

2 WEEK SPIRITUAL DISCIPLINES

Kick Start

GOALS WORKSHEET

We're thrilled you've decided to take on the 2 week Spiritual Disciplines Kick Start!

To start, we'd like you to pray and determine 3 goals. Write them out (this is very important to create and stick with your plan), make them specific and challenge yourself.

Consider finding a friend and doing this TOGETHER to encourage and motivate each other. Let's see the wonderful things God will teach us as we pursue Him!

GOAL WRITING TIPS

Remember to make your goals:

Specific -Be sure to determine exactly what you'll do each day. See the suggestions below.

Challenging- For example, if you've fasted a certain way for years, challenge yourself to push just a little bit further.

IDEAS TO HELP PLAN YOUR GOALS

IDEAS FOR PRAYER GOAL:

- Commit to praying 1 of the "Hours" of the Agpeya (click for digital version) daily
- Commit to 2 minutes of silence and focusing on God's presence followed by 5 minutes of talking to Him about what is on your heart each day
- Pray and ask God who in your life needs prayer, and commit to praying for them daily for these two weeks
- Whatever else God is putting on your heart

IDEAS FOR BIBLE READING GOAL:

- Fast reading - go through a book of the bible, reading 3 chapters a day.
- Meditative reading - utilize the St. Mary's bible plan
- Quiet time style - read a short passage and answer these questions:

Is there a:

— Sin to confess? — Promise to claim? — Attitude to change? — Command to keep? — Example to follow? — Prayer to pray? — Error to avoid? — Truth to believe? — Something to thank God for?

IDEAS FOR FASTING GOAL:

- Follow the vegan (with fish) diet prescribed by the church
- Skip a meal a day and use that time to spend with God
- Give up anything that is getting in the way of your relationship with God (TV, dessert, social media). Is God nudging you to sacrifice something for these two weeks so you can focus more on Him?

SPIRITUAL DISCIPLINES KICK START

My Goals

my prayer goal



my Bible reading goal



my fasting goal

