

DISCIPLINES PLAN

	SCRIPTURE	SABBATH	PRAYER	FASTING	COMMUNITY	GENEROSITY
DAILY						
WEEKLY						
MONTHLY						
QUARTERLY						
ANNUALLY						

DISCIPLINES PLAN

	SCRIPTURE	SABBATH	PRAYER	FASTING	COMMUNITY	GENEROSITY
DAILY	- Morning Bible reading	- Sleep 9p-5a - Limit phone 7p-7a	- Prayer before meals & sleep. - Pray for 1 neighbor	- Intermittent fast from Breakfast		
WEEKLY	- Read 1 chapter in spiritual book	- Sabbath 5p Sat. until 5p Sun.		- Fast from breakfast & lunch every Thursday	- Attend worship - Attend D-Group - Date night	- Give 10% to church
MONTHLY			- Attend First Sunday Prayer		- Daughter/son date night - Hang out with friends	- Serve in Fathom Kids
QUARTERLY		- Take a long weekend			- Spend intentional time with neighbors	
ANNUALLY	- Read through the Bible	- 2-week summer vacation				