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's always coupled with prayer. This plan also 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		Suriday	Communion (Pray for enemies here)	7 minutes	
Monday	Silence / Solitude	10 minutes		Monday	Silence / Solitude	10 minutes	
Monday	Study Bible	15 minutes		ivioriday	Study Bible	15 minutes	
Tuocday	Sing / Music	15 minutes		Tuesday	Sing / Music	15 minutes	
Tuesday	Intercessory Prayer	10 minutes		Tuesuay	Intercessory Prayer	10 minutes	
Wednesday	Repentance / Confession	10 minutes		Wednesday	Repentance / Confession	10 minutes	
vveuriesuay	Study Bible	15 minutes		vveuriesuay	Study Bible	15 minutes	
Thursday	Bible Meditation	15 minutes		Thursday	Bible Meditation	15 minutes	
Titursuay	Intercessory Prayer	10 minutes		Thursday	Intercessory Prayer	10 minutes	
Friday	Silence / Solitude	10 minutes		Friday	Silence / Solitude	10 minutes	
Filuay	Bible Meditation	15 minutes		Filday	Bible Meditation	15 minutes	
Saturday	Sing / Music	15 minutes		Caturday	Sing / Music	15 minutes	
Saturday	Service Opportunity (optional)	Varies		Saturday	Service Opportunity (optional)	Varies	
Day	Disciplines	Duration	Week 3	Day	Disciplines	Duration	Week 4
Sunday	Repentance / Confession	5 minutes		Sunday	Repentance / Confession	5 minutes	
Ouriday	Communion (Pray for enemies here)	7 minutes		Ouriday	Communion (Pray for enemies here)	7 minutes	
Monday	Silence / Solitude	10 minutes		Monday	Silence / Solitude	7 minutes	
Worlday				Monday			
	Study Bible	15 minutes		oauj	Study Bible (memorize fast passage)	23 minutes	
Tuocday	Sing / Music	15 minutes 15 minutes		,	Study Bible (memorize fast passage) Silence / Solitude	23 minutes 7 minutes	
Tuesday	Sing / Music			Tuesday	, , , , , , , , , , , , , , , , , , , ,		
	Sing / Music	15 minutes		,	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	
Wednesday	Sing / Music Intercessory Prayer Repentance / Confession Study Bible Rible Meditation	15 minutes 10 minutes 10 minutes		Tuesday	Silence / Solitude Bible Meditation (on passage for fasting) Repentance / Confession	7 minutes 15 minutes 10 minutes	
	Sing / Music Intercessory Prayer Repentance / Confession Study Bible Rible Meditation	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	
Wednesday	Sing / Music Intercessory Prayer Repentance / Confession Study Bible Bible Meditation Intercessory Prayer	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	
Wednesday	Sing / Music Intercessory Prayer Repentance / Confession Study Bible Bible Meditation Intercessory Prayer	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 Silence / Solitude	7 minutes 15 minutes 10 minutes 15 minutes 12 - 16 hours 10 minutes	
Wednesday	Sing / Music Intercessory Prayer Repentance / Confession Study Bible Bible Meditation Intercessory Prayer Silence / Solitude Bible Meditation Sing / Music	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 Silence / Solitude	7 minutes 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.
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's always coupled with prayer. This plan also 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	
Sunday	Communion (Pray for enemies here)	7 minutes		Suriday	Communion (Pray for enemies here)	7 minutes	
Monday	Sing / Music	15 minutes		Monday	Sing / Music	15 minutes	
Widilday	Study Bible	15 minutes			Study Bible	15 minutes	
Tuesday	Silence / Solitude	10 minutes		Tuesday	Silence / Solitude	10 minutes	
Tuesday	Study Bible	15 minutes		Tuesday	Study Bible	15 minutes	
Wednesday	Repentance / Confession	10 minutes		Wednesday	Repentance / Confession	10 minutes	
vveuriesday	Bible Meditation	15 minutes		vveuriesuay	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	
Saturday	Service Opportunity (optional)	Varies		Saturday	Service Opportunity (optional)	Varies	
Day	Disciplines	Duration	Week 7	Day	Disciplines	Duration	Week 8
-	Repentance / Confession	Duration 5 minutes	Week 7		Repentance / Confession	Duration 5 minutes	Week 8
Day Sunday	Repentance / Confession			Day Sunday	Repentance / Confession		Week 8
Sunday	Repentance / Confession Communion (Pray for enemies here)	5 minutes		Sunday	Repentance / Confession	5 minutes	
-	Repentance / Confession Communion (Pray for enemies here)	5 minutes 7 minutes			Repentance / Confession Communion (Pray for enemies here)	5 minutes 7 minutes	
Sunday	Repentance / Confession Communion (Pray for enemies here) Sing / Music Study Bible Silence / Solitude	5 minutes 7 minutes 15 minutes		Sunday	Repentance / Confession Communion (Pray for enemies here) Silence / Solitude	5 minutes 7 minutes 7 minutes	
Sunday	Repentance / Confession Communion (Pray for enemies here) Sing / Music Study Bible Silence / Solitude	5 minutes 7 minutes 15 minutes 15 minutes		Sunday	Repentance / Confession Communion (Pray for enemies here) Silence / Solitude Study Bible (memorize fast passage)	5 minutes 7 minutes 7 minutes 23 minutes	
Sunday Monday Tuesday	Repentance / Confession Communion (Pray for enemies here) Sing / Music Study Bible Silence / Solitude	5 minutes 7 minutes 15 minutes 15 minutes 10 minutes		Sunday	Repentance / Confession Communion (Pray for enemies here) Silence / Solitude Study Bible (memorize fast passage) Silence / Solitude	5 minutes 7 minutes 7 minutes 23 minutes 7 minutes	
Sunday	Repentance / Confession Communion (Pray for enemies here) Sing / Music Study Bible Silence / Solitude Study Bible	5 minutes 7 minutes 15 minutes 15 minutes 10 minutes 15 minutes		Sunday Monday Tuesday	Repentance / Confession Communion (Pray for enemies here) Silence / Solitude Study Bible (memorize fast passage) Silence / Solitude Bible Meditation (on passage for fasting)	5 minutes 7 minutes 7 minutes 23 minutes 7 minutes 15 minutes	
Sunday Monday Tuesday Wednesday	Repentance / Confession Communion (Pray for enemies here) Sing / Music Study Bible Silence / Solitude Study Bible Repentance / Confession	5 minutes 7 minutes 15 minutes 15 minutes 10 minutes 10 minutes		Sunday Monday Tuesday	Repentance / Confession Communion (Pray for enemies here) Silence / Solitude Study Bible (memorize fast passage) Silence / Solitude Bible Meditation (on passage for fasting) Repentance / Confession	5 minutes 7 minutes 7 minutes 23 minutes 7 minutes 15 minutes 10 minutes	
Sunday Monday Tuesday	Repentance / Confession Communion (Pray for enemies here) Sing / Music Study Bible Silence / Solitude Study Bible Repentance / Confession Bible Meditation	5 minutes 7 minutes 15 minutes 15 minutes 10 minutes 15 minutes 10 minutes 10 minutes		Sunday Monday Tuesday Wednesday	Repentance / Confession Communion (Pray for enemies here) Silence / Solitude Study Bible (memorize fast passage) Silence / Solitude Bible Meditation (on passage for fasting) Repentance / Confession Sing / Music	5 minutes 7 minutes 7 minutes 23 minutes 7 minutes 15 minutes 10 minutes 15 minutes	
Sunday Monday Tuesday Wednesday Thursday	Repentance / Confession Communion (Pray for enemies here) Sing / Music Study Bible Silence / Solitude Study Bible Repentance / Confession Bible Meditation Silence / Solitude Intercessory Prayer	5 minutes 7 minutes 15 minutes 15 minutes 10 minutes 10 minutes 10 minutes 10 minutes 10 minutes		Sunday Monday Tuesday	Repentance / Confession Communion (Pray for enemies here) Silence / Solitude Study Bible (memorize fast passage) Silence / Solitude Bible Meditation (on passage for fasting) Repentance / Confession Sing / Music Fast sunup to sundown	5 minutes 7 minutes 7 minutes 23 minutes 7 minutes 15 minutes 10 minutes 15 minutes 15 minutes 15 minutes	
Sunday Monday Tuesday Wednesday	Repentance / Confession Communion (Pray for enemies here) Sing / Music Study Bible Silence / Solitude Study Bible Repentance / Confession Bible Meditation Silence / Solitude Intercessory Prayer	5 minutes 7 minutes 15 minutes 15 minutes 10 minutes 15 minutes 10 minutes 10 minutes 10 minutes 10 minutes		Sunday Monday Tuesday Wednesday Thursday	Repentance / Confession Communion (Pray for enemies here) 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	5 minutes 7 minutes 7 minutes 23 minutes 7 minutes 15 minutes 10 minutes 15 minutes 10 minutes 10 minutes	
Sunday Monday Tuesday Wednesday Thursday	Repentance / Confession Communion (Pray for enemies here) Sing / Music Study Bible Silence / Solitude Study Bible Repentance / Confession Bible Meditation Silence / Solitude Intercessory Prayer Bible Meditation	5 minutes 7 minutes 15 minutes 15 minutes 10 minutes 15 minutes 10 minutes 15 minutes 10 minutes 10 minutes 10 minutes		Sunday Monday Tuesday Wednesday	Repentance / Confession Communion (Pray for enemies here) 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	5 minutes 7 minutes 7 minutes 23 minutes 7 minutes 15 minutes 10 minutes 15 minutes 10 minutes 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.
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's always coupled with prayer. This plan also 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	
Worlday	Study Bible	15 minutes		Moriday	Study Bible	15 minutes	
Tuesday	Sing / Music	15 minutes		Tuesday	Silence / Solitude	10 minutes	
ruesday	Intercessory Prayer	10 minutes		Tuesday	Study Bible	15 minutes	
Wednesday	Repentance / Confession	10 minutes		Wednesday	Repentance / Confession	10 minutes	
vveuriesday	Study Bible	15 minutes		vveuriesday	Bible Meditation	15 minutes	
Thursday	Bible Meditation	15 minutes		Thursday	Silence / Solitude	10 minutes	
Thursday	Intercessory Prayer	10 minutes		Thursday	Intercessory Prayer	10 minutes	
Friday	Silence / Solitude	10 minutes		Friday	Bible Meditation	15 minutes	
Tilday	Bible Meditation	15 minutes		Filday	Intercessory Prayer	10 minutes	
Saturday	Sing / Music	15 minutes		Saturday	Sing / Music	15 minutes	
Saturday	Service Opportunity (optional)	Varies		Saturday	Service Opportunity (optional)	Varies	
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Day	Disciplines	Duration	Week 11	Day	Disciplines	Duration	Week 12
-	Repentance / Confession	5 minutes	Week 11	<u> </u>	Repentance / Confession	5 minutes	Week 12
Sunday	<u> </u>		Week 11	Sunday	<u> </u>		Week 12
Sunday	Repentance / Confession	5 minutes	Week 11	Sunday	Repentance / Confession	5 minutes	Week 12
-	Repentance / Confession Communion (Pray for enemies here)	5 minutes 7 minutes	Week 11	<u> </u>	Repentance / Confession Communion (Pray for enemies here)	5 minutes 7 minutes	Week 12
Sunday	Repentance / Confession Communion (Pray for enemies here) Silence / Solitude	5 minutes 7 minutes 10 minutes	Week 11	Sunday	Repentance / Confession Communion (Pray for enemies here) Silence / Solitude	5 minutes 7 minutes 7 minutes	Week 12
Sunday	Repentance / Confession Communion (Pray for enemies here) Silence / Solitude Study Bible	5 minutes 7 minutes 10 minutes 15 minutes		Sunday	Repentance / Confession Communion (Pray for enemies here) Silence / Solitude Study Bible (memorize fast passage)	5 minutes 7 minutes 7 minutes 23 minutes	Week 12
Sunday Monday Tuesday	Repentance / Confession Communion (Pray for enemies here) Silence / Solitude Study Bible Sing / Music	5 minutes 7 minutes 10 minutes 15 minutes 15 minutes		Sunday	Repentance / Confession Communion (Pray for enemies here) Silence / Solitude Study Bible (memorize fast passage) Silence / Solitude	5 minutes 7 minutes 7 minutes 23 minutes 7 minutes	Week 12
Sunday	Repentance / Confession Communion (Pray for enemies here) Silence / Solitude Study Bible Sing / Music Intercessory Prayer	5 minutes 7 minutes 10 minutes 15 minutes 15 minutes 10 minutes		Sunday Monday Tuesday	Repentance / Confession Communion (Pray for enemies here) Silence / Solitude Study Bible (memorize fast passage) Silence / Solitude Bible Meditation (on passage for fasting)	5 minutes 7 minutes 7 minutes 23 minutes 7 minutes 15 minutes	Week 12
Sunday Monday Tuesday Wednesday	Repentance / Confession Communion (Pray for enemies here) Silence / Solitude Study Bible Sing / Music Intercessory Prayer Repentance / Confession	5 minutes 7 minutes 10 minutes 15 minutes 15 minutes 10 minutes		Sunday Monday Tuesday	Repentance / Confession Communion (Pray for enemies here) Silence / Solitude Study Bible (memorize fast passage) Silence / Solitude Bible Meditation (on passage for fasting) Repentance / Confession	5 minutes 7 minutes 7 minutes 23 minutes 7 minutes 15 minutes 10 minutes	Week 12
Sunday Monday Tuesday	Repentance / Confession Communion (Pray for enemies here) Silence / Solitude Study Bible Sing / Music Intercessory Prayer Repentance / Confession Study Bible	5 minutes 7 minutes 10 minutes 15 minutes 15 minutes 10 minutes 10 minutes 10 minutes		Sunday Monday Tuesday Wednesday	Repentance / Confession Communion (Pray for enemies here) Silence / Solitude Study Bible (memorize fast passage) Silence / Solitude Bible Meditation (on passage for fasting) Repentance / Confession Sing / Music	5 minutes 7 minutes 7 minutes 23 minutes 7 minutes 15 minutes 10 minutes 15 minutes	
Sunday Monday Tuesday Wednesday Thursday	Repentance / Confession Communion (Pray for enemies here) Silence / Solitude Study Bible Sing / Music Intercessory Prayer Repentance / Confession Study Bible Bible Meditation	5 minutes 7 minutes 10 minutes 15 minutes 15 minutes 10 minutes 10 minutes 10 minutes 15 minutes		Sunday Monday Tuesday	Repentance / Confession Communion (Pray for enemies here) Silence / Solitude Study Bible (memorize fast passage) Silence / Solitude Bible Meditation (on passage for fasting) Repentance / Confession Sing / Music Fast sunup to sundown	5 minutes 7 minutes 7 minutes 23 minutes 7 minutes 15 minutes 10 minutes 15 minutes 15 minutes 15 minutes	
Sunday Monday Tuesday Wednesday	Repentance / Confession Communion (Pray for enemies here) Silence / Solitude Study Bible Sing / Music Intercessory Prayer Repentance / Confession Study Bible Bible Meditation Intercessory Prayer	5 minutes 7 minutes 10 minutes 15 minutes 15 minutes 10 minutes 10 minutes 15 minutes 15 minutes 15 minutes 15 minutes		Sunday Monday Tuesday Wednesday Thursday	Repentance / Confession Communion (Pray for enemies here) 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	5 minutes 7 minutes 7 minutes 23 minutes 7 minutes 15 minutes 10 minutes 15 minutes 10 minutes 10 minutes 10 minutes	
Sunday Monday Tuesday Wednesday Thursday	Repentance / Confession Communion (Pray for enemies here) Silence / Solitude Study Bible Sing / Music Intercessory Prayer Repentance / Confession Study Bible Bible Meditation Intercessory Prayer Silence / Solitude	5 minutes 7 minutes 10 minutes 15 minutes 15 minutes 10 minutes 10 minutes 15 minutes 15 minutes 15 minutes 10 minutes 10 minutes		Sunday Monday Tuesday Wednesday	Repentance / Confession Communion (Pray for enemies here) 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	5 minutes 7 minutes 7 minutes 23 minutes 7 minutes 15 minutes 10 minutes 15 minutes 10 minutes 10 minutes 10 minutes	