

## Daily Spiritual Growth Chart

Time	Activity	Purpose	Duration
Morning (before office)	Short Prayer - thank God, surrender day	Start day with Jesus	5 mins
	Read 1 chapter / Psalm	Feed your spirit with truth	10 mins
	Reflect on 1 verse (write or memorize)	Meditate on God's Word	5 mins
Commute / Breaks	Christian Podcast / Worship Music	Renew mind during free time	10-30 mins
During work breaks	Silent prayer in your heart	Stay connected to God	1-2 mins
Post-Gym (Night)	Worship (1 song) or thank God	End day with gratitude	5 mins
	Bible Plan / Devotional	Anchor thoughts in truth before sleep	10 mins
	Confession + Surrender	End day clean and close to God	5 mins

### Weekly Add-ons for Deeper Growth

Sunday	Attend church + take notes + fellowship
Monday	Fast from 1 meal or social media (partial fast)
Wednesday	Bible study or group session (online if needed)
Friday	Pray specifically for friends/family who need Jesus
Saturday	Spend 1 hour in quiet time (Bible, prayer, journaling)

### Monthly Goals

- Memorize 1 new Bible verse
- Share the Gospel with 1 person (in person or message)
- Confess and break 1 sinful habit with prayer and help
- Write 1 testimony / journal how God helped you

### Recommended Resources

Bible Reading	YouVersion Bible App	Devotions, plans, reminders
Podcasts	Spotify (Christian daily podcast)	Encouragement, wisdom
Worship	YouTube / Spotify (Bethel, Hillsong, Elevation)	Spirit-filled songs
Bible Notes	Notebook / Google Keep	Track your thoughts & prayers