

Spiritual Workout Plan

Some essential disciplines in our pursuit of Christlikeness: Bible Intake (study, meditation, memorization), Prayer, Evangelism, Worship, Service, Community

Other important ones you may want to begin developing: Stewardship, Fasting, Silence and Solitude, Retreat, Journaling, Accountability, Simplicity, Sabbath

*If you're not a follower of Jesus, you may just want to focus on a daily prayer and bible reading routine, and weekly goals for taking part in Christian community.

- 1) What practices or disciplines do you want to incorporate into your life?
 - a. *Daily.* When? For how much time? Where will you meet with God?
 - b. *Weekly.* What community can you commit to weekly? Is there a day that you can declare as a work-free space to do only the things that restore life to you? Why or why not? What would it take for you to get there?
 - c. *Monthly or Quarterly.* What practices would allow you to live as attentive disciples of Christ? (Maybe lengthier periods of solitude or service.)
 - d. *Annually.* What practices would open your heart to God that could only fit into an annual schedule? (Retreat, big service projects, mission trip, etc.)
- 2) What steps might be necessary to incorporate these disciplines into your life?
 - a. Daily
 - b. Weekly
 - c. Monthly/Quarterly
 - d. Annually
- 3) Who do you need to help you follow through with this spiritual workout plan (accountability partner, spiritual mentor)? With whom will you share your plan?