

G5

DAILY PLANNER

A FAITH-DRIVEN FRAMEWORK FOR
LIVING AND LEADING WITH PURPOSE



SETH NEISTADT

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How to Use This Workbook

Welcome to the G5 Transformation Workbook. This is not just another planner or goal-setting tool. It is an invitation to walk with God in every area of your life.

The name “G5” comes from its focus on inviting God into five key dimensions of your life:

God - placing Him at the center of everything

God in Me - caring for your spiritual, mental, and physical health

God Through Me - serving others through family, career, and community

God in Others - recognizing God’s image and work in the people around you

God at Work - joining God’s mission in the world and seeing where He is already moving

This framework is designed to help you break down walls of compartmentalization and live an integrated, kingdom-first life.

Many of us have learned to divide our lives into boxes: spiritual life, work life, family life, personal dreams. We give God some things, but keep others back. This workbook is designed to break down those walls.

You are invited to pursue a fully integrated life—one where God is at the center of everything.

“Love the Lord your God with all your heart and with all your soul and with all your strength.” — Deuteronomy 6:5

This journey will lead you through six parts, each designed to build on the last.

First, you will prepare your heart with a set of short devotional chapters. These will help you see God’s vision for your life, understand His love, respond with your whole self, rely on His Spirit, and commit to ongoing transformation. Don’t rush these. Let God speak.

Next, you will move into a time of honest reflection. You’ll answer preparation questions that help you see clearly what isn’t working in your life right now. This is where real change begins: not with pretending, but with honesty before God.

From there, you’ll be invited to dream with God. Using the G5 Framework, you’ll brainstorm everything you want to see happen in your spiritual life, mental and physical health, family,

career, community impact, generosity, and more. You'll then prayerfully narrow those dreams down to your most important priorities.

After you've named your top priorities, you will focus on just one. The Issues Worksheet will help you examine this single area in depth, asking what needs to change and how to begin.

You'll then develop clear, strategic plans: identifying fixed commitments, setting quarterly goals, writing SMART goals, and breaking them into action steps.

Finally, you will personalize your workbook by creating resource pages you can return to again and again. You'll write your own scriptures, affirmations, exercise plans, meal plans, generosity goals, prayer lists, and more.

When you finish, you will have a clear, God-centered plan for your year. You will know what matters most. You will have tools to keep you focused.

This workbook is not meant to be rushed. Work through it at a pace that allows you to listen for God's voice. Use it in daily quiet time, in a weekend retreat, with a friend, or with a coach.

And remember: this is only the first step. Once you have completed the workbook, you'll be ready to use the G5 Daily Planner to live these commitments out day by day.

“Commit to the Lord whatever you do, and he will establish your plans.”
— Proverbs 16:3

May this journey help you seek God's kingdom first, invite Him into every part of your life, and become the person He is calling you to be.

Introduction

The Call to Love God with All

“Hear, O Israel: The LORD our God, the LORD is one. Love the LORD your God with all your heart and with all your soul and with all your strength.” —
Deuteronomy 6:4–5

When God gave Israel their defining commandment, He emphasized *all*.

All your heart.

All your soul.

All your strength (or might).

Not some. Not most. Not what’s convenient.

God’s vision for our lives is fully integrated. He doesn’t want our faith in one box and our career, relationships, or money in another. He wants our emotions (heart), our very life (soul), and even our external capacity—our effort, resources, and influence (might).

God is One

But there’s an even deeper layer here.

When it says, “The LORD is one,” the Hebrew word for *one* is *echad*. This word doesn’t mean absolute singularity, but unified plurality. It’s the same word used in Genesis 2:24 when “the two shall become one flesh” in marriage. Two distinct people, united as one.

This matters because Hebrew actually has a word that means absolute, indivisible singularity: *yachid*. *Yachid* describes something truly solitary or unique, like when God calls Isaac Abraham’s only son (Genesis 22:2). But God didn’t choose *yachid* here—He chose *echad*, signaling unity in complexity.

Christians understand God Himself this way: Trinity. Father, Son, and Holy Spirit. Three distinct persons, yet perfectly one God. Not fragmented or competing, but fully integrated in perfect, unified relationship.

God’s own nature is the ultimate example of integrated oneness.

Just as God is not divided against Himself, He calls us not to live divided lives. No split between sacred and secular, spiritual and ordinary. He wants all of us, unified in devotion to Him.

The Reminder for Daily Life

This is why Deuteronomy 6:5 sets the highest standard: love God with everything.

It was meant to be on their doorposts, recited daily—a constant reminder of total allegiance in every part of life.

“These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.” — Deuteronomy 6:6–7

Faith was never meant to be reserved for ritual spaces only. It was for daily life.

A Subtle Shift Toward the Heart

But if you keep reading Deuteronomy, you notice something important.

When Moses prepares Israel to enter the promised land, he repeatedly calls them to return to God with all their heart and all their soul, leaving off *might*.

“...when you turn to the LORD your God with all your heart and with all your soul.”
— Deuteronomy 30:10

This shift isn't accidental. It happens in Deuteronomy 10:12, 11:13, 13:3, and throughout chapter 30.

Why does *might* drop away?

Because while Deuteronomy 6:5 calls for everything, Moses knows the people can't achieve that by human strength alone. Their own *might* would fail.

Instead, he emphasizes heart and soul—the internal transformation God desires.

“The LORD your God will circumcise your heart...so that you will love the LORD your God with all your heart and with all your soul, that you may live.” — Deuteronomy 30:6

God Himself promises to do the work in them.

Foreshadowing Jesus' Teaching

This foreshadows Jesus' own teaching.

He didn't praise external religion or sheer effort. He called for changed hearts. He rebuked those who honored God with their lips while their hearts were far from Him.

Salvation isn't something we can achieve by might or force of will. It's God's work in us—from the inside out.

God's Vision for Our Integration

So when we talk about rejecting a compartmentalized life, it's not about trying harder in our own strength.

It's about inviting God to make us whole.

He is one, unified in His own nature. Father, Son, and Spirit in perfect relationship. And He calls us to reflect that oneness by loving Him with our whole selves, allowing His Spirit to transform our heart and soul so that our might—our actions and resources—can truly follow.

This is God's vision for your life:

Fully integrated.

Entirely surrendered.

Every part touched by His love and authority.

Chapter 1

Work - Part of God's Plan

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."
— Ephesians 2:10

I used to think of work as just that—work. A job. A way to earn a living, provide for my family, maybe build something meaningful along the way. But I didn't always understand that work was part of God's design from the very beginning.

In fact, for much of my early successes in life and business I wasn't even a believer in Christ. From playing in the 1988 World Series as the official band of the Los Angeles Dodgers, to opening the world's largest hotel, the MGM grand in Las Vegas, to working for the largest gaming corporation in the world, Hilton Gaming Corporation, to writing the first web-based CRM in the automotive industry, I thought that all of these achievements were because of my business acumen, smarts and hard work. I was focused on my career, money, and the things that I could buy with it. I had it all, but deep down, something didn't add up.

Then everything changed.

The 91 Freeway Surrender

My wife had been taking our family to church for several months so that our children could get a moral upbringing. On this particular weekend, the sermon was on Peter's miraculous catch—the moment when Jesus met Peter on the shore and told him to throw his net on the other side of the boat after catching nothing all night. That story hit me hard. At this point in my life, I saw this story as God actually caring about our work. That he blessed Peter in his vocation and Peter then followed Jesus. I thought, maybe God cares about what we do.

At the time, I had written the first web-based CRM for the automotive industry. I had a meeting scheduled that week with one of the largest automotive dealers in California. The most I've ever sold my software for at this point in my career was \$25,000 and I told my business partner, "I'm going to sell this for \$35,000." That would've been the biggest sale I'd ever made.

I went to the meeting. I pitched it. The dealer owner pushed a pad of yellow paper with a pen on it towards me and told me to write down a price. I was about to write down \$35,000 when suddenly that sermon came back to me. I found myself talking with God. I asked him, "Do you even know what I'm doing right now? Do you care what I'm doing right now. Do you even know that this is how I provide for my family." I asked him if he would show up in my life and

show me that he's real. At that moment I wrote down \$100,000 and pushed the pad back to the dealer. The dealer looked down at it, thought for a moment, and then said "Done deal." Inside I was screaming with joy, but I had to keep cool.

I walked out of that meeting, got on the 91 Freeway heading home, and that's where it happened. I gave my life to Christ, right there in the car. I felt a tingling sensation in the top of my head and then a cold rush went through my body. I believe I received the Holy Spirit at that moment.

I knew then, this was real. God was real. He saw me. He was with me. And He had been all along.

I started seeing that the work of my hands wasn't just about income. It was about impact. My business life wasn't separate from my spiritual life—it was meant to be *led* by the Spirit.

And that's what this chapter is about.

God Created Work Before the Fall

"The Lord God took the man and put him in the Garden of Eden to work it and take care of it."

— *Genesis 2:15*

Work wasn't a punishment. It wasn't a product of sin. It was part of God's good design *before* the fall.

Before there was sin, there was purpose.

Before there was brokenness, there was stewardship.

From the beginning, God intended for us to partner with Him in the care and cultivation of His creation. That includes gardens, yes—but it also includes spreadsheets, customers, classrooms, neighborhoods, and boardrooms.

Work Is Not Less Holy Than Church

We tend to elevate "spiritual" things—preaching, praying, missions—while diminishing our jobs or daily responsibilities. But Scripture never draws that line.

"Whatever you do, work at it with all your heart, as working for the Lord, not for human masters."

— *Colossians 3:23*

Whatever you do.

That includes leading teams, selling houses, raising kids, managing budgets, stocking shelves, or writing code.

God doesn't categorize your obedience. He sanctifies it.

You Were Made to Work with God

“For we are co-workers in God's service; you are God's field, God's building.”
— 1 Corinthians 3:9

The gospel isn't just about saving souls for heaven. It's about bringing God's Kingdom to earth—through your work.

This is not about striving harder. It's about reimagining your calling.

Your work is not just a job. It's a platform for God's presence.

You are not just an employee. You are an ambassador of Christ.

You are not just making money. You are stewarding God's provision.

And here's the good news: You don't need a new job to live this way. You just need a new lens.

What You Do Matters—When It's Done With God

“There is a time for everything, and a season for every activity under the heavens.”
— Ecclesiastes 3:1

God has placed you in this season, in your role, with your unique gifts for a reason. Your current work might not feel glamorous or easy. You might even be wondering if it matters.

But when we offer our work to God—when we show up with excellence, integrity, and love—we invite Him into it. And when God is in it, nothing is wasted.

Not your frustrations.

Not your waiting.

Not your ordinary days.

It's Time to Bring the Whole You

In this planner, you'll be invited to stop compartmentalizing your life. To stop showing up to church one way and to work another. To stop separating “spiritual” and “practical.”

You'll be challenged to dream, plan, and act with a whole-life approach that puts God first and invites Him into every corner—your home, your health, your leadership, your finances, and yes, your job.

Not because you're trying to earn anything, but because you've already been given everything.

So Here's the Invitation

Work is not the enemy of faith. Done right, work is an *expression* of it.

God's plan is not just for the weekend—it's for the whole week.

Let Him meet you there.

Let Him work through you.

And watch what happens when you stop asking God to bless your work... and start doing the work He already *has* blessed.

Chapter 2

The Greatest Love Story

“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.” — John 3:16

In Chapter 1, we saw that God calls us to love Him with all our heart, soul, and strength. But before we can even think about loving God fully, we need to understand this: He loved us first.

God’s call for us to live integrated lives—wholehearted, undivided, surrendered—is not about controlling us. It’s about inviting us into a love story that began before we were born.

We love because He first loved us.

God’s Initiative of Love

“But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.” — Romans 5:8

Before you ever considered Him, God pursued you.

Before you repented, He sent His Son.

Before you could change, He offered grace.

This isn’t transactional religion. It’s unearned, undeserved love.

A Love That Redeems

Think of the story Jesus told about the father with two sons in Luke 15.

One son—the younger—demanded his inheritance early, ran off, and wasted everything in reckless living. He ended up feeding pigs, starving, ashamed. When he finally returned, he rehearsed a speech to beg his father to let him work as a servant.

“But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him.” — Luke 15:20

The father didn’t wait for an apology. He didn’t demand repayment. He ran.

He embraced.
He forgave.
He restored.

This is the Father's heart for you.

But Jesus didn't end the story there.

There was another son—the older brother. He had stayed home, worked hard, obeyed every rule. But when he saw the father celebrating the lost son's return, his heart was exposed.

He was angry.
Resentful.
Unwilling to go in.

The father went out to him too. Pleading. Inviting.

“My son,’ the father said, ‘you are always with me, and everything I have is yours.’”
— Luke 15:31

This parable isn't just for the obviously broken. It's for everyone who's ever run from God—and everyone who's ever stood outside, arms folded, judging.

Some of us know we've been prodigals, wasting grace.
Some of us realize we're older brothers, keeping score, withholding mercy.
Some of us are parents, longing for the return of someone we love.
Some of us are called to show the Father's compassionate heart to others.

Jesus told this story so all of us would see ourselves.

It's a mirror.
It's an invitation.
It's a picture of the Father who runs toward sinners, pleads with the self-righteous, and opens His arms to both.

God doesn't want reluctant servants or resentful rule-keepers.
He wants sons and daughters who know they are loved.
Who come home.
Who join the celebration.

Jesus: The Ultimate Expression of God's Love

*"The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth." —
John 1:14*

God didn't send a prophet to merely warn us. He came Himself in the person of Jesus.

He didn't demand we climb to Him. He came down to us.

He entered our pain, our temptations, our suffering.

He walked dusty roads. He touched lepers. He wept at tombs.

And finally, He took our sin onto Himself at the cross.

Love That Sacrifices

*"This is how we know what love is: Jesus Christ laid down his life for us."
— 1 John 3:16*

The cross is the ultimate demonstration that God's love isn't cheap.

It's costly.

It's self-giving.

It pays our debt, takes our punishment, conquers our sin.

This is the love that calls for our whole life in return—not because we owe it like a transaction, but because anything less is too small a response.

Not Religion, but Relationship

*"Yet to all who did receive him, to those who believed in his name, he gave the right to
become children of God." — John 1:12*

God doesn't want religious employees. He wants sons and daughters.

He wants you to know Him.

To walk with Him.

To trust Him.

To be transformed by His love.

A Love That Transforms

Jesus didn't come to make you a better rule-keeper. He came to give you a new heart.

┆ *"I will give you a new heart and put a new spirit in you." — Ezekiel 36:26*

This is the foundation for everything that follows in this planner.

We don't make plans to earn God's favor.

We plan and live intentionally because we are loved.

We integrate our lives because God has given His whole self to us.

We love because He first loved us.

Reflection Questions

- When you hear the parable of the two sons, who do you most identify with? The younger son? The older brother? The waiting father?
- Where have you run from God's love, or refused to celebrate someone else's return?
- How would your life look different if you truly believed God loved you this much?
- Pray and ask: "Father, soften my heart. Help me see myself honestly, and receive Your love fully."

Prayer Prompt

Father, thank You for loving me before I ever loved You. Thank You for Jesus, who took my sin and gave me new life. Help me to receive Your love deeply, so that I can respond with my whole heart, soul, and strength. Amen.

Chapter 3

Responding to God's Love with Your Whole Life

"If you love me, keep my commands." — John 14:15

God's love is freely given, completely unearned. We can never repay it. But true love always calls for a response.

Grace is not opposed to effort. It's opposed to earning. God's grace doesn't ask us to pay Him back—it invites us to offer our lives in joyful, willing surrender.

Real love is never passive. It moves us. It changes what we value, how we live, and who we serve.

The Invitation to Relationship

"Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me." — Revelation 3:20

God isn't looking for reluctant servants. He is inviting you into relationship.

He stands at the door of your heart—not demanding, but knocking. Waiting for you to open. To let Him into all of your life.

Not just Sunday mornings.

Not just crisis moments.

Every day.

He doesn't want part of you. He wants all of you.

The Reality of Sin

"Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded." — James 4:8

If we're honest, we often resist inviting God fully in.

Imagine your life as a house. You welcome Jesus at the door with a smile. You lead Him into the living room, where everything is tidy and presentable. You might even offer Him a seat at the table in the kitchen, pour Him a drink, enjoy polite conversation.

But then He stands and looks down the hallway.

He gestures gently toward that door you always keep closed.

We tense up. We get nervous.

“Not that room, Lord.”

“That’s private.”

“That’s messy.”

“That’s where I hide things I don’t want anyone to see.”

Maybe it’s past hurt.

Unforgiveness.

Addiction.

Resentment.

Secret sin.

Fear.

Shame.

Control.

We want to keep certain doors closed. We tell ourselves, “He can have the rest of the house. Surely that’s enough.”

But Jesus is not content to be a polite guest in our carefully curated spaces. He wants to make His home in us entirely.

He wants every room.

Every corner.

Every hidden closet.

Not to shame us, but to heal us.

Not to condemn us, but to set us free.

And here’s the truth: the house isn’t really ours at all.

Jesus is the rightful owner. He bought it with His blood. When He knocks at the door, He isn’t asking to be an occasional guest. He is asking us to hand over the master key.

To say, “Lord, this house is Yours. Every room. Every door. Even the places I’ve kept hidden. Come in. Cleanse it. Make it Yours.”

Jesus didn't mince words about divided loyalty.

| *"No one can serve two masters." — Matthew 6:24*

Compartmentalization is not neutral. It's a form of rebellion. It says, "This part of my life is mine."

But He calls us to purity of heart. Single-minded love. A willingness to open every door and say, "Even here, Lord. Even this."

Grace-Fueled Repentance

“For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God.” — Ephesians 2:8

Repentance is not self-improvement. It's not working harder to earn God's favor. It's turning away from anything that separates us from Him and turning back to the One who already loves us.

Repentance is a gift.

It's the moment you stop running.

It's the willingness to say, “Lord, I've kept this from You. I don't want to anymore.”

“The sacrifices of God are a broken spirit; a broken and contrite heart you, God, will not despise.” — Psalm 51:17

God doesn't shame us for returning. He embraces us.

Wholehearted Response

“Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.” — Romans 12:1

In view of His mercy.

Not to earn it, but because of it.

Because of His love, we respond with our whole selves.

Living sacrifice.

Nothing held back.

Not a one-time prayer, but daily surrender.

This is what it means to love God with all your heart, soul, and strength.

From Duty to Delight

“If you love me, keep my commands.” — John 14:15

Obedience in the kingdom is never forced. It's rooted in love.

Jesus doesn't want grudging compliance.

He wants willing hearts.

He wants disciples who obey because they trust Him, love Him, and believe He knows what is best.

“This is love for God: to keep his commands. And his commands are not burdensome.”
— 1 John 5:3

What He asks is for our good.

His commands lead to freedom, not slavery.

An Invitation to Examine Your Heart

God’s love story is not meant to stay theoretical. It asks something of you.

What have you withheld from Him?

What doors need to be opened?

What areas have you kept off-limits?

Where do you need to say, “Yes, Lord. Even here.”

He doesn’t ask you to do this alone.

He promises His Spirit to help you.

But He does ask for your willing surrender.

Reflection Questions

- Where have you tried to keep God at arm's length?
- What areas of your life feel hardest to surrender?
- How would your life change if you responded to God's love with wholehearted devotion?
- Pray and ask: "Lord, show me what I've been holding back. Help me to offer all of myself to You."

Prayer Prompt

Father, thank You for Your love that calls me to repentance and surrender. I confess the ways I've held back. I open every part of my life to You. Teach me to respond to Your love with my whole heart, soul, and strength. Amen.

Chapter 4

Empowered by the Holy Spirit

“But you will receive power when the Holy Spirit comes on you; and you will be my witnesses.” — Acts 1:8

God doesn't just call us to live transformed lives. He empowers us to do it.

He knows we cannot love Him with all our heart, soul, and strength by sheer willpower. He knows our hearts are divided and our might is weak. So He gives us His Spirit.

God never intended for us to live the Christian life in our own effort. He offers us Himself.

The Spirit in the Beginning

The Holy Spirit isn't a late addition to the story of God. He is present from the very beginning.

“Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters.” — Genesis 1:2

At creation, Father, Son, and Spirit act in perfect unity. John's Gospel tells us Jesus is the eternal Word through whom all things were made (John 1:1–3). The Spirit is there at creation, breathing order and life.

God's design is that all three—Father, Son, and Spirit—work together to bring life, light, and goodness. That same unity is at the heart of our salvation and our new life in Christ.

The Spirit Given for God's Purposes

Throughout the Old Testament, the Spirit is described as coming upon people for special purposes.

- Joseph interprets Pharaoh's dreams because of Spirit's wisdom (Genesis 41:38).
- Bezalel is filled with the Spirit to design and craft the Tabernacle (Exodus 31:1–5).
- Samson receives supernatural strength when the Spirit comes upon him (Judges 14:6).
- Prophets speak God's words as the Spirit moves them (2 Peter 1:21).

These were glimpses—sprinklings—of what was to come. The Spirit would come upon chosen individuals for specific moments. But the prophets looked ahead to a day when God would pour out His Spirit on all people.

“I will pour out my Spirit on all people.” — Joel 2:28

The Promise of the Spirit

Jesus knew His followers would face challenges they couldn't overcome alone. He promised them something even better than His physical presence with them.

“And I will ask the Father, and he will give you another Advocate to help you and be with you forever—the Spirit of truth.” — John 14:16–17

Jesus' entire life was an example of perfect dependence on the Spirit. Though He was God in flesh—the Word made flesh—He chose to obey the Father completely and rely on the Spirit's guidance, wisdom, and power.

“Very truly I tell you, the Son can do nothing by himself; he can do only what he sees his Father doing.” — John 5:19

He promises us that the same Spirit who empowered His ministry would dwell in us.

The Spirit is not an optional extra for elite believers. He is God's gift to every disciple.

He is our Helper.

Our Comforter.

Our Teacher.

Our Source of power.

He doesn't just instruct us. He transforms us from the inside out.

United with Father, Son, and Spirit

When Jesus says in John 14 that the Spirit will come to us, He is describing a profound mystery of unity.

Jesus obeys the Father perfectly, showing us the Father.

When we see Jesus, we see the Father.

When the Spirit indwells us, we become His hands and feet in the world.

People see Jesus in us—and therefore see the Father.

We are drawn into the divine fellowship. We do not become God, but we participate in His mission and reflect His nature. Through the Spirit, God's life flows through us so the world might know Him.

Fruit That Lasts

“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.” — Galatians 5:22–23

God isn’t merely interested in better behavior. He wants new hearts that bear fruit that looks like Him.

These qualities aren’t produced by human effort alone. They grow in us as we walk with the Spirit.

You don’t grit your teeth to manufacture love or joy. You cultivate relationship with the Spirit, and He grows them in you.

Gifts for Ministry

“There are different kinds of gifts, but the same Spirit distributes them.” — 1 Corinthians 12:4

The Spirit doesn’t just change our character. He equips us to serve.

Spiritual gifts are not personal trophies. They are tools to build up others, strengthen the church, and advance God’s kingdom.

Every believer is given gifts. Not for our glory, but for His.

You have a role to play in God’s mission.

And you’re not asked to do it in your own strength.

You’re asked to depend on the Spirit.

The Spirit of Wisdom and Understanding

“The Spirit of the LORD will rest on him—the Spirit of wisdom and of understanding, the Spirit of counsel and of might, the Spirit of the knowledge and fear of the LORD.” — Isaiah 11:2

Jesus lived His earthly life fully empowered by the Spirit. He is our model.

If even Jesus relied on the Spirit’s wisdom, power, and guidance, how much more do we need Him?

The Spirit guides our decisions.
He convicts us of sin.
He comforts us in suffering.
He teaches us truth.
He leads us to Jesus.

A Daily Dependence

“Since we live by the Spirit, let us keep in step with the Spirit.” — Galatians 5:25

The Spirit-filled life is not a one-time event.
It is daily dependence.
It is waking up and saying, “Holy Spirit, lead me today.”

This planner is designed to help you practice that daily dependence.
Not to map out your will, but to seek His.
Not to achieve your plans, but to join His.

You don’t need more willpower.
You need more surrender.
More listening.
More filling.

The life God calls you to is not hard in your own strength—it’s impossible. But nothing is impossible with God.

An Invitation to Ask for His Filling

Throughout the history of God's people, there has been a hunger for God's Spirit to move in fresh ways.

In Acts, the early believers prayed for boldness and the Spirit's outpouring. Paul encouraged the church to "be filled with the Spirit" (Ephesians 5:18)—an ongoing, present-tense command.

Today, many followers of Jesus still pray for an outpouring, a fresh filling, or renewal of the Holy Spirit's presence and power.

This is not about chasing emotional experiences. It's about opening every part of your life to God.

Before moving on, take time to pause.

Sit in silence.

Reflect.

Ask.

Invite the Holy Spirit to fill you anew.

To overflow into every area of your life.

To empower you to live with courage, love, and faithfulness.

You don't have to perform. Just be honest.

Ask Him to do what only He can do.

"Holy Spirit, come. Fill me. Renew me. Empower me to live for Jesus."

Reflection Questions

- How have you tried to live the Christian life in your own strength?
- Where do you sense your need for the Holy Spirit's power, wisdom, and guidance?
- What would change if you truly depended on Him daily?
- How might your life better reflect the unity of Father, Son, and Spirit to the world?

Prayer Prompt

Holy Spirit, I confess I often try to do life on my own. I need You. Fill me. Lead me. Empower me to love God with all my heart, soul, and strength. Produce Your fruit in me. Give me Your gifts to serve others. Help me show Jesus to the world so they might see the Father through me. I surrender every part of my life to Your guidance. Amen.

Chapter 5

Growing Daily with Jesus

“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.” — John 15:5

A life transformed by God’s love and empowered by His Spirit is not a one-time event. It’s a lifelong journey of daily relationship with Jesus.

God’s goal isn’t for you to have a single emotional experience or spiritual high, only to drift back into old patterns. He wants ongoing communion. Daily connection. Real friendship with Him.

Christian maturity is not about knowing more religious facts or checking spiritual boxes. It’s about abiding in Christ so deeply that His life flows through you and produces fruit that lasts.

Abiding, Not Achieving

“Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine.” — John 15:4

Jesus uses the image of the vine and branches to show us the nature of discipleship.

Fruit does not grow by force of will. Branches don’t strain and struggle to produce grapes. They simply stay connected to the vine.

Life flows naturally when there is abiding.

So it is with us.

We can’t produce spiritual fruit by trying harder.

We must stay close to Jesus.

Listen to Him.

Trust Him.

Let His words dwell in us richly.

Without Him, we can do nothing.

The Daily Practice of His Presence

“Your word is a lamp for my feet, a light on my path.” — Psalm 119:105

Abiding is deeply practical. It means choosing to make space for Jesus every day.

Time in Scripture, letting His voice shape your thinking.
Prayer, not as ritual but as conversation with your Father.
Listening for His Spirit’s guidance throughout the day.
Obeying His promptings, even when they stretch you.

This planner is designed to help you do just that.
Not to fill your day with more tasks, but to help you stay mindful of His presence.

Jesus wants to walk with you in the details.
In your work.
Your family life.
Your rest.
Your decisions.

He’s not asking for part of your day. He wants to be part of *all* of it.

Feeding on the Bread of Life

“Jesus answered, ‘It is written: Man shall not live on bread alone, but on every word that comes from the mouth of God.’” — Matthew 4:4

We feed our bodies daily. We wouldn’t think of going days without eating.

Yet many go days, weeks, even months without feeding on God’s Word.

Spiritual health requires daily nourishment.
God has given us Scripture not as duty, but as life.
As encouragement.
Correction.
Wisdom.
Hope.

Don’t approach it as obligation. Approach it as invitation.

Prayer as Ongoing Conversation

“Pray without ceasing.” — 1 Thessalonians 5:17

Prayer is more than asking for things. It’s relationship.
It’s ongoing, honest conversation with the God who loves you.

You don’t need fancy words.
You don’t have to get everything right.
You just need to talk to Him.
Invite Him into your fears, hopes, plans, and worries.
Listen for His voice in return.

God delights in hearing your voice.
He is a Father who loves to be with His children.

Renewing Your Mind

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.” — Romans 12:2

Daily life forms us. The world has its own messages about success, identity, and purpose.

If we aren’t intentional, we will be shaped by those patterns instead of God’s truth.

Following Jesus means renewing our minds with Scripture.
Replacing lies with truth.
Choosing His way over the world’s way.

This is not a burden, but freedom.

A Life of Obedience and Trust

“Whoever has my commands and keeps them is the one who loves me.” — John 14:21

Jesus calls us to obey—not out of fear, but out of love.

Obedience is the natural result of abiding.
When we know Him, trust Him, and love Him, we will want to do what He says.

Obedience is not about earning God’s favor.
It’s our grateful response to His grace.

Reflection Questions

- What does “abiding in Christ” mean to you personally?
- Where have you tried to produce fruit in your own strength?
- How can you make space daily to stay connected to Jesus?
- What practices help you listen for His voice and obey?
- Pray and ask: “Jesus, teach me to abide in You daily.”

Prayer Prompt

Jesus, You are the vine and I am the branch. Apart from You, I can do nothing. Teach me to abide in You each day. Help me to seek Your presence in every part of my life. Renew my mind with Your Word. Shape my desires to match Yours. Let Your life flow through me so I bear fruit that honors You. Amen.

Chapter 6

Stewards of God's Creation

"The LORD God took the man and put him in the Garden of Eden to work it and take care of it." — Genesis 2:15

From the very beginning, God created humans with purpose. He made us in His image and entrusted us with His creation.

This was not an afterthought. Stewardship is woven into our design. We were created to manage, cultivate, and care for what God has given. Not to own it, but to steward it faithfully.

What is Stewardship?

Stewardship means recognizing that everything belongs to God. Our time, talents, resources, relationships, bodies, and opportunities are not ultimately ours. They are His gifts to us.

We are managers, not owners.
We hold them in trust.
We use them for His glory, not our own.

"The earth is the LORD's, and everything in it." — Psalm 24:1

When we see our lives this way, everything changes.
Work becomes worship.
Generosity becomes joy.
Goals become mission.

The Parable of the Talents

Jesus taught His disciples the importance of faithful stewardship through parables.

"Again, it will be like a man going on a journey, who called his servants and entrusted his wealth to them." — Matthew 25:14

Each servant received talents—resources to invest while the master was away. Two servants used them wisely and were rewarded. One buried his out of fear and was rebuked.

The message is clear.

God entrusts us with resources, opportunities, relationships, and gifts.

He expects us to use them for His kingdom.

Faithfulness is not about comparison, but obedience with what we've been given.

| *"Well done, good and faithful servant." — Matthew 25:23*

Fruit That Lasts

| *"You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last." — John 15:16*

God doesn't call us to busywork.

He calls us to fruitful work.

Work that has eternal impact.

Fruit that remains.

This includes the people we disciple, the love we show, the prayers we pray, the resources we invest in His mission.

We don't measure success the way the world does.

God looks at faithfulness, obedience, and fruit that glorifies Him.

Stewarding Every Area of Life

Stewardship is holistic. It's not just about money or church service.

It's your family.

Your marriage.

Your children.

Your career.

Your community.

Your health.

Your finances.

Your time.

Your spiritual gifts.

Your influence.

All of it matters to God.

“Whatever you do, work at it with all your heart, as working for the Lord, not for human masters.” — Colossians 3:23

You are invited to see every part of your life as an opportunity to honor God.

Living for the Master’s Approval

Ultimately, stewardship is about living for an audience of One.

We don’t seek applause from others.

We don’t compare our calling to someone else’s.

We listen for the Master’s voice.

“Am I now trying to win the approval of human beings, or of God?” — Galatians 1:10

One day, we will give an account for how we used what He entrusted to us.

The goal is to hear Him say, “Well done.”

An Invitation to Evaluate

This planner is a tool to help you steward your life well.

It’s a space to honestly assess your priorities, dreams, resources, and plans.

It’s a place to invite God to speak.

Where have you been faithful?

Where have you been distracted?

Where is He calling you to step out in faith?

Where is He inviting you to surrender?

He doesn’t ask you to do this alone.

His Spirit will guide you.

But He does ask for your willingness.

Reflection Questions

- What has God entrusted to you that you need to steward faithfully?
- Which areas of your life have you treated as yours alone, rather than His?
- How might seeing your life as God's gift change your daily choices?
- Pray and ask: "Lord, show me how to be a faithful steward in every part of my life."

Prayer Prompt

Father, everything I have is Yours. Teach me to be a faithful steward of the time, talents, resources, and relationships You've entrusted to me. Help me to live for Your glory alone. Show me where I need to surrender control and follow You more closely. May my life bear fruit that lasts and honors You. Amen.

Chapter 7

Your Call to Ongoing Transformation

“Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.” — Philippians 1:6

This journey is not meant to be a one-time exercise or a short-lived burst of spiritual enthusiasm. God’s desire is for lifelong transformation.

He is committed to finishing what He starts in you.

He is not looking for temporary commitments that fade when life gets busy or hard. He is calling you to ongoing, daily surrender that produces lasting change.

The work He began in you when you first trusted Him continues every day as you choose to follow, abide, and obey.

A Lifelong Journey of Discipleship

“Then he said to them all: ‘Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.’” — Luke 9:23

Jesus calls us to *daily* discipleship.

Not occasional religious activity.

Not seasonal spiritual interest.

Daily following.

It means continually laying down our own agendas and embracing His.

It means saying “yes” to Him over and over, in the small choices no one sees.

It means trusting Him when the path is unclear.

It means persevering even when it’s hard.

Following Jesus is not a sprint. It’s a lifelong pilgrimage of faith.

Becoming Like Jesus

*“For those God foreknew he also predestined to be conformed to the image of his Son.”
— Romans 8:29*

God’s ultimate goal for you is not comfort or success by the world’s standards.

It is Christlikeness.

That you would be shaped into His image.

That you would think, act, speak, and love like Jesus.

This doesn’t happen overnight.

It happens as you walk with Him daily.

As His Spirit works in you.

As you obey His Word.

As you learn from your failures and trust Him more deeply.

Spiritual maturity is not about arriving at perfection in this life.

It’s about continuing to grow.

Continuing to say “yes” to Jesus.

Letting Him lead.

Your Part in God’s Mission

*“All this is from God, who reconciled us to himself through Christ and gave us the
ministry of reconciliation.” — 2 Corinthians 5:18*

God is not only transforming you for your own sake.

He is shaping you to be part of His mission in the world.

You are called to represent Him.

To be His ambassador.

To share His love and truth.

To participate in making disciples.

Your transformed life is meant to invite others into the same journey.

The more you become like Jesus, the more clearly others see Him in you.

This planner is not just about organizing your goals.

It’s about aligning your entire life with His kingdom mission.

The Power to Continue

“But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.” — John 14:26

You are not expected to do this alone.

God gives you His Spirit to guide you, teach you, and strengthen you.

He reminds you of Jesus’ words.

He convicts you when you stray.

He comforts you when you’re weary.

He empowers you to keep going.

Your job is to stay dependent.

To keep in step with the Spirit.

To listen and obey.

To trust that He will finish the work He started.

An Invitation to Commit

As you finish this section of the planner, take time to make a fresh commitment.

Not to perfection, but to pursuit.

Not to religious obligation, but to loving relationship.

Not to rigid plans, but to Spirit-led flexibility.

Commit to being a disciple who keeps learning, repenting, growing, and obeying.

Commit to letting God shape every part of your life for His glory.

Commit to being part of His mission in the world.

This isn’t the end of the journey.

It’s a new beginning.

Reflection Questions

- How have you viewed spiritual growth—as a one-time decision or a daily journey?
- What areas of your life still need to be surrendered to God’s ongoing work?
- How might your life look different if you committed to daily discipleship?
- Pray and ask: “Lord, help me continue saying ‘yes’ to You every day.”

Prayer Prompt

Father, thank You for beginning a good work in me. I trust You to complete it. Teach me to follow Jesus daily. Help me to surrender every part of my life to Your transforming power. Use me in Your mission to show Your love to the world. I commit myself to ongoing discipleship and growth in You. Amen.

Introduction to the G5 Framework

You've spent time preparing your heart, reflecting on God's love, and exploring His call to a fully integrated life. Now it's time to begin the work of identifying what that means in your own life.

This section is where you will move from learning to discovery. From listening to God's Word to listening to His Spirit about your specific circumstances, dreams, and callings.

It begins with a simple but powerful idea: God wants to be part of every area of your life.

The G5 Framework is designed to help you think about your life in five key dimensions, with God at the center of them all. It is a way to invite God in—not just to your spiritual life, but to your whole life.

“Love the Lord your God with all your heart and with all your soul and with all your strength.” — Deuteronomy 6:5

God

At the very top and center. God is not one compartment of your life. He is the source of life, the foundation for everything, the One who deserves your first love and total allegiance.

God in Me

How God is at work transforming your spiritual, mental, and physical health. This includes prayer, Scripture, mental growth, emotional healing, exercise, nutrition, and rest.

God Through Me

How God wants to work through you to serve others in your family, your household, your career, and your community. It's about living missionally in the spaces where you already have influence.

God in Others

How you recognize God's image and work in the people around you. It means seeing their value, listening well, building relationships, and investing intentionally in those God has placed in your life—your Oikos.

God at Work

How you discern what God is already doing in the world and join Him in it. It's a posture of

spiritual attentiveness, looking for opportunities to serve, share His love, and advance His kingdom.

This framework will help you break down the walls of compartmentalization. It will invite you to think holistically about who you are, what you want to change, and what God is calling you to pursue.

As you work through these next pages, don't rush. Pray as you go. Ask God to show you areas where you've kept Him out or limited His influence. Invite Him into every dimension of your life.

“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.” — Psalm 139:23–24

This is your opportunity to invite God to bring His light, truth, and transforming power to your whole life.

How to Start with Honesty

Before you can invite God to shape your hopes, goals, and plans, you need to see clearly where you are right now.

Honesty is the first step toward real change.

We often rush to make plans without first acknowledging the places that are broken, unhealthy, misaligned, or resistant to God's leadership. We're tempted to skip confession, avoid discomfort, and pretend everything is fine.

But transformation begins with truth.

“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.” — Psalm 139:23–24

God already knows every part of your life. Nothing is hidden from Him. He doesn't ask you to be honest because He needs the information. He asks you to be honest because you need the freedom.

When we bring our real struggles, failures, fears, and stuck places into the light, God can meet us there with grace, healing, and power.

But this isn't about staying in shame or endlessly rehearsing our failures. This is about remembering *why* Jesus came.

"If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." — 1 John 1:8–9

The cross is not about keeping you in guilt. It is about setting you free.

Honesty before God is not about condemnation. It is about stepping into the fullness of what Christ purchased for you.

Because of Jesus' finished work, you are not defined by your past mistakes, your weaknesses, or even the areas you're struggling with now. You are forgiven. You are redeemed. You are a new creation.

"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!" — 2 Corinthians 5:17

God calls you His beloved child. A co-heir with Christ. A royal priesthood. A citizen of His kingdom.

So when you examine what isn't working in your life, do it not as a condemned sinner, but as a son or daughter asking their loving Father for help.

Be honest about what's misaligned, where you've settled for less than His best, where you've held back parts of your heart. But do it with the expectation that He will meet you with grace, truth, and the power to change.

"The Lord is near to the brokenhearted and saves the crushed in spirit." — Psalm 34:18

God meets you in truth. He is gentle with the humble. He opposes the proud but gives grace to the honest.

As you begin this next section, pray sincerely:

“Lord, show me what’s true about my life. Help me see what’s broken or resistant to You. And remind me of who I am in Christ—redeemed, forgiven, loved, and called to Your kingdom purposes. Lead me into Your freedom and my true identity as Your child.”

G5 Preparation Questions

Introduction

The following pages are your space to be completely honest with God and with yourself.

Before you can begin setting goals or dreaming about what's possible, take time to name the places in your life that feel stuck, painful, misaligned, or unfulfilled.

This is not about shame or self-condemnation. It is about bringing everything into the light so God can bring healing, freedom, and clarity.

Pray before you begin. Ask the Holy Spirit to search your heart and reveal what He wants you to see. Be willing to listen. Write without filtering or judging yourself.

*“Search me, God, and know my heart; test me and know my anxious thoughts.” —
Psalm 139:23*

Begin:

1. What areas of your life feel out of alignment with God's purposes?
2. Where do you feel stuck, discouraged, or disappointed?
3. Are there relationships that feel strained, unhealthy, or neglected?
4. What habits or patterns do you sense God asking you to release or change?

5. Where are you experiencing fear, anxiety, or a lack of peace?

6. What dreams or desires feel buried, ignored, or unfulfilled?

7. Are there areas of your life where you've kept God at arm's length?

8. Where have you settled for less than God's best for you?

9. How would you describe your spiritual health right now?

10. How would you describe your physical and mental health right now?

11. What words would you use to describe your family life and home?

12. How do you feel about your work, calling, or contribution?

13. How connected do you feel to your church or community?

14. Where do you sense God is inviting you to trust Him more?

15. If Jesus sat with you today and asked “What do you want Me to do for you?” — how would you answer?

Invitation to Pray

Take time when you finish to talk with God about what you’ve written.

Invite Him into these places. Ask for His wisdom, grace, and direction. Thank Him for seeing you fully and loving you completely.

“Come near to God and he will come near to you.” — James 4:8

From Honest Assessment to God's Vision

You've just done the hard, necessary work of honest reflection.

You've named the places in your life that feel stuck, painful, misaligned, or unfulfilled. That's not easy work. It requires humility and courage.

But honesty is only the first step. God doesn't reveal what's broken to shame you or leave you there. He reveals it so He can heal it.

He is the God who restores, renews, and redeems. He takes what is broken and makes it whole. He takes what is dead and brings it to life.

*"See, I am doing a new thing! Now it springs up; do you not perceive it?"
— Isaiah 43:19*

This next section is your invitation to listen for God's vision for your life.

Not the version limited by your fears or past failures.

Not a plan that depends on your strength alone.

But God's vision—rooted in His love, grace, wisdom, and power.

This is a time to dream with Him.

To ask:

What would it look like if I truly invited God into every part of my life?

What kind of person is He calling me to become?

What priorities, goals, and hopes align with His kingdom?

The same Spirit who convicts also comforts and empowers. He doesn't just show us our need; He shows us what's possible in Christ.

*"Now to him who is able to do immeasurably more than all we ask or imagine,
according to his power that is at work within us." — Ephesians 3:20*

As you move into the G5 Dream Session, bring both your honesty and your hope.

Bring your weaknesses and His strength.

Bring your brokenness and His promise of restoration.

Bring your questions and His answers.

Pray boldly. Listen carefully. Write faithfully.

God loves to meet His children in this place. He has good plans for you.

How to Use the G5 Dream Session

This is the part of the workbook where you begin to imagine what a fully integrated life with God could look like.

But before you start listing ideas and goals, it's important to understand *why* the G5 Framework is structured the way it is.

God doesn't want to be one category among many in your life. He is meant to be the center and the foundation of everything. That's why in this framework, **God sits above all the other categories**. He is not a column you list activities under—He is the One who shapes and fills every other part of life.

“Love the Lord your God with all your heart and with all your soul and with all your strength.” — Deuteronomy 6:5

The G5 layout is intentionally ordered to help you think about **priority and integration**. It reflects the way God has designed life to work, with Him at the center, flowing through us in healthy, ordered relationships and callings.

Here's the order:

God

He is first. This is about your vertical relationship with Him. It is about knowing who He is, seeking Him daily, and making Him your highest priority. Without Him at the center, everything else loses purpose and alignment.

God in Me

Once you are connected to God, you need to understand who you are in Him. This is about being spiritually, mentally, and physically healthy so you can live out His calling.

Think of the safety instructions you hear on an airplane. Passengers are always told, “In the event of a loss of cabin pressure, secure your own oxygen mask first before assisting others.” That is not selfish. It's necessary. You cannot help anyone else if you are gasping for air.

In the same way, you must learn to receive God's grace, truth, and strength for yourself. This includes your spiritual life, mental and emotional health, and physical stewardship. You are His temple. He wants you whole so He can work through you.

God Through Me

This is where God works through you into the world—your relationships, family, career, and community service.

There is an intentional order even here. In Genesis, God created man in His image, then gave him a partner—a helper suitable for him—before assigning him work. Marriage and family relationships are foundational and take priority over career. Work exists to serve and support the household, not replace it. Community impact grows out of the overflow of a healthy family and work life.

Healthy work should provide for family. But it should never harm or replace the family. This order helps you think about how each area supports the one above it in a God-honoring way.

God in Others

This category reminds you to recognize and value the people God has supernaturally and strategically placed in your life.

We call this your **Oikos**—a Greek word that means “household,” but in the New Testament it often describes the circle of relationships connected to a person’s daily life.

Your Oikos is more than family. It includes the 8 to 15 people God has placed in the “front row” of your life—the people you influence most consistently. These might be family members, close friends, coworkers, neighbors, classmates, teammates, or anyone you regularly interact with and care about.

Jesus Himself modeled this strategy. When He delivered a man from demonic possession in the region of the Gerasenes, He didn’t tell him to become a traveling preacher. Instead, He said:

“Return to your own house (oikos), and tell what great things God has done for you.”
— Luke 8:39

The man obeyed, and scripture says he proclaimed throughout his whole region what Jesus had done. His starting point for ministry was his Oikos.

We see this pattern throughout the early church. When Cornelius encountered the gospel, he gathered his household (oikos) to hear Peter’s message.

“He called together his relatives and close friends.” — Acts 10:24

When the Philippian jailer believed in Jesus, the message of salvation spread immediately to his entire household.

“Believe in the Lord Jesus, and you will be saved—you and your household.” — Acts 16:31

The early church grew through these natural relational networks. The gospel spread home to home, relationship to relationship.

Your Oikos is not accidental. God has supernaturally and strategically placed these people in your life so you can love them well, demonstrate His character, and invite them to know Him.

You don’t have to save the whole world on your own. But you *are* responsible to love, serve, pray for, and invest in your Oikos.

This section of the Dream Session invites you to think intentionally about who those people are. How can you see them the way God does? How can you invest in them? How can you demonstrate Jesus to them through your words and actions?

Loving your Oikos is one of the most effective, relationally healthy ways to live out the Great Commission in everyday life.

God at Work

Lastly, this framework invites you to look beyond your own world. It calls you to pay attention to where God is already moving in the greater community and the world.

It’s easy to become so focused on personal goals and relationships that you miss His broader mission. God is at work in your neighborhood, city, and across the globe. He invites you to join Him in what He is doing. This section challenges you to ask: Where is God already at work—and how can I be part of it?

This order matters. It’s not just a list—it’s a way to keep your priorities rightly aligned. Lesser priorities should never harm or replace greater ones. Work should support family, not compete with it. Community impact should overflow from a healthy, well-ordered personal and family life.

As you begin the G5 Dream Session, don’t rush to be practical or realistic right away. Pray first. Invite the Holy Spirit to help you see your life as God sees it. Write freely. Dream boldly.

This is your chance to imagine what it would look like to truly invite God into every part of your life.

Take your time. Be honest. Be hopeful. Trust that God delights in helping you see His vision for your life.

G5 Dream Session

Purpose:

The next section of the workbook you will discover the G5 Dream Session Worksheets. These pages are your space to prayerfully dream with God about every part of your life.

You have done the work of honest self-examination. Now it's time to imagine what it would look like to truly invite God into everything.

Instructions:

Pray first. Ask the Holy Spirit to guide your thoughts. Don't filter or worry about being realistic. Write everything that comes to mind that you would like to accomplish in each section.

This is your time to dream with God. List as many ideas as you want in each column. The purpose of each goal and **who it serves** determines *which column* it belongs in.

As you work through the grid, **read the scripture verse at the top of each column** and pause to reflect before you begin listing items.

God

God sits above all other columns as the integrating center of your life. This is not a place for listing goals or tasks. It is the foundation that shapes everything else.

God in Me

How will you grow spiritually, mentally, and physically?

Read the verse at the top of this column before listing.

Examples:

- Prayer habit
- Exercise routine
- Journaling

God Through Me

How will God work through you in family, household, career, and community?

Read the verse at the top of this column before listing.

Examples:

- Family nights
- Home repairs
- Career goals

God in Others (Oikos)

Who has God supernaturally and strategically placed in your “front row” of influence?

Read the verse at the top of this column before listing.

First, pray and **list the names** of these 8 to 15 people.

Examples:

- Family members
- Close friends
- Neighbors

Second, pray and **list ways to intentionally invest in them or invite them into a deeper relationship** to demonstrate Jesus to them.

Examples:

- Invite for dinner
- Offer help
- Pray regularly

God at Work

Where is God moving in your community and world? How can you join Him?

Read the verse at the top of this column before listing.

Examples:

- Volunteering
- Mission trips
- Donations

Important Distinction About Finances:

Most goal-setting tools ask you to set financial goals as their own category, which can encourage a disconnected wish list filled with earthly desires. Instead, this framework asks you to think about *how financial resources support what God is calling you to do* in these areas.

For example:

- A car supports family safety or work needs.
- A trip builds family bonds.
- A garden feeds your family, and neighbors, or provides mental health benefits.

After you list ideas in each column, you'll have space in this workbook to note which dreams require financial resources to make them happen. Finances are the means—not the goal.

Encouragement:

Take your time. Pray as you go. Let God speak. Don't edit yourself or judge your ideas too soon. This is your chance to dream with the One who knows you best and loves you most.

God

"Let us fix our eyes on Jesus, the author and perfecter of our faith"

Hebrews 12:2

This G5 framework begins with God, placed above all categories to reflect that He is central to every area of our lives. As Matthew 6:33 reminds us, we are called to seek first His kingdom and righteousness, inviting His presence into all we do. Begin this exercise by reflecting on who God is—Father, Son, and Holy Spirit—and how He is forming you. In the God and Me section, consider what helps you grow spiritually, mentally, and physically: Bible study, prayer, journaling, reading, exercise, or anything else that strengthens your relationship with Him and your sense of identity. In God Through Me, list what He may want to do through you in the lives of others—especially your family, career, and local community. God in Others is where you recognize the people in your Oikos—those God has supernaturally and strategically placed in your life—and discern how you are called to love, serve, and walk with them. Finally, in God at Work, look outward and upward: where is the Father already moving in your city or world? What burdens, patterns, or opportunities is He showing you? This tool is designed to surface your callings, desires, and Kingdom assignments in each area—so write freely, prayerfully, and with expectation."

From Dreaming to Action

You've just completed the G5 Dream Session—a time to freely brainstorm everything God might want you to do in each area of life.

Take a moment to celebrate the work you did. You were honest. You prayed. You dreamed. You invited God to speak.

Now it's time to begin moving from possibilities to priorities.

God often gives us many good ideas, but not everything can be done at once. He invites us to discern what matters *most* in this season.

This page will help you do that with a simple, prayerful process.

Instructions for Using the Tournament Bracket:

Each section of the G5 Framework includes multiple columns—like spiritual, mental, and physical under God in Me; or household, career, and community under God Through Me.

For each *column* in your worksheet, use the Tournament Bracket to help you discern the single top priority for *that column*.

Here's how it works:

- Start with the first two items in the column.
- Compare them prayerfully. Ask: "*Which one is more important or urgent right now?*"
- Cross out the one that is less important.
- Compare the winner to the next item.
- Continue this process until only one item remains for that column.
- Circle it as your top priority for that specific area.
- Repeat this for *every column* in your G5 layout.

When you finish, you'll have *one top priority for each column* of your G5 Dream Session. Move those items to the next page labeled **Top G5 Priorities**.

TOP G5 PRIORITIES

"Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own."

1 Corinthians 6:19

Spiritual
Physical
Mental
Family
Career
Community
Oikos
God at Work
Financial

Choosing Your Single Top Priority:

Next, pray and reflect on all of the primary focus items you identified across *all the columns*.

Ask God:

- *Which of these is the most pressing in this season?*
- *Where am I sensing the strongest conviction or call?*
- *What would have the biggest impact if it changed?*
- *Where do I sense the Spirit's invitation to grow?*

You're not choosing forever. You're choosing *where to start*.

Trust God to help you focus on the right next step for this season. Once you've chosen that single starting priority, **circle it**.

- Clarify exactly what needs to change.
- Identify obstacles you'll need to address.
- Hear what God is asking you to do.

Don't rush this part. This is where your big dreams begin to turn into meaningful, Spirit-led plans.

Important Guidance About Sequencing:

This process doesn't mean you can only work on one thing at a time forever. It's about recognizing that you have limited mental, emotional, and financial resources—and making sure the *top priority* doesn't become a secondary focus.

Some goals can be worked on at the same time if they don't compete for the same resources. Others need to wait for the right season.

For example:

- If you want to start a garden in the spring, you'll need to buy seeds and begin early because it takes months to grow.
- If your top priority is purchasing a new vehicle before winter, you'll need to ensure you have enough saved.

- If the cost of the garden would prevent you from buying the car, you would delay planting until you had the vehicle.
- However, if you have the budget for both, you can do both—just in the right timing.

The goal isn't rigid order. It's wise stewardship. It's about planning so that the most important things get the priority they require to succeed.

| *“Teach us to number our days, that we may gain a heart of wisdom.” — Psalm 90:12*

Pray carefully. Take your time. Let God guide your discernment. If it helps you, you can rank order the remaining priorities, otherwise you may find that they naturally settle in when you do the annual plan in the coming pages.

Invitation to Pray

Take time when you finish to talk with God about what you've written.

Invite Him into these places. Ask for His wisdom, grace, and direction. Thank Him for seeing you fully and loving you completely.

| *"Come near to God and he will come near to you." — James 4:8*

Annual & Quarterly Planning Introduction

You've identified your top priorities that you sense God is inviting you to focus on next.

Now it's time to start turning that vision into an actionable plan.

Big goals don't happen all at once. They need to be broken down into realistic steps over time. This is where **annual and quarterly planning** helps you move from intention to faith-filled action.

“Suppose one of you wants to build a tower. Won't you first sit down and estimate the cost to see if you have enough money to complete it?” — Luke 14:28

Planning isn't about control. It's about **stewardship**. It's recognizing that God is sovereign over time and inviting Him to help you use it wisely.

Here's what this next section will help you do:

- Take your top priorities and think about the **whole year ahead**.
- Break that big vision into **quarterly milestones** so you can see what is realistic for this season.
- Consider **immovable dates**—fixed commitments like holidays, school schedules, family obligations, and major deadlines.
- Recognize **seasonality**—some goals can only be done in certain times of year, or require starting now to finish later.
- Plan **movable but important events**—conferences, trips, key gatherings you want to make space for.
- Respect your **real capacity** so you don't overload yourself or neglect what matters most.

You're not trying to micromanage every day. You're asking:

“Lord, what is the wise and faithful way to plan for this calling You've given me?”

As you move into the Annual and Quarterly Planning pages, take time to pray. Let God show you the big picture. Invite Him to help you see obstacles, opportunities, and the best timing.

This is about making space in your calendar and life for what matters most.

Take your time. Pray carefully. Plan with open hands. Trust that God will guide you.

“Commit to the Lord whatever you do, and he will establish your plans.”

— Proverbs 16:3

Depending on when you’re doing this exercise, some months on the worksheet may have already passed—or they may still be ahead. You have two options: either plan out the remainder of this calendar year, or map out the next twelve months regardless of the current date. This is designed to be an annual rhythm, so feel free to revisit and revise your plan regularly as a healthy habit.

Immovables

One of the most common mistakes people make when planning is to fill their schedule with new goals without first acknowledging what is **already immovable**.

Immovables are the **fixed dates** and **hard commitments** in your life that don't move to make room for your plans.

These aren't interruptions or inconveniences. They're the real shape of your life, and wise planning starts by respecting them.

“Many are the plans in a person's heart, but it is the Lord's purpose that prevails.”
— Proverbs 19:21

Examples of immovables might include:

- Birthdays and anniversaries
- Holidays and religious celebrations
- School start and end dates
- Tax deadlines

You can't schedule a big new project for your busiest work season or plan a major family initiative during the holidays if you want to set yourself up for success.

This worksheet is designed to help you **list all the immovables you know about** for the year ahead. By naming them *first*, you'll see clearly **where you have space** to work on your goals and where you'll need to adjust expectations.

You can also pray about how you want to **honor** these commitments. Birthdays and holidays aren't distractions—they're opportunities for presence, love, and faithfulness to the people God has given you.

As you fill out this page, take time to think carefully. Review calendars, school schedules, work cycles, and family plans. Talk with your spouse or family members.

Don't rush. This step will save you time, stress, and frustration later.

Planning that honors immovables is planning that honors God, others, and yourself.

Annual Plan Grid

You've identified your single top priority, named your immovables, and listed your movable but important dates. Now it's time to take the next step and **map out your plan for the year ahead**.

Big goals can feel overwhelming if you try to do everything at once. The **Annual Plan Grid** helps you break them down into **quarterly milestones** so you can move forward step by step.

“Commit to the Lord whatever you do, and he will establish your plans.” — Proverbs 16:3

Why Quarterly Planning?

Quarterly planning helps you:

- Make large goals manageable.
- Adapt to life's natural seasons.
- Avoid burnout by pacing yourself.
- Build in time for reflection and adjustment.

How to Use This Grid:

1. Review your **top priority** you moved into the Primary Focus section.
2. Look at your **immovables** and **movable but important dates**—these shape your available time.
3. Think about what is **realistic** to achieve in each quarter.
4. Break your big goal into smaller milestones or actions for Q1, Q2, Q3, and Q4.
5. Leave room for God's timing—hold your plans with open hands.

Examples:

- *Buying a new vehicle*
 - Q1: Research models and prices
 - Q2: Finalize financing
 - Q3: Purchase before winter

- *Launching a family garden*
 - Q1: Plan layout and buy seeds
 - Q2: Plant and begin tending
 - Q3: Harvest and preserve
 - Q4: Prepare soil for next year

Encouragement:

Remember, this grid isn't about controlling every detail of your life. It's about making space to **partner with God** intentionally.

As you fill it out, pray:

- *"Lord, what do You want to do in this season?"*
- *"Help me see the right pace and timing."*
- *"Give me wisdom to plan well but remain flexible."*

This step helps ensure that your top priority gets the consistent attention it needs over time.

Planning faithfully honors the goals God has given you and helps you steward your time wisely.

| *"Teach us to number our days, that we may gain a heart of wisdom." — Psalm 90:12*

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
JAN															
FEB															
MAR															
APR															
MAY															
JUN															
JUL															
AUG															
SEP															
OCT															
NOV															
DEC															

	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
JAN																
FEB																
MAR																
APR																
MAY																
JUN																
JUL																
AUG																
SEP																
OCT																
NOV																
DEC																

Movable But Important Dates Worksheet

Once you've identified your **immovables**—the truly fixed dates in your life—it's time to think about another important category: **movable but important dates**.

These are events or commitments that might not be immovable for everyone, but are essentially **fixed for you** because you don't control the timing or because they're too important to skip.

They're not things you can freely schedule anywhere you want. They have dates determined by others, and if you choose to participate, you need to **make space** for them in advance.

“Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity.” — Ephesians 5:15–16

Examples of movable but important dates might include:

- Conferences or retreats you want to attend
- School events or concerts your kids are in
- Work trainings, travel, or off-site meetings
- Ministry commitments or service trips
- Weddings or family reunions
- Annual community events you help lead or love to attend
- Work cycles, seasonal busy periods, or big deliverables
- Major family trips already booked
- Important medical appointments or procedures

If you don't name these early, they'll surprise you later, forcing you to cram or sacrifice time you thought you had.

Go back to the annual calendar worksheet and **list out all the movable but important dates you want to account for** in your annual plan.

As you do, pray and reflect:

- *Is this event truly important to me or my family?*
- *Is this something God is inviting me to prioritize?*
- *Do I need to say yes—or is this a season to say no?*

By acknowledging these commitments now, you're choosing **wisdom over wishful thinking**. You're making space for the things that really matter to you and your people.

Take your time. Review school calendars, work schedules, community commitments, and family goals. Talk with those closest to you.

This is part of faithful, realistic planning. It's how you ensure your calendar aligns with your true priorities, not just your leftover time.

SMART Goals Worksheets

Now that you've identified your top priorities and thought about timing over the year, it's time to make those goals **clear and actionable**.

Big dreams can stay vague unless you get specific about *what* you want to do and *how* you'll know you're making progress.

That's where **SMART Goals** come in.

"Suppose one of you wants to build a tower. Won't you first sit down and estimate the cost to see if you have enough money to complete it?" — Luke 14:28

SMART is an easy tool to help you make goals that you can actually follow through on:

S – Specific

Clearly define *what* you want to accomplish.

Example: Instead of "Get healthier," write "Exercise 3 times a week."

M – Measurable

How will you know when you've made progress?

Example: "Lose 10 pounds" vs. "Lose weight."

A – Achievable

Is this realistic given your time, resources, and season of life?

Example: "Read 12 books this year" might be realistic; "Read 100" might not.

R – Relevant

Does this goal support the priority God has shown you?

Example: "Save for a family vacation" if your focus is family bonding.

T – Time-Bound

When will you do it by?

Example: "By June 30," "This quarter," or "Each week."

How to Use This Worksheet:

1. Pray about the top priority you identified.
2. Break it into SMART goals that clarify exactly *what, how, and when*.
3. Write these down carefully so you can track your progress.
4. Review them regularly to stay focused.

Encouragement:

Remember, this isn't about legalism or perfection. It's about making sure your calling doesn't stay stuck in vague intentions.

SMART goals help you steward what God is asking of you with clarity, purpose, and faithfulness.

As you fill this out, pray:

"Lord, give me wisdom to make this clear. Help me plan in a way that honors You and loves others well."

You will need at least one smart goal worksheet for each priority. Make copies of this worksheet before you write on it.

SMART Goal Worksheet

Today's Date: _____ Target Date: _____ Start Date: _____

Goal:

Verify that your goal is SMART

Specific:

Measurable: *How will you know when you have reached this goal?*

Achievable: *Is achieving this goal realistic with effort and commitment? Have you got the resources to achieve this goal? If not, how will you get them?*

Relevant: *Why is this goal significant to your life?*

Timely: *When will you achieve this goal?*

The benefits of achieving this goal will be:

Take Action!

Potential Obstacles	Potential Solutions

Who are the people you will ask to help you?

Specific Action Steps: *What steps need to be taken to get you to your goal?*

What?	Expected Completion Date

Date Achieved: _____

Breaking Goals into Action Steps

You've prayed, listened, discerned your top priority, planned your year, and written out your SMART goals.

Now it's time to make those goals **truly actionable**.

This step helps you move from big ideas to **clear next steps you can actually do**.

“The heart of man plans his way, but the Lord establishes his steps.” — Proverbs 16:9

Why Break Goals Into Steps?

- Big goals can feel overwhelming or vague.
- Steps turn intentions into concrete plans.
- Steps help you see progress and build momentum.
- Steps allow you to adjust and adapt as you go.

How to Use This Worksheet:

1. Look at each SMART goal you wrote.
2. Ask: “What is the very first thing I need to do to move this forward?”
3. Break the goal into **simple, clear steps** you can do one at a time.
4. Write them in order, so you see the path ahead.

Examples:

- *SMART Goal: Exercise 3 times a week*
 - Buy new workout shoes
 - Choose workout days
 - Schedule on calendar
 - Find accountability partner

- *SMART Goal: Save for a family vacation*
 - Research destination and costs
 - Set monthly savings target
 - Open a dedicated savings account
 - Track progress each month

- *SMART Goal: Launch a family garden*
 - Choose garden spot
 - Buy seeds and soil
 - Plan planting calendar
 - Schedule weekly care tasks

Encouragement:

Remember, breaking goals into steps isn't about micromanaging your life. It's about **faithfulness**—doing what you can with what God has given you.

Jesus taught that those who are faithful with little will be trusted with much.

As you write your action steps, pray:

“Lord, show me the first step. Help me see what’s next. Lead me one step at a time.”

Don't rush. Don't try to do everything at once. Trust that God will guide you forward in His timing.

Spiritual	Physical	Mental	Family	Career	Community

Personal Resource Setup

Now that you've prayed, listened, dreamed, discerned, and planned, this section is about **equipping yourself** to stay focused and faithful over time.

These are the personal resource pages you will set up and maintain in your separate G5 Daily Planner.

This workbook is designed to help you think carefully about **what you want to include** in those daily-use pages so you can carry your intentions forward in a practical, sustainable way.

Think of these as your **spiritual toolbox**—practical, prayerful reference pages that will live in your Daily Planner and support you in daily living all year long.

Take your time with each one. Pray before you begin. Let God lead you as you fill them in.

Meal Plan Worksheet

Healthy eating is part of caring for your body and honoring God.

This Daily Planner page helps you **think intentionally** about:

- Weekly meal planning.
- Balanced nutrition.
- Shopping lists and prep strategies.

Use it to make **choices in advance** that support your health, energy, and well-being.

*“So whether you eat or drink or whatever you do, do it all for the glory of God.”
— 1 Corinthians 10:31*

	Breakfast	Lunch	Dinner	Snacks
Sun				
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				

My Oikos / Prayer Card

Your **Oikos** is the group of people God has supernaturally and strategically placed in your life—your “front row.”

This Daily Planner page is for:

- Listing the 8 to 15 people in your sphere of influence.
- Noting prayer needs for them.
- Writing ways you can intentionally invest in them.

Use this as a **living prayer card**—return to it often. Update names, add new needs, and keep lifting them to God.

“Return to your own house and tell what great things God has done for you.”
— Luke 8:39

Who is showing up on your radar?	
1	STEP 1 - LIST The people who are close with you so that you will pray for them to know God better than they do today.
2	
3	
4	STEP 2 - PRAY Pray daily for your Oikos to know God more and for ways to invest in their lives.
5	
6	
7	STEP 3 - INVEST Invest in your Oikos so you can invite them to church to know and trust God more.
8	
9	
10	STEP 4 - INVITE Invite your Oikos to Jesus through conversation or church.
11	
12	
13	STEP 5 - PREPARE Prepare yourself to share the Gospel because you know it and live it.
14	
15	

My Impact & Generosity Planning Page

This Daily Planner page helps you **dream and plan** how you want to make a difference beyond yourself.

Consider:

- Ways to serve your church, neighborhood, or city.
- Opportunities to volunteer.
- People or causes you want to give to.
- Mission trips or service projects.

Pray about how you can be **open-handed** with your time, skills, and resources.

“You will be enriched in every way so that you can be generous on every occasion.”
— 2 Corinthians 9:11

Make an IMPACT

I dentity

M ission

P rayer

A ction

C ommunity

T rust

My Discipline Commitment Page

Discipline is choosing **what you want most over what you want now**.

Discipline is not about punishment. It's about **freedom**—ordering your life to pursue what matters most.

“For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.” — 2 Timothy 1:7

Discipline

No matter what happens tomorrow...

whether I am exhausted

or have the worst day of my life...

...whether I win the lottery

or have the best day of my life...

I will do my morning

routine for the next week.

My word is like gold.

I will do whatever it takes

to make this happen.

No discipline seems pleasant at the time, but painful period later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.

Hebrews 12:11

Preparing for Daily Practice

You've done deep work here—reflecting, praying, dreaming, discerning, and planning.

This workbook has helped you name what matters most, choose where to start, and break your goals into steps.

But real transformation doesn't happen in one planning session. It happens in **daily faithfulness**.

That's why this is just the beginning.

Your **G5 Daily Planner** is designed to help you **live out** everything you've worked on here—one day at a time.

Remember:

- You don't have to do it all at once.
- You don't have to do it perfectly.
- You do have to keep **showing up**.

God doesn't ask for perfection. He asks for faithfulness.

As you begin using your Daily Planner, pray:

"Lord, help me see each day as an opportunity to walk with You. Teach me to trust You in the small steps. Help me focus on what matters most. Make me fruitful for Your kingdom."

Take this next step with courage and faith. God is with you—every day.

Morning Routine

GOD

Start with Prayer and Thanksgiving, Jesus' Example

Jesus began His day in prayer, seeking communion with the Father before engaging in ministry. This demonstrates the importance of starting our day in prayer to align our hearts with God's will.

"Very early in the morning, while it was still dark, Jesus got up, left the house, and went off to a solitary place, where he prayed."

- Mark 1:35

Start your day in stillness and strength with these scriptures for morning prayer and focus.

"O Lord, in the morning you hear my voice; in the morning I prepare a sacrifice for you and watch." — Psalm 5:3

*"Let me hear in the morning of your steadfast love, for in you I trust.
Make me know the way I should go, for to you I lift up my soul." — Psalm 143:8*

*"The steadfast love of the Lord never ceases; his mercies never come to an end;
they are new every morning; great is your faithfulness." — Lamentations 3:22–23*

*"The Lord God has given me the tongue of those who are taught, that I may know how
to sustain with a word him who is weary. Morning by morning he awakens; he
awakens my ear to hear as those who are taught." — Isaiah 50:4*

*"Be ready by the morning, and come up in the morning to Mount Sinai,
and present yourself there to me on the top of the mountain." — Exodus 34:2*

GOD IN ME

SPIRITUAL

Seek God's Word in Scripture

Spending time reading and meditating on Scripture in the morning can set the tone for a day centered on God's promises and guidance.

"I rise before dawn and cry for help; I have put my hope in your word."
Psalm 119:147

Listen to or Sing a Praise and Worship Song

David began his mornings by lifting his voice to God in prayer and expectation, showing trust and dependence on Him.

"In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly."
- Psalm 5:3

PHYSICAL

Exercise for at least 30 minutes, eat right, and drink water

"Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own."
- 1 Corinthians 6:19

MENTAL

Seek Wisdom

Spend some time reading, journaling or learning a new skill

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."
- Romans 12:2

GOD THROUGH ME

Family, Career, Community

*"Love the Lord your God with all your heart and with all your soul and with all your mind and Love your neighbor as yourself."
- Matthew 22:37-39*

Pray to Serve What you can do today to provide for your family, drive success in your career, and contribute to your community. How you perform these tasks glorifies God and models His love to those in your relational world.

Turn to your "Top G5 Priorities" (Page 75) and read them aloud

GOD IN OTHERS

*"Go home to your own people and tell them how much the Lord has done for you."
- Matthew 28:19*

Turn to your Oikos page and pray for those people in your 8 to 15. Write down the names of any people who show up on your radar today and pray if they should be added to your list.

GOD AT WORK

“My Father has been working until now, and I have been working.”
- John 5:17

Keep your eyes open for where God is working today and join Him. If you hear of any opportunities to serve, write them down and pray about it.

Continue now to your daily planner pages.

As you’ve worked through the previous sections—clarifying your vision, identifying your priorities, and reflecting on what matters most—you’ve laid a strong foundation. Now it’s time to carry that intentionality into the rhythms of everyday life. The pages ahead are designed to help you live out what you’ve discovered, one day at a time. With space for your morning focus, daily rocks, and evening gratitude, this planner becomes more than a tool—it becomes a companion on your journey to live fully, faithfully, and purposefully.

Submit it to Him and commit that you will serve wholeheartedly and joyfully, ever mindful that you are an ambassador for Christ as described in **2 Corinthians 5:20**.



Schedule

6:00 _____	1:00 _____	8:00 _____
_____	_____	_____
7:00 _____	2:00 _____	9:00 _____
_____	_____	_____
8:00 _____	3:00 _____	10:00 _____
_____	_____	_____
9:00 _____	4:00 _____	
_____	_____	
10:00 _____	5:00 _____	
_____	_____	
11:00 _____	6:00 _____	
_____	_____	
12:00 _____	7:00 _____	
_____	_____	

NOTES



Transition from Work to Home, Family...Relax

- _____
- _____
- _____



My Evening Routine will Consist of:

- _____
- _____
- _____



Morning Prep

- Identify Critical Tasks for Tomorrow
- Give difficulties to God
- Prayer



Gratitude

What did I experience today that I am grateful for?

Improvement

What can I do better tomorrow to improve?



Energy Levels and Mood

How did you feel today?	How much energy did I have?	How well did I focus today?	Was I on purpose?
			<input type="checkbox"/> <input type="checkbox"/>