Instead, you may plan something like “I will read my Bible three times a week with a commentary for 15 minutes” or “I will gather for a full day of worship (i.e. prayer, service, and the breaking of bread) every Sunday that I’m well and in town.” Your commitments should be specific enough to evaluate if you kept them with a simple “yes” or “no.” Be careful with a goal like, “I will read a chapter of the Bible every day,” which may be difficult to do on a regular basis. A more doable goal might be “I will read five chapters of the Bible a week,” which does not commit to a daily activity and allows for less reading if needed. You can always exceed your commitments, but what you plan is what your Discipleship Group will be holding you accountable to.

Ideas for each imperative are included below. Feel free to come up with your own ideas as well. Start your commitment with the words “I will...” If you’re already fulfilling these imperatives, no need to change what you’re doing – just add it to your plan.

Eat



**God’s Word and
strive to obey it**

- I will read my Bible three times a week with a commentary for fifteen minutes.
- I will read the Scripture passages (with study notes) for my Bible reading plan, meditating on each passage using the Relational Reading method.

- I will journal in response to my Bible reading by writing down the main point of the passage and how I will change in light of it.
- I will listen intently to the Sunday sermon by taking notes, reviewing them at least once later that week.
- I will write a personal application after every sermon, review it a couple times that week, and share it with somebody else.
- I will listen to the Bible on audio five times a week for fifteen minutes.
- I will listen to the sermon a second time online.
- I will work through the Community Group discussion guides before each gathering.
- I will read an edifying book every two months.
- I will listen to edifying sermons or podcasts most days while I drive to work.
- I will listen to something edifying (e.g. Scripture, podcast, teaching, discussion, etc.) while cleaning up after dinner on most nights of the week.

Pray



on my own and with my CCC family

- I will join my brothers and sisters in prayer on Sunday mornings whenever I'm well and in town.
- I will pray once a week with my church family on Tuesday or Friday morning, unless I'm sick or out of town.
- I will fast twice a year for the advancement of God's kingdom.
- I will spend ten minutes in private prayer three times a week, using the ACTS acronym (i.e. adoration, confession, thanksgiving, supplication) on my way to work.
- I will pray through a Psalm three times a week for fifteen minutes.
- I will spend thirty minutes in prayer for myself, my church, and the world, five times a week.
- I will pray for another member of the church every day using the church directory and the Echo app.
- I will pray for one request from The Voice of the Martyr's every week.
- I will pray for the Echo notifications every day that I see them.
- I will pray once a week for all the people that CCC ministered to in the previous week as shared through the Echo app.

Praise



God by faithfully and fervently worshipping with my CCC family

- I will gather for a full day of worship (prayer, service, and the breaking of bread) every Sunday that I'm well and in town.
- I will practice family worship at least 3 times a week (including a song, catechism training, and intercessory prayer).
- I will prepare for Sunday Service by looking at the service outline, reading the passage, answering the preparation questions, and praying.
- I will go to bed by 10:30 pm on Saturday evening so I am well-rested for Sunday morning.
- I will arrive by 10:30 am every Sunday so I can be present for the full worship service.
- I will not plan trips that take me away from the worship gathering more than five times a year.

Serve



my CCC family by using my gifts and doing the one-another commands

These will be unique to the gifts and service opportunities available to you, but here are some general ideas.

- I will find one way to practically serve a member of the body each month.
- I will ask a different member of the body how I can pray for them every week and do it.
- I will pray every week for God to increase my love for the church.
- I will ask God every week for opportunities to serve the church.
- I will encourage a member of the body every week.

Grow



my CCC family and be grown by them

- I will actively participate in a Community Group dinner and discussion whenever I'm well and in town.
- I will actively participate in a Discipleship Group whenever I'm well and in town.
- I will have a spiritually beneficial conversation with someone every Sunday lunch.
- I will spend one-on-one time with a brother or sister every month, where I will have an opportunity to edify or encourage them.

Go



**meet the needs of
the needy and reach
the world for Christ**

- I will actively participate in the available practical ministry training to work on one skill-set for reaching non-Christians in my life.
- I will engage at least one unreached person in my life once a month in deeper conversation.
- I will participate in the ministry efforts at San Jose State University three times a year.
- I will participate in sidewalk ministry at Planned Parenthood four times a year.
- I will practically serve a non-Christian in my life at least once every couple months.
- I will contribute once a month to the IMB's Lottie Moon Christmas offering or personally support another missionary.
- I will use the IMB prayer requests to pray for international missions once a week.
- I will pray for one unreached people group a week.
- I will pray twice a year about whether I should go into the mission field overseas.