



LifePark Spiritual Health Plan



NAME: Noah	SPIRITUAL HABITS	RELATIONSHIPS	PHYSICAL HEALTH	STEWARDSHIP	PURPOSE \ MISSION	OTHER
DAILY	spend 20 mins reading my Bible & praying	encourage my wife and kids; have a family devotion	stretch	pick up around the house	pray for God to use me to advance His Kingdom	
WEEKLY	attend a worship service & LifeGroup	work on memorizing a Bible verse as a family	go to the gym 3 times	review finances clean the house	share the Gospel/how God has blessed me with someone	rest from work - choose to focus on delighting in God
MONTHLY	attend the 1st Thursday Prayer Service	call my parents /grandparents go on a date with my spouse	go for a run	give to LifePark and other charities	serve in the church or the community	invite friends over for dinner
QUARTERLY	take a morning/evening to walk and pray	do something fun with the kids	take a morning/evening to walk and pray	donate items I don't need	take a morning/evening to walk and pray	fast for one day - allowing only one meal
ANNUALLY	go on the men's hike	vacation	go on the men's hike		go on a mission trip	

INSTRUCTIONS

1. Do not panic! This spiritual health plan is designed to help you, not define you. Only the gospel of Jesus Christ defines you and gives you hope.
2. Pray and ask the Lord to help you build a spiritual health plan.
3. Think about each category along the top row and what specific task you could assign.
4. Repeat Step 1.

TIPS

- Be sure to take it slow and start small. Small steps done consistently will produce better growth than large steps done infrequently.
- Try to work in the following spiritual disciplines: Bible reading & meditation, Bible memorization, prayer, confession, fasting, Sabbath rest, simplicity, worship, silence & solitude, and service.
- It is OK to leave a space blank and to put the same item in two relevant spaces.
- For more information, visit churchatlifepark.org/spiritualhabits



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