

Spiritual Fitness Plan | Phase A

Legend	
Discipline	Description
Silence / Solitude	Get alone with no noise. Let the silence focus you. Think about the attributes of the Lord. Listen for the voice of the Lord.
Sing / Music	Play music to worship to OR sing your songs without music.
Study Bible	Find a study plan or pick a passage of scripture and study it (i.e. find truth, it's meaning, etc). This is a good opportunity to write your findings / thoughts in a journal.
Bible Meditation	Pick a passage of scripture and think about it's implications on you, your life, and those around you. This is a good opportunity to write your findings / thoughts in a journal.
Communion	Read scripture about Last Supper and/or about Jesus death on the cross. Lead yourself in remembrance. This is also a good time to pray for your enemies.
Intercessory Prayer	Maintain a list of people to pray for or think of people you know or have encountered recently and pray for them.
Repentance/ Confession	Ask the Lord for forgiveness for your sins and ask for His help/Spirit for the future. Cover yourself in prayer.
Fasting	Fasting is to get your physical man in alignment with your spirit man. It says to yourself and to the Lord that you love the Lord more than food. This plan couples fasting with a passage of scripture such that, when you get hungry during the fast, you can read/recite the passage as a way to speak truth. This is what Jesus did during His fast and temptation.

Day	Disciplines	Duration	Week 1	Day	Disciplines	Duration	Week 2
Sunday	Repentance / Confession	5 minutes	<input type="checkbox"/>	Sunday	Repentance / Confession	5 minutes	<input type="checkbox"/>
	Communion (Pray for enemies here)	7 minutes	<input type="checkbox"/>		Communion (Pray for enemies here)	7 minutes	<input type="checkbox"/>
Monday	Silence / Solitude	10 minutes	<input type="checkbox"/>	Monday	Silence / Solitude	10 minutes	<input type="checkbox"/>
	Study Bible	15 minutes	<input type="checkbox"/>		Study Bible	15 minutes	<input type="checkbox"/>
Tuesday	Sing / Music	15 minutes	<input type="checkbox"/>	Tuesday	Sing / Music	15 minutes	<input type="checkbox"/>
	Intercessory Prayer	10 minutes	<input type="checkbox"/>		Intercessory Prayer	10 minutes	<input type="checkbox"/>
Wednesday	Repentance / Confession	10 minutes	<input type="checkbox"/>	Wednesday	Repentance / Confession	10 minutes	<input type="checkbox"/>
	Study Bible	15 minutes	<input type="checkbox"/>		Study Bible	15 minutes	<input type="checkbox"/>
Thursday	Bible Meditation	15 minutes	<input type="checkbox"/>	Thursday	Bible Meditation	15 minutes	<input type="checkbox"/>
	Intercessory Prayer	10 minutes	<input type="checkbox"/>		Intercessory Prayer	10 minutes	<input type="checkbox"/>
Friday	Silence / Solitude	10 minutes	<input type="checkbox"/>	Friday	Silence / Solitude	10 minutes	<input type="checkbox"/>
	Bible Meditation	15 minutes	<input type="checkbox"/>		Bible Meditation	15 minutes	<input type="checkbox"/>
Saturday	Sing / Music	15 minutes	<input type="checkbox"/>	Saturday	Sing / Music	15 minutes	<input type="checkbox"/>
	Service Opportunity (optional)	Varies	<input type="checkbox"/>		Service Opportunity (optional)	Varies	<input type="checkbox"/>
Day	Disciplines	Duration	Week 3	Day	Disciplines	Duration	Week 4
Sunday	Repentance / Confession	5 minutes	<input type="checkbox"/>	Sunday	Repentance / Confession	5 minutes	<input type="checkbox"/>
	Communion (Pray for enemies here)	7 minutes	<input type="checkbox"/>		Communion (Pray for enemies here)	7 minutes	<input type="checkbox"/>
Monday	Silence / Solitude	10 minutes	<input type="checkbox"/>	Monday	Silence / Solitude	7 minutes	<input type="checkbox"/>
	Study Bible	15 minutes	<input type="checkbox"/>		Study Bible (memorize fast passage)	23 minutes	<input type="checkbox"/>
Tuesday	Sing / Music	15 minutes	<input type="checkbox"/>	Tuesday	Silence / Solitude	7 minutes	<input type="checkbox"/>
	Intercessory Prayer	10 minutes	<input type="checkbox"/>		Bible Meditation (on passage for fasting)	15 minutes	<input type="checkbox"/>
Wednesday	Repentance / Confession	10 minutes	<input type="checkbox"/>	Wednesday	Repentance / Confession	10 minutes	<input type="checkbox"/>
	Study Bible	15 minutes	<input type="checkbox"/>		Sing / Music	15 minutes	<input type="checkbox"/>
Thursday	Bible Meditation	15 minutes	<input type="checkbox"/>	Thursday	Fast sunup to sundown	12 - 16 hours	<input type="checkbox"/>
	Intercessory Prayer	10 minutes	<input type="checkbox"/>		Silence / Solitude	10 minutes	<input type="checkbox"/>
Friday	Silence / Solitude	10 minutes	<input type="checkbox"/>	Friday	Intercessory Prayer	10 minutes	<input type="checkbox"/>
	Bible Meditation	15 minutes	<input type="checkbox"/>		Silence / Solitude	10 minutes	<input type="checkbox"/>
Saturday	Sing / Music	15 minutes	<input type="checkbox"/>	Saturday	Repentance / Confession	15 minutes	<input type="checkbox"/>
	Service Opportunity (optional)	Varies	<input type="checkbox"/>		Bible Meditation (recall fasting passage)	10 minutes	<input type="checkbox"/>

Spiritual Fitness Plan | Phase B

Legend	
Discipline	Description
Silence / Solitude	Get alone with no noise. Let the silence focus you. Think about the attributes of the Lord. Listen for the voice of the Lord.
Sing / Music	Play music to worship to OR sing your songs without music.
Study Bible	Find a study plan or pick a passage of scripture and study it (i.e. find truth, it's meaning, etc). This is a good opportunity to write your findings / thoughts in a journal.
Bible Meditation	Pick a passage of scripture and think about it's implications on you, your life, and those around you. This is a good opportunity to write your findings / thoughts in a journal.
Communion	Read scripture about Last Supper and/or about Jesus death on the cross. Lead yourself in remembrance. This is also a good time to pray for your enemies.
Intercessory Prayer	Maintain a list of people to pray for or think of people you know or have encountered recently and pray for them.
Repentance/ Confession	Ask the Lord for forgiveness for your sins and ask for His help/Spirit for the future. Cover yourself in prayer.
Fasting	Fasting is to get your physical man in alignment with your spirit man. It says to yourself and to the Lord that you love the Lord more than food. This plan couples fasting with a passage of scripture such that, when you get hungry during the fast, you can read/recite the passage as a way to speak truth. This is what Jesus did during His fast and temptation.

Day	Disciplines	Duration	Week 5	Day	Disciplines	Duration	Week 6
Sunday	Repentance / Confession	5 minutes	<input type="checkbox"/>	Sunday	Repentance / Confession	5 minutes	<input type="checkbox"/>
	Communion (Pray for enemies here)	7 minutes	<input type="checkbox"/>		Communion (Pray for enemies here)	7 minutes	<input type="checkbox"/>
Monday	Sing / Music	15 minutes	<input type="checkbox"/>	Monday	Sing / Music	15 minutes	<input type="checkbox"/>
	Study Bible	15 minutes	<input type="checkbox"/>		Study Bible	15 minutes	<input type="checkbox"/>
Tuesday	Silence / Solitude	10 minutes	<input type="checkbox"/>	Tuesday	Silence / Solitude	10 minutes	<input type="checkbox"/>
	Study Bible	15 minutes	<input type="checkbox"/>		Study Bible	15 minutes	<input type="checkbox"/>
Wednesday	Repentance / Confession	10 minutes	<input type="checkbox"/>	Wednesday	Repentance / Confession	10 minutes	<input type="checkbox"/>
	Bible Meditation	15 minutes	<input type="checkbox"/>		Bible Meditation	15 minutes	<input type="checkbox"/>
Thursday	Silence / Solitude	10 minutes	<input type="checkbox"/>	Thursday	Silence / Solitude	10 minutes	<input type="checkbox"/>
	Intercessory Prayer	10 minutes	<input type="checkbox"/>		Intercessory Prayer	10 minutes	<input type="checkbox"/>
Friday	Bible Meditation	15 minutes	<input type="checkbox"/>	Friday	Bible Meditation	15 minutes	<input type="checkbox"/>
	Intercessory Prayer	10 minutes	<input type="checkbox"/>		Intercessory Prayer	10 minutes	<input type="checkbox"/>
Saturday	Sing / Music	15 minutes	<input type="checkbox"/>	Saturday	Sing / Music	15 minutes	<input type="checkbox"/>
	Service Opportunity (optional)	Varies	<input type="checkbox"/>		Service Opportunity (optional)	Varies	<input type="checkbox"/>
Day	Disciplines	Duration	Week 7	Day	Disciplines	Duration	Week 8
Sunday	Repentance / Confession	5 minutes	<input type="checkbox"/>	Sunday	Repentance / Confession	5 minutes	<input type="checkbox"/>
	Communion (Pray for enemies here)	7 minutes	<input type="checkbox"/>		Communion (Pray for enemies here)	7 minutes	<input type="checkbox"/>
Monday	Sing / Music	15 minutes	<input type="checkbox"/>	Monday	Silence / Solitude	7 minutes	<input type="checkbox"/>
	Study Bible	15 minutes	<input type="checkbox"/>		Study Bible (memorize fast passage)	23 minutes	<input type="checkbox"/>
Tuesday	Silence / Solitude	10 minutes	<input type="checkbox"/>	Tuesday	Silence / Solitude	7 minutes	<input type="checkbox"/>
	Study Bible	15 minutes	<input type="checkbox"/>		Bible Meditation (on passage for fasting)	15 minutes	<input type="checkbox"/>
Wednesday	Repentance / Confession	10 minutes	<input type="checkbox"/>	Wednesday	Repentance / Confession	10 minutes	<input type="checkbox"/>
	Bible Meditation	15 minutes	<input type="checkbox"/>		Sing / Music	15 minutes	<input type="checkbox"/>
Thursday	Silence / Solitude	10 minutes	<input type="checkbox"/>	Thursday	Fast sunup to sundown	12 - 16 hours	<input type="checkbox"/>
	Intercessory Prayer	10 minutes	<input type="checkbox"/>		Silence / Solitude	10 minutes	<input type="checkbox"/>
Friday	Bible Meditation	15 minutes	<input type="checkbox"/>	Friday	Intercessory Prayer	10 minutes	<input type="checkbox"/>
	Intercessory Prayer	10 minutes	<input type="checkbox"/>		Silence / Solitude	10 minutes	<input type="checkbox"/>
Saturday	Sing / Music	15 minutes	<input type="checkbox"/>	Saturday	Repentance / Confession	15 minutes	<input type="checkbox"/>
	Service Opportunity (optional)	Varies	<input type="checkbox"/>		Bible Meditation (recall fasting passage)	10 minutes	<input type="checkbox"/>

Spiritual Fitness Plan | Phase C

Legend	
Discipline	Description
Silence / Solitude	Get alone with no noise. Let the silence focus you. Think about the attributes of the Lord. Listen for the voice of the Lord.
Sing / Music	Play music to worship to OR sing your songs without music.
Study Bible	Find a study plan or pick a passage of scripture and study it (i.e. find truth, it's meaning, etc). This is a good opportunity to write your findings / thoughts in a journal.
Bible Meditation	Pick a passage of scripture and think about it's implications on you, your life, and those around you. This is a good opportunity to write your findings / thoughts in a journal.
Communion	Read scripture about Last Supper and/or about Jesus death on the cross. Lead yourself in remembrance. This is also a good time to pray for your enemies.
Intercessory Prayer	Maintain a list of people to pray for or think of people you know or have encountered recently and pray for them.
Repentance/ Confession	Ask the Lord for forgiveness for your sins and ask for His help/Spirit for the future. Cover yourself in prayer.
Fasting	Fasting is to get your physical man in alignment with your spirit man. It says to yourself and to the Lord that you love the Lord more than food. This plan couples fasting with a passage of scripture such that, when you get hungry during the fast, you can read/recite the passage as a way to speak truth. This is what Jesus did during His fast and temptation.

Day	Disciplines	Duration	Week 9	Day	Disciplines	Duration	Week 10
Sunday	Repentance / Confession	5 minutes	<input type="checkbox"/>	Sunday	Repentance / Confession	5 minutes	<input type="checkbox"/>
	Communion (Pray for enemies here)	7 minutes	<input type="checkbox"/>		Communion (Pray for enemies here)	7 minutes	<input type="checkbox"/>
Monday	Silence / Solitude	10 minutes	<input type="checkbox"/>	Monday	Sing / Music	15 minutes	<input type="checkbox"/>
	Study Bible	15 minutes	<input type="checkbox"/>		Study Bible	15 minutes	<input type="checkbox"/>
Tuesday	Sing / Music	15 minutes	<input type="checkbox"/>	Tuesday	Silence / Solitude	10 minutes	<input type="checkbox"/>
	Intercessory Prayer	10 minutes	<input type="checkbox"/>		Study Bible	15 minutes	<input type="checkbox"/>
Wednesday	Repentance / Confession	10 minutes	<input type="checkbox"/>	Wednesday	Repentance / Confession	10 minutes	<input type="checkbox"/>
	Study Bible	15 minutes	<input type="checkbox"/>		Bible Meditation	15 minutes	<input type="checkbox"/>
Thursday	Bible Meditation	15 minutes	<input type="checkbox"/>	Thursday	Silence / Solitude	10 minutes	<input type="checkbox"/>
	Intercessory Prayer	10 minutes	<input type="checkbox"/>		Intercessory Prayer	10 minutes	<input type="checkbox"/>
Friday	Silence / Solitude	10 minutes	<input type="checkbox"/>	Friday	Bible Meditation	15 minutes	<input type="checkbox"/>
	Bible Meditation	15 minutes	<input type="checkbox"/>		Intercessory Prayer	10 minutes	<input type="checkbox"/>
Saturday	Sing / Music	15 minutes	<input type="checkbox"/>	Saturday	Sing / Music	15 minutes	<input type="checkbox"/>
	Service Opportunity (optional)	Varies	<input type="checkbox"/>		Service Opportunity (optional)	Varies	<input type="checkbox"/>
Day	Disciplines	Duration	Week 11	Day	Disciplines	Duration	Week 12
Sunday	Repentance / Confession	5 minutes	<input type="checkbox"/>	Sunday	Repentance / Confession	5 minutes	<input type="checkbox"/>
	Communion (Pray for enemies here)	7 minutes	<input type="checkbox"/>		Communion (Pray for enemies here)	7 minutes	<input type="checkbox"/>
Monday	Silence / Solitude	10 minutes	<input type="checkbox"/>	Monday	Silence / Solitude	7 minutes	<input type="checkbox"/>
	Study Bible	15 minutes	<input type="checkbox"/>		Study Bible (memorize fast passage)	23 minutes	<input type="checkbox"/>
Tuesday	Sing / Music	15 minutes	<input type="checkbox"/>	Tuesday	Silence / Solitude	7 minutes	<input type="checkbox"/>
	Intercessory Prayer	10 minutes	<input type="checkbox"/>		Bible Meditation (on passage for fasting)	15 minutes	<input type="checkbox"/>
Wednesday	Repentance / Confession	10 minutes	<input type="checkbox"/>	Wednesday	Repentance / Confession	10 minutes	<input type="checkbox"/>
	Study Bible	15 minutes	<input type="checkbox"/>		Sing / Music	15 minutes	<input type="checkbox"/>
Thursday	Bible Meditation	15 minutes	<input type="checkbox"/>	Thursday	Fast sunup to sundown	12 - 16 hours	<input type="checkbox"/>
	Intercessory Prayer	10 minutes	<input type="checkbox"/>		Silence / Solitude	10 minutes	<input type="checkbox"/>
Friday	Silence / Solitude	10 minutes	<input type="checkbox"/>	Friday	Intercessory Prayer	10 minutes	<input type="checkbox"/>
	Bible Meditation	15 minutes	<input type="checkbox"/>		Silence / Solitude	10 minutes	<input type="checkbox"/>
Saturday	Sing / Music	15 minutes	<input type="checkbox"/>	Saturday	Repentance / Confession	15 minutes	<input type="checkbox"/>
	Service Opportunity (optional)	Varies	<input type="checkbox"/>		Bible Meditation (recall fasting passage)	10 minutes	<input type="checkbox"/>