How to Use the Communication Records

1) **Weekly Results Sheet---**You can use this sheet on a weekly, bi-weekly or monthly basis. The top half of the sheet addresses what you plan to do in the coming week, two week period or month. The idea is to set goals for yourself even if you don't reach them all. By writing it down you may be more committed to carrying it out. The bottom half of the sheet allows you to look at what you did compared to what you said you were going to do in the previous reporting period.

2) **Weekly Integrity and Well-Being Checklist---**This sheet will help you keep track of integrity issues and your duties as a Christian. You can circle the Y for Yes and the N for No for the first 16 items. You can place checks in the boxes in the bottom half of the page if you accomplish those items on those days.

3) **Communication Record (Family-Friends-Newbies)---**These sheets allow you to keep track of your communication with people in your life. List the names of family members (mom, dad, uncle, aunt, cousin etc.), friends and newbies (new acquaintances) on each of the sheets. Try to keep in touch with everyone at least once every six months. The E stands for email, L is for letter, C is for phone call and the V is for a face to face visit. You don't have to talk about your beliefs every time you communicate with these people. But by staying in communication with them it will be easier to communicate with them about anything.

   *It will also help if you have a partner. By discussing your communication records with your partner each week or month you will stay more committed to carrying out your communication goals. Pick someone at church or find someone at the Feast who you can correspond with.

Weekly Results Sheet

Name:_____ Week ending:_____

KEEPING THE FUTURE KINGDOM OF GOD ALIVE IN THE PRESENT
What aspect of being a King or Priest in the Kingdom of God will you manage the existence of this coming week?_____
_____
_____

What results will you produce this coming week/month as an expression of that?

- ☐ I will share my beliefs with _____ new people.
- ☐ I will make _____ phone calls to provide support or communication.
- ☐ I will write _____ letters/cards/emails to provide support/communication.
- ☐ I will invite _____ people to a church event (church/bible study/seminar etc.)
- ☐ I will volunteer for _____ activities in the community for the poor/sick etc.
- ☐ Other _____

This week I will manage the existence of myself as a King or Priest listening from:
(*It is recommended that you concentrate on one area at a time to gain mastery*.)

- ☐ Respect/Honor (I Timothy 2:1-4)
- ☐ Commitment (II Corinthians 11:23-28)
- ☐ No Judgment/Nothing is wrong (John 12:47-48)
- ☐ Learning/Being Contributed To (Matthew 13:10-17)
- ☐ Being Bold and Intrusive (Acts 17:22-31)

Last Week's Results

Week ending:_____

Rate on a scale of 1 to 10
I managed the existence of myself as a King or priest in the Kingdom of God at level ___

My listening as a King or Priest in the Kingdom of God was at level _____

These are the results:

I shared my beliefs with _____ new people.
I made _____ phone calls.
I wrote _____ letters/cards/emails.
I invited _____ people to a church event.
I volunteered _____ times in the community.
Other: _____
_____
Unforseen Occurrences: _____
_____

Weekly Integrity and Well-Being Checklist

If no, by when?

1. Are you well?.....Y N _____
2. Are you eating in a way to keep yourself healthy?.....Y N _____
3. Are you well-rested?.....Y N _____
4. Are you exercising?.....Y N _____
5. Are your relationships in good shape?.....Y N _____
6. Are you expressing "agape" love toward all?.....Y N _____
7. Are you walking through life as Jesus would?.....Y N _____
8. Are your house, car, and workplace clean?
   - ☐ House….. Y N _____
   - ☐ Car……Y N _____
   - ☐ Workplace Y N _____
9. Are you happy with your work/job?.....Y N _____
10. Are your finances in order?.....Y N _____
11. Are you on time for work, church, classes, appointments, etc?.....Y N _____
12. Are you driving legally and safely?.....Y N _____
13. Does your physical presentation represent a light to the world?.....Y N _____
14. Are you communicating with your family, church members, etc.?.....Y N _____
15. Are you being a leader in the Kingdom of God?.....Y N _____
16. Do you have any issues that are out of integrity?.....Y N _____
    Issues to be completed: _____
    _____
17. What are you avoiding? _____
    _____

Week ending:	Sun	Mon	Tues	Wed	Thurs	Fri	Sabbath
Prayer							
Meditation							
Bible Study							
Good Deeds							
Fasting							

Prayer: _____
Meditation: _____
Bible Study: _____
Good Deeds: _____
Fasting: _____

Is there anything else you need to communicate? _____
_____
_____

E=Email L=Letter C=Call V=Visit

COMMUNICATION RECORD

FAMILY	January				February				March				April				May				June			
Name	E	L	C	V	E	L	C	V	E	L	C	V	E	L	C	V	E	L	C	V	E	L	C	V

E=Email L=Letter C=Call V=Visit

COMMUNICATION RECORD

FRIENDS	January				February				March				April				May				June			
Name	E	L	C	V	E	L	C	V	E	L	C	V	E	L	C	V	E	L	C	V	E	L	C	V

E=Email L=Letter C=Call V=Visit

COMMUNICATION RECORD

NEWBIES	January				February				March				April				May				June			
Name	E	L	C	V	E	L	C	V	E	L	C	V	E	L	C	V	E	L	C	V	E	L	C	V

E=Email L=Letter C=Call V=Visit

COMMUNICATION RECORD

NEWBIES	July -				August				September				October				November				December			
Name	E	L	C	V	E	L	C	V	E	L	C	V	E	L	C	V	E	L	C	V	E	L	C	V

E=Email L=Letter C=Call V=Visit

COMMUNICATION RECORD

FAMILY	July -				August				September				October				November				December			
Name	E	L	C	V	E	L	C	V	E	L	C	V	E	L	C	V	E	L	C	V	E	L	C	V

E=Email L=Letter C=Call V=Visit

COMMUNICATION RECORD

FRIENDS	July -				August				September				October				November				December			
Name	E	L	C	V	E	L	C	V	E	L	C	V	E	L	C	V	E	L	C	V	E	L	C	V