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.
	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		Sunday	Repentance / Confession	5 minutes	
Suriday	Communion (Pray for enemies here)	7 minutes		Sulluay	Communion (Pray for enemies here)	7 minutes	
Monday	Silence / Solitude	10 minutes		Monday	Silence / Solitude	10 minutes	
Monday	Study Bible	15 minutes			Study Bible	15 minutes	
Tuonday	Sing / Music	15 minutes		Tuesday	Sing / Music	15 minutes	
Tuesday	Intercessory Prayer	10 minutes			Intercessory Prayer	10 minutes	
Wednesday	Repentance / Confession	10 minutes		\A/	Repentance / Confession	10 minutes	
	Study Bible	15 minutes		Wednesday	Study Bible	15 minutes	
Thursday	Bible Meditation	15 minutes		Th	Bible Meditation	15 minutes	
Thursday	Intercessory Prayer	10 minutes		Thursday	Intercessory Prayer	10 minutes	
Friday	Silence / Solitude	10 minutes		Friday	Silence / Solitude	10 minutes	
Friday	Bible Meditation	15 minutes		Friday	Bible Meditation	15 minutes	
Caturday	Sing / Music	15 minutes		Saturday	Sing / Music	15 minutes	
Saturday	Service Opportunity (optional)	Varies			Service Opportunity (optional)	Varies	
Day	Disciplines	Duration	Week 3	Day	Disciplines	Duration	Week 4
Sunday	Repentance / Confession	5 minutes		Sunday	Repentance / Confession	5 minutes	
Suriday	Communion (Pray for enemies here)	7 minutes			Communion (Pray for enemies here)	7 minutes	
Monday	Silence / Solitude	10 minutes		Mondoy	Silence / Solitude	7 minutes	
Monday	Study Bible	15 minutes		Monday	Study Bible (memorize fast passage)	23 minutes	
				Tuesday			
Tuesday	Sing / Music	15 minutes		Tuesday	Silence / Solitude	7 minutes	
Tuesday	Sing / Music Intercessory Prayer	15 minutes 10 minutes		Tuesday	Silence / Solitude Bible Meditation (on passage for fasting)	7 minutes 15 minutes	
	Intercessory Prayer Repentance / Confession			Tuesday			
Tuesday	Intercessory Prayer Repentance / Confession	10 minutes		,	Bible Meditation (on passage for fasting)	15 minutes	
Wednesday	Intercessory Prayer Repentance / Confession	10 minutes		,	Bible Meditation (on passage for fasting) Repentance / Confession	15 minutes 10 minutes	
	Intercessory Prayer Repentance / Confession Study Bible	10 minutes 10 minutes 15 minutes		Wednesday	Bible Meditation (on passage for fasting) Repentance / Confession Sing / Music Fast sunup to sundown Silence / Solitude	15 minutes 10 minutes 15 minutes	
Wednesday	Intercessory Prayer Repentance / Confession Study Bible Bible Meditation Intercessory Prayer Silence / Solitude	10 minutes 10 minutes 15 minutes 15 minutes		,	Bible Meditation (on passage for fasting) Repentance / Confession Sing / Music Fast sunup to sundown Silence / Solitude	15 minutes 10 minutes 15 minutes 12 - 16 hours	
Wednesday	Intercessory Prayer Repentance / Confession Study Bible Bible Meditation Intercessory Prayer Silence / Solitude	10 minutes 10 minutes 15 minutes 15 minutes 10 minutes		Wednesday - Thursday	Bible Meditation (on passage for fasting) Repentance / Confession Sing / Music Fast sunup to sundown Silence / Solitude Intercessory Prayer Silence / Solitude	15 minutes 10 minutes 15 minutes 12 - 16 hours 10 minutes	
Wednesday	Intercessory Prayer Repentance / Confession Study Bible Bible Meditation Intercessory Prayer Silence / Solitude Bible Meditation Sing / Music	10 minutes 10 minutes 15 minutes 15 minutes 10 minutes 10 minutes		Wednesday	Bible Meditation (on passage for fasting) Repentance / Confession Sing / Music Fast sunup to sundown Silence / Solitude Intercessory Prayer Silence / Solitude	15 minutes 10 minutes 15 minutes 12 - 16 hours 10 minutes 10 minutes	

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.
	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		Sunday	Repentance / Confession	5 minutes	
Sullday	Communion (Pray for enemies here)	7 minutes		Suriday	Communion (Pray for enemies here)	7 minutes	
Mondoy	Sing / Music	15 minutes		Monday	Sing / Music	15 minutes	
Monday	Study Bible	15 minutes		ivioriday	Study Bible	15 minutes	
Tuesday	Silence / Solitude	10 minutes		Tuesday	Silence / Solitude	10 minutes	
Tuesuay	Study Bible	15 minutes			Study Bible	15 minutes	
Wednesday	Repentance / Confession	10 minutes		\\\odnoodov	Repentance / Confession	10 minutes	
vveuriesuay	Bible Meditation	15 minutes		Wednesday	Bible Meditation	15 minutes	
Thursday	Silence / Solitude	10 minutes		Thursday	Silence / Solitude	10 minutes	
Thursday	Intercessory Prayer	10 minutes		Thursday	Intercessory Prayer	10 minutes	
Friday	Bible Meditation	15 minutes		Friday	Bible Meditation	15 minutes	
Filday	Intercessory Prayer	10 minutes		Filday	Intercessory Prayer	10 minutes	
Saturday	Sing / Music	15 minutes		Saturday	Sing / Music	15 minutes	
Salurday	Service Opportunity (optional)	Varies		Saturday	Service Opportunity (optional)	Varies	
Day	Disciplines	Duration	Week 7	Day	Disciplines	Duration	Week 8
Sunday	Repentance / Confession	5 minutes		Sunday	Repentance / Confession	5 minutes	
Sunday							
	Communion (Pray for enemies here)	7 minutes		Suriday	Communion (Pray for enemies here)	7 minutes	
	Communion (Pray for enemies here) Sing / Music	7 minutes 15 minutes			Silence / Solitude	7 minutes 7 minutes	
Monday	Communion (Pray for enemies nere)			Monday	Silence / Solitude		
Monday	Sing / Music Study Bible Silence / Solitude	15 minutes		Monday	Silence / Solitude	7 minutes	
	Sing / Music Study Bible Silence / Solitude	15 minutes 15 minutes			Silence / Solitude Study Bible (memorize fast passage)	7 minutes 23 minutes	
Monday	Sing / Music Study Bible Silence / Solitude	15 minutes 15 minutes 10 minutes		Monday	Silence / Solitude Study Bible (memorize fast passage) Silence / Solitude	7 minutes 23 minutes 7 minutes	
Monday	Sing / Music Study Bible Silence / Solitude Study Bible	15 minutes 15 minutes 10 minutes 15 minutes		Monday	Silence / Solitude Study Bible (memorize fast passage) Silence / Solitude Bible Meditation (on passage for fasting)	7 minutes 23 minutes 7 minutes 15 minutes	
Monday Tuesday Wednesday	Sing / Music Study Bible Silence / Solitude Study Bible Repentance / Confession	15 minutes 15 minutes 10 minutes 15 minutes 10 minutes		Monday	Silence / Solitude Study Bible (memorize fast passage) Silence / Solitude Bible Meditation (on passage for fasting) Repentance / Confession	7 minutes 23 minutes 7 minutes 15 minutes 10 minutes	
Monday	Sing / Music Study Bible Silence / Solitude Study Bible Repentance / Confession Bible Meditation	15 minutes 15 minutes 10 minutes 15 minutes 10 minutes 15 minutes		Monday Tuesday Wednesday	Silence / Solitude Study Bible (memorize fast passage) Silence / Solitude Bible Meditation (on passage for fasting) Repentance / Confession Sing / Music	7 minutes 23 minutes 7 minutes 15 minutes 10 minutes 15 minutes	
Monday Tuesday Wednesday Thursday	Sing / Music Study Bible Silence / Solitude Study Bible Repentance / Confession Bible Meditation Silence / Solitude Intercessory Prayer	15 minutes 15 minutes 10 minutes 15 minutes 10 minutes 15 minutes 10 minutes		Monday	Silence / Solitude Study Bible (memorize fast passage) Silence / Solitude Bible Meditation (on passage for fasting) Repentance / Confession Sing / Music Fast sunup to sundown	7 minutes 23 minutes 7 minutes 15 minutes 10 minutes 15 minutes 12 - 16 hours	
Monday Tuesday Wednesday	Sing / Music Study Bible Silence / Solitude Study Bible Repentance / Confession Bible Meditation Silence / Solitude Intercessory Prayer	15 minutes 15 minutes 10 minutes 15 minutes 10 minutes 15 minutes 10 minutes		Monday Tuesday Wednesday Thursday	Silence / Solitude Study Bible (memorize fast passage) Silence / Solitude Bible Meditation (on passage for fasting) Repentance / Confession Sing / Music Fast sunup to sundown Silence / Solitude Intercessory Prayer Silence / Solitude	7 minutes 23 minutes 7 minutes 15 minutes 10 minutes 15 minutes 15 minutes 10 minutes	
Monday Tuesday Wednesday Thursday	Sing / Music Study Bible Silence / Solitude Study Bible Repentance / Confession Bible Meditation Silence / Solitude Intercessory Prayer Bible Meditation	15 minutes 15 minutes 10 minutes 15 minutes 10 minutes 10 minutes 10 minutes 10 minutes 10 minutes		Monday Tuesday Wednesday	Silence / Solitude Study Bible (memorize fast passage) Silence / Solitude Bible Meditation (on passage for fasting) Repentance / Confession Sing / Music Fast sunup to sundown Silence / Solitude Intercessory Prayer Silence / Solitude	7 minutes 23 minutes 7 minutes 15 minutes 10 minutes 15 minutes 12 - 16 hours 10 minutes 10 minutes	

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.
	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		Sunday	Repentance / Confession	5 minutes	
Suriday	Communion (Pray for enemies here)	7 minutes		Suriday	Communion (Pray for enemies here)	7 minutes	
Monday	Silence / Solitude	10 minutes		Monday	Sing / Music	15 minutes	
Monday	Study Bible	15 minutes			Study Bible	15 minutes	
Tuesday	Sing / Music	15 minutes		Tuesday	Silence / Solitude	10 minutes	
Tuesday	Intercessory Prayer	10 minutes			Study Bible	15 minutes	
Wednesday	Repentance / Confession	10 minutes		\\/- do do	Repentance / Confession	10 minutes	
	Study Bible	15 minutes		Wednesday	Bible Meditation	15 minutes	
Thursday	Bible Meditation	15 minutes		Thursday	Silence / Solitude	10 minutes	
Thursday	Intercessory Prayer	10 minutes		Titursuay	Intercessory Prayer	10 minutes	
Eridov	Silence / Solitude	10 minutes		Eridov	Bible Meditation	15 minutes	
Friday	Bible Meditation	15 minutes		Friday	Intercessory Prayer	10 minutes	
Saturday	Sing / Music	15 minutes		Saturday	Sing / Music	15 minutes	
Saturday	Service Opportunity (optional)	Varies			Service Opportunity (optional)	Varies	
Day	Disciplines	Duration	Week 11	Day	Disciplines	Duration	Week 12
Sunday	Repentance / Confession	5 minutes		Sunday	Repentance / Confession	5 minutes	
Curiday	Communion (Pray for enemies here)	7 minutes		Canady	Communion (Pray for enemies here)	7 minutes	
Monday	Silence / Solitude	10 minutes		Monday	Silence / Solitude	7 minutes	
Monday	Olichico / Colitado						_
,	Study Bible	15 minutes		Monday	Study Bible (memorize fast passage)	23 minutes	
		15 minutes 15 minutes			Study Bible (memorize fast passage) Silence / Solitude	23 minutes 7 minutes	
Tuesday	Study Bible			Tuesday			
Tuesday	Study Bible Sing / Music	15 minutes			Silence / Solitude	7 minutes	
	Study Bible Sing / Music Intercessory Prayer	15 minutes 10 minutes		Tuesday	Silence / Solitude Bible Meditation (on passage for fasting)	7 minutes 15 minutes	
Tuesday	Study Bible Sing / Music Intercessory Prayer Repentance / Confession	15 minutes 10 minutes 10 minutes		Tuesday	Silence / Solitude Bible Meditation (on passage for fasting) Repentance / Confession	7 minutes 15 minutes 10 minutes	
Tuesday	Study Bible Sing / Music Intercessory Prayer Repentance / Confession Study Bible	15 minutes 10 minutes 10 minutes 15 minutes		Tuesday	Silence / Solitude Bible Meditation (on passage for fasting) Repentance / Confession Sing / Music	7 minutes 15 minutes 10 minutes 15 minutes	
Tuesday Wednesday Thursday	Study Bible Sing / Music Intercessory Prayer Repentance / Confession Study Bible Bible Meditation Intercessory Prayer Silence / Solitude	15 minutes 10 minutes 10 minutes 15 minutes 15 minutes		Tuesday	Silence / Solitude Bible Meditation (on passage for fasting) Repentance / Confession Sing / Music Fast sunup to sundown	7 minutes 15 minutes 10 minutes 15 minutes 12 - 16 hours	
Tuesday	Study Bible Sing / Music Intercessory Prayer Repentance / Confession Study Bible Bible Meditation Intercessory Prayer Silence / Solitude	15 minutes 10 minutes 10 minutes 15 minutes 15 minutes 10 minutes		Tuesday Wednesday Thursday	Silence / Solitude Bible Meditation (on passage for fasting) Repentance / Confession Sing / Music Fast sunup to sundown Silence / Solitude Intercessory Prayer	7 minutes 15 minutes 10 minutes 15 minutes 12 - 16 hours 10 minutes	
Tuesday Wednesday Thursday	Study Bible Sing / Music Intercessory Prayer Repentance / Confession Study Bible Bible Meditation Intercessory Prayer Silence / Solitude	15 minutes 10 minutes 10 minutes 15 minutes 15 minutes 10 minutes 10 minutes		Tuesday	Silence / Solitude Bible Meditation (on passage for fasting) Repentance / Confession Sing / Music Fast sunup to sundown Silence / Solitude Intercessory Prayer	7 minutes 15 minutes 10 minutes 15 minutes 12 - 16 hours 10 minutes 10 minutes	